

All about YOU in 2022!



THE MAX CHALLENGE

New 10-Week Challenge Begins January 10th

Virtual and In-Person Classes Available

100% MONEY BACK

THE MAX Challenge of Glen Cove
87 Forest Avenue
(516) 271-4629

THEMAXChallenge.com

1155064



Memorial for Garvies volunteer

Page 4



Holiday scenes light up the city

Page 10

\$1.00 VOL. 30 NO. 52

DECEMBER 23 - 29, 2021

Businesses cope with new mask mandate

BY ANNEMARIE DURKIN and JILL NOSSA

adurkin@liherald.com, jnossa@liherald.com

Masks are once again required in all indoor public places in New York state, unless an establishment requires proof of full vaccination against the coronavirus, Gov. Kathy Hochul said on Dec. 10. The mandate will remain in place until Jan. 15, when Hochul said she would take another look at where New York stands, and adapt the mandate to the circumstances.

"As governor, my top priority is to protect the health of New Yorkers and the health of our economy," Hochul said at a news conference on Monday, "and these temporary measures will help us get through the holiday season safely."

Local businesses were expected to do their best to comply with the mandate, though for some, it will hurt. "It's putting an undue burden on businesses where we've lost members because of it," Alvin Batista,

owner of Glen Cove Fitness, said. "People refuse to come in because of it and wind up canceling," Nonetheless, Batista said, "My staff has been masked the entire time. They were never unmasked since we reopened in August 2020."

It's putting an undue burden on businesses where we've lost members because of it.

ALVIN BATISTA
Owner, Glen Cove Fitness

Anyone over age 2 is now required to wear a mask in an indoor public space. Businesses and venues that choose to verify vaccination will not be required to also mandate masks, according to Hochul's office. Those who violate the mandate are subject to a \$1,000 fine. Local health departments will be tasked with enforcing it.

Since Dec. 13, Glen Cove Fitness has required members to wear masks, rather than checking their vaccination status. "We're probably through the worst of it — it took about seven days to get everybody cycled through who was going to complain about it," Batista said. "Most people are pretty good, but you have a small, vocal minority who make a big deal of it."

CONTINUED ON PAGE 3



Courtesy Glen Cove Volunteer Fire Department

Santa comes to the city

Santa Claus and his elves rode through town last Sunday as part of the City of Glen Cove Volunteer Fire Department's Santa Run. The big man greeted families and put smiles on children's faces.

One of Glen Cove's 17th-century founders finally gets his due

BY JILL NOSSA
jnossa@liherald.com

It's taken more than 350 years, but Nicholas Simkins, one of the founders of Glen Cove, has finally been officially recognized. On Dec. 16, a new park at the RXR Garvies Point waterfront development was named Simkins Park in his honor.

"Today is an important day

for Glen Cove," said Mayor Tim Tenke, who went on to tell the story of the city's founding.

On May 24, 1668, Joseph Carpenter, from Warwick, in the colony of Rhode Island, purchased about 2,000 acres in the Landing area from the Matinecock tribe. His intention was to start a lumber mill that would supply the lumber to build New York City, Tenke said, and Carpenter soon

partnered with the Coles brothers — Nathaniel, Daniel and Robert — and Nicholas Simkins. At the time, the area was called Musketa Cove, a Matinecock word meaning the land of rushes and high grass.

The lumber mill, at the head of Glen Cove Creek, was very successful, and the partners went on to build a gristmill as

CONTINUED ON PAGE 5

Roland Auctions to hold special New Year's Day event

December 23, 2021 – GLEN COVE HERALD

BY JILL NOSSA
jnossa@iherald.com

For almost four years, Roland Auctions has called Glen Cove home, and while many have seen the signs posted in the windows of 150 School St. – in the same building as the Piano Exchange – the community at large has not experienced a live auction. Co-owner Billy Roland would like that to change, starting with the auction planned for New Year's Day.

"I want people to come," Roland said. "I wish I could open a school, or teach a class during exhibition. I think people are intimidated by auctions, because they just don't understand them."

Roland, 64, of Locust Valley, has been in the business since 1973. He and his brother, Robert Roland, previously worked out of the historic St. Denis building in New York City, until the building was sold four years ago. Rick Smith, owner of the Piano Exchange and a long-time acquaintance, offered his space, Roland said, and he accepted.

Since then, Roland Auctions has been hosting auctions featuring high-end art, antiques, silver, bronze, decorative items, jewelry, continuing online and telephone bidding through the pandemic. In recent

months, it has brought back in-person auctions as well.

"The auctions are a lot of fun," Smith said. "People have a chance to buy, or at least see, what I call 'the treasures of the universe.' It's really wonderful and it changes every day."

To kick off the New Year, Roland will hold an auction on Jan. 1, 2022, presenting the impressive collection of a socialite from European nobility with properties at The Pierre Hotel in Manhattan and in Lloyd Harbor. The collection features everything from Louis XIV to mid-century modern, along with art, silver and jewelry.

"So many of our longtime clients have told us how much they miss going to auctions in person to find treasures and peruse various art objects," Roland said, "while many new auction lovers are also finding very affordable household furnishings they might not see any place else."

Recent auctions at Roland included a special two-day auction event featuring the collection of Southampton antiques dealer Jay Waldmann, and the auction of the personal collection of Southampton-based American sculptor Tony Rosenthal. Roland also presented the Asian Art Collection of Long Island Congressman Les-

If you're there to buy, coming to the sale definitely has an edge.

BILL ROLAND
co-owner, Roland Auctions NY



Photos courtesy Roland Auctions NY

EMILIO GRAU-SALA MOTHER & Child painting, a colorful oil on canvas depiction of a mother and daughter seated, recently sold at auction for \$8,750.

ter L. Wolff, with unique Asian art and outdoor bronze pieces leading the auction.

Roland Auctions NY most recent auction on Dec. 4 featured a selection of art, contemporary bronze, silver and furniture from the estate of Manhattan gallerist Eleanor Ettinger.

Roland admitted that an in-house auction experience can be a "long arduous day," particularly for him. But for customers knowing what they want to bid on, it doesn't have to be. "What I encourage people to do is, come in and see what lot number they are," Roland said. "If it's lot 60, you'll be there for an hour. If it's lot 210, you can go around Locust Valley or Glen Cove for three hours, go shopping, have lunch, then come back. It's kind of like an event."

An event, he said, that is worth it "if you want to buy something under the money."

Recently, he said, a couple attended an auction for the full day, and it was not until the lot came up that he knew what they were interested in.

"That's the beauty of an auction," Roland said. "It's very mysterious. Nobody knows what anybody's there for."

The internet carries 70 percent of the sale, Roland said, and a lot of times the internet beats out the people in the room.

"But the people in the room to me...there's nothing faster than a hand, or a wink or gesture," Roland said. "Coming to the sale has its advantages. If you're there to buy, coming to the sale definitely has an edge."

The auction will be on Jan. 1, 2022, at 10 a.m., following Covid-19 safety protocols. Previews will be held Thursday, Dec.

30, from 10 a.m. to 6 p.m. and Friday, Dec. 31, from 10 a.m. to 4 p.m. For further information call 212-260-2000 or go to www.rolandantiques.com.



BRONZE SCULPTURE BY Richard McDonald (American, b. 1946) of a muscular male figure poised atop an orb, sold at auction for \$5,000.



Whether you need a little or a lot of support, an easier, more active life is within reach.

Life at Atria

- **Social Life:** Enjoy social, cultural and educational events every day with your friends.
- **Transportation:** No worries about getting to where you need to go. We provide transportation.
- **Dining:** Savor delicious and healthy chef prepared meals.
- **Housekeeping:** Our staff takes care of everyday responsibilities.
- **Medical Assistance:** Nurses available onsite.
- **Exercise/Fitness:** Fitness room and physical therapy to keep you active.

Atria Glen Cove is the Winner of a Best of Senior Living Award for 2021 from SeniorAdvisor.com



We are pleased to introduce our new Director of Community Sales Judith Rivera, a North Shore community activist and real estate professional. Give her a call to discuss your future home at Atria Glen Cove.

Atria
GLEN COVE

146 Glen Street | Glen Cove, New York
516.671.7008 | AtriaGlenCove.com

Local businesses adapt to another mandate

CONTINUED FROM FRONT PAGE

With the high infection rates and the holidays — traditionally a slow time for the gym — Batista said there had been a slight drop in attendance, but it was hard to tell what the mandate's long-term impact would be.

Working out with a mask on is a little more difficult, but, he said, the gym sells brackets that can give mask-wearers a bit more breathing room, which helps.

Referring to Nassau County Executive-elect Bruce Blakeman's statement that he would not enforce the mandate after he takes office on Jan. 1, Batista added, "If he's not enforcing it, I'm not going to be the mask police for New York state."

Similarly, some restaurants, which have felt the impact of previous masking guidelines, are seeing a loss of business during a season that was starting to look more normal.

"Going into the holidays, we had parties booked, and it was looking good," Jeanine DiMenna, owner and executive chef of The View Grill, in Glen Cove, said. "But just this weekend, we had two big parties cancel on us. I guess people are getting scared again."

For other businesses, Hochul's mandate will have little impact. Many North Shore business owners say customers have complied with mask policies without protest, and have adopted mask-wearing as part of their normal routine.

"Our business has not changed at all," said Laura Escobar, owner of Hive Market and Maker's Space, a workspace and specialty retail space in Oyster Bay. "We've been open for just over seven months now, and most people who [have been] entering our shop from day one come in already wearing a mask. We've recently begun offering private classes so that people can stay within their 'bubble' and feel safer, while still staying connected."

While many Long Island communities are reporting instances of customers refusing to wear masks, most local businesses say the need for confrontation has been minimal. "Before the mandate, at least half of our clients wore masks into the shop as part of their everyday routine, and asking those that didn't hasn't been an issue," said Kimberle Frost, co-owner of Frost Ceramics and Mercantile in Sea Cliff. "We all realize we have to take precautions to protect ourselves and our communities."



Courtesy Wikimedia Commons

UNTIL AT LEAST Jan. 15, masks are required in all indoor public places, in accordance with Gov. Kathy Hochul's two-week-old mask mandate.

Hochul's decision came just days after the emergence of the Omicron variant in New York state, along with a predicted winter surge of Covid-19 cases and hospitalizations statewide, threatening a hospital bed shortage like the one seen last year.

Although the percentage of New Yorkers fully vaccinated continues to increase, that rise "is not fast enough to completely curb the spread of the virus," a Dec. 10 press release issued by the state read. Since Thanksgiving, the statewide seven-day average case rate has

increased by 43 percent, and hospitalizations have increased by 29 percent.

"It's sad to see the numbers going back up again, and I hate to speculate, but we may experience another shutdown," Frost said. "The good news is we're better prepared, but it will still have some impact on small businesses that have already suffered ... Fingers crossed we don't have another shutdown and can navigate through this next phase together."

Blakeman says he doesn't plan to follow this order

BY MALLORY WILSON and LAURA LANE

mwilson@liherald.com, llane@liherald.com

Nassau County executive-elect Bruce Blakeman announced on Dec. 14 that he would not be enforcing the state's mask mandate when he takes office in January.

"We are almost two years into the pandemic. We have learned a lot, there are vaccines now available, booster shots available," Blakeman said. "... I think we have to make these decisions on a day-to-day basis and evaluate what is going on."

This comes after Gov. Kathy Hochul mandated on Dec. 10 that masks be worn in all indoor public places unless businesses or venues implement a vaccine requirement.

The temporary measures I am taking today will help accomplish this through the holiday season," Hochul said in a statement. "We shouldn't have reached the point where we are confronted with a

winter surge, especially with the vaccine at our disposal, and I share many New Yorkers' frustration that we are not past this pandemic yet."

Dr. Greg Gulbransen, an Oyster Bay pediatrician agrees with Hochul. He has already seen an uptick in patients with the new Omicron variant of the coronavirus.

"With Omicron here we need to follow the Health Department's guidance," he said. "It's not a political issue, it's a health issue. It is going to be super contagious."

County Legislator Delia DeRiggi-Whitton said she was disappointed that at his first news conference, Blakeman said he wouldn't follow the governor's mandate.

"It will be interesting to see what Dr. [Lawrence] Eisenstein" — Nassau County's health commissioner — "who is an infectious disease doctor, decides to do," DeRiggi-Whitton said. "I think he's obligated to follow the state Health Depart-

ment mandates. I can't imagine how he will agree with this."

According to Hochul's press release, a violation of any provision of the governor's measure is subject to a maximum fine of \$1,000 for each violation. Local health departments are being asked to enforce these requirements.

Blakeman cited the county's 97 percent vaccination rate as one reason why he won't be enforcing the mandate. "I will instruct our health department and other departments in the county to stand down and not enforce the mandate, not issue fines and tickets," Blakeman said.

When asked what would constitute the county being in crisis mode, he said that the determination would be made based on a conversation with health care officials and the number of hospital and ICU beds that are open.

Blakeman said he is leaving it up to the individual business or school districts to

make a determination on enforcing mask mandates.

Gulbransen said he's concerned by the increase in cases that he is seeing.

"Wearing a mask is a nuisance and it's not fun," he said. "I hate doing it too but we have to wear them."

DeRiggi-Whitton, who lost a close relative to Covid nearly two years ago, said it is a moral and social obligation for people to be as careful as possible. "We need to do everything we can," she said, "wear masks, get vaccinated and boosted. It's all part of it."

The county, she added, will not be showing up at offices and stores to see if the governor's mask mandate is being followed. That would be the Health Department's responsibility, but there would have to be a complaint first in order for it to move forward.

County Legislator Josh Lafazan could not be reached for comment.

Longtime volunteer honored at Garvies Point Preserve

BY JILL NOSSA

jnossa@liherald.com

In his retirement, Richard Doster dedicated his time to ensuring the trails were safe and clear for hikers at Garvies Point Museum and Preserve in Glen Cove. He spent so much time there, in fact, he had his own office in the red shed in front of the museum, a place he cherished until his death on May 1, 2020. Last month, his longtime commitment to the preserve was recognized with a memorial service and bench dedication in his honor.

A resident of Wantagh, Doster volunteered for the Nassau County Department of Parks, Recreation and Museums, which includes Garvies Point Museum and Preserve, for more than 30 years, one of many of his active volunteer pursuits over the course of his lifetime. Doster served in the Korean War and was telephone lineman for 37 years. He started volunteering with the Telephone Pioneers in 1972 and the Sagamore Life Member Club of the Paumanok Chapter of the Pioneers in 1996. He served as president of the club for 10 years and was the environmental project director, overseeing projects such as repairing bridges and maintaining trails at various North Shore preserves, including Tiffany Creek Preserve, Muttontown Preserve and Welwyn Preserve.

"The volunteer project closest to his heart was Garvies Point," his daughter Linda Notarnicola said. "He was the proj-



Photos courtesy Tony Gallego/Gill Associates

MEMBERS OF THE Glen Cove American Legion Post 76 attended the memorial service for Richard Doster, who served in the Korean War.

ect director for the restoration of the north pond, now referred to as Pioneer Pond, installed a new drainage system and overflow, built a teaching deck, cut new trails, bridged over wet areas, put up split rail fencing and maintained five miles of trails."

Doster's active volunteerism earned him the Volunteer of the Year award, Nassau County Senior Citizen of the Year award in 2003 and induction into the Pioneer Hall of Fame in 2010 – the most prestigious award bestowed upon a Pioneer,

according to Notarnicola.

He was a member of the retiree Executive Board of CWA Local 1104, a supervisor of the Long Island Fair, and helped organize blood drives across Long Island. He not only organized the blood drives, but he also regularly donated blood, according to his daughter, which earned him membership in the Golden Donors. Doster's volunteerism extended to helping those in need: he collected books for the veterans at Northport VA, clothing and food for the homeless, aluminum can tabs for a camp for children with kidney disease, collected eyeglasses for the needy, and delivered back packs with school supplies for needy children.

"He was just helpful," Peter Notarnicola, Doster's son-in-law, said. "When you needed help, he was there."

When Doster died early on in the pandemic, the family was not able to give him a proper farewell.

"He was involved in so many organizations, and people couldn't come to pay their respects," Notarnicola said.

That's where the Garvies Point memorial came in. "The union wanted to donate money to a cause that my father felt strongly about," Linda said. "Garvies Point was his home away from home, so they decided to donate a tree."

On Nov. 13, a memorial service took place in front of the museum, with family members, veterans and old friends and colleagues present. Linda and Peter planted a red oak tree donated by the in front of Garvies Point Museum, and the Pioneers donated a chainsaw carved bench made out of stumps. "The reason we chose that bench," Linda said, "was because my dad's job at Garvies Point was to go through the five miles of trails in the preserve and cut up any tree that had fallen down, and move them off the trails so the trails would be clear for people walking on them."

The bench carved out of tree stumps is appropriate for that reason, she said. "It has a lot of significance. On the bench, there are trees, so it has a powerful message."

In addition to the tree, the CWA Local 1104 donated a plaque in Doster's honor in the center circle over looking the red shed that served as Doster's "office." The Home Depot in Jericho donated all the plants, as the perennials that were planted there were out of season, Linda said.

Veronica Natale, director of Garvies Point Museum, said Doster was a reliable volunteer for more than 30 years.

"Dick maintained all five miles of our nature trails once a week and made it look easy," Natale said. "He was a dedicated volunteer and always had a smile on his face. Dick's personality can be summed up by his favorite coffee mug that reads, 'The heart is happiest when it beats for others.'"

"Garvies Point was his home away from home, his little peace and quiet place, his go to happy place," Linda said. "No matter what the weather or occasion, my dad went to there weekly to take care of his trails."



A VETERAN SALUTED the memorial to Richard Doster, which includes a red oak tree, a bench and flowers.

CORONA VIRUS

COMMUNITY UPDATE

New infections since Dec. 13

251

Total infections as of Dec. 20

5,221

**Oldest Car Buying Service
in North America**

**Buying new, used, junk,
salvage, paying, paying,
paying \$\$\$**

Sell, donate or trade

516-227-2274

Call for Quote

**No car refused
Licensed, Bonded and Insured**

Central Nassau Location

1155042

GLEN COVE

HERALD

HOW TO REACH US

Our offices are located at **2 Endo Blvd. Garden City, NY 11530** and are open from 8:30 a.m. to 5:30 p.m., Monday through Friday.

MAIN PHONE: (516) 569-4000

- **WEB SITE:** glencove.liherald.com
- **E-MAIL:** Letters and other submissions: glencove-editor@liherald.com
- **EDITORIAL DEPARTMENT:** Ext. 327 **E-mail:** glencove-editor@liherald.com **Fax:** (516) 569-4942
- **SUBSCRIPTIONS:** Press "7" **E-mail:** circ@liherald.com **Fax:** (516) 569-4942
- **CLASSIFIED ADVERTISING:** Ext. 286 **E-mail:** ereynolds@liherald.com **Fax:** (516) 622-7460
- **DISPLAY ADVERTISING:** Ext. 249 **E-mail:** sales@liherald.com **Fax:** (516) 569-4643

The **Glen Cove Herald** USPS 008886, is published every Thursday by Richner Communications, Inc., 2 Endo Blvd. Garden City, NY 11530. Periodicals postage paid at Garden City, NY 11530 and additional mailing offices. Postmaster send address changes to Glen Cove Herald, 2 Endo Blvd. Garden City, NY 11530. **Subscriptions:** \$50 for 1 year within Nassau County, \$60 for 1 year out of Nassau County or by qualified request in zip codes 11542, 11545, 11547, 11548 or 11579 **Copyright © 2021 Richner Communications, Inc. All rights reserved.**

Park is dedicated to one of city's founders

CONTINUED FROM FRONT PAGE

well, Tenke said. The area was chosen because it was surrounded by water on three sides, and at high tide they could easily float the wood out of the creek and over to Manhattan.

"The Coles and Carpenters are very well known in Glen Cove," Tenke said, noting Carpenter Street and Carpenter Avenue, Coles Street and the Coles School, "but there's not a whole lot said about Nicholas Simkins."

The idea of a park dedication, Tenke said, came from Dave Nieri, the city historian, who wanted to officially recognize Simkins in some way.

"This is something I've been thinking about since I did a lot of research in 2018 for the 350th anniversary of the founding of Glen Cove," Nieri said. "Everybody knows the Coles and the Carpenters ... and Simkins appears nowhere, yet he was one of the equal partners in the establishment of Musketa Cove."

According to Nieri, Simkins was the oldest of the founders, and lived to be 95 or 96, outlasting them all. He was also crucial to the area's development. "He was a wheeler-dealer," Nieri said. "I went through the Town of Oyster Bay records, and his name appears 170 times, all on deeds."

Simkins, Nieri said, bought and sold parcels of land from Oyster Bay to Great



Jill Nossa/Herald

HERB AND DAVE Schierhorst, of Glen Cove and Sea Cliff, respectively, are descendants of Nicholas Simkins, whose name will be corrected on the sign that was unveiled on Dec. 16.

Neck. "He was the real estate developer at that time, and I think most of his partners were the farmers and the lumber mill people," Nieri said. "I'm glad that we can finally give equal representation to one of our founders."

The location of the new park is also significant. According to a map created by descendants of the Coles that shows the

original properties from the 1668 purchase, Simkins's home was in the area of the new park, which is why city officials chose that location for the dedication, Nieri said.

Joe Graziose, senior vice president of RXR Realty, thanked Tenke and deputy mayor Maureen Basdavanos for helping the waterfront redevelopment project

reach the "momentum" it finally has.

"I think today is an important today for RXR and the City of Glen Cove and the history," Graziose said. "While RXR has taken what was and brought it to what is, it's very important that we remember the history of the people that helped us make the history."

The new sign for the park has the name "Simpkins." When it was unveiled, Tenke explained that there had been debate after it was created about how the name was spelled, and it was determined that the honoree signed his name "Simkins," so the sign will be corrected.

According to Nieri, finding direct descendants of Simkins has been difficult. He had four daughters: one married a Coles and one married a Carpenter, but his daughter Mary married Samuel Tilley, and they settled in Locust Valley. Three of their descendants still live locally, and brothers Herb Schierhorst, 81, of Glen Cove, and Dave Schierhorst, 70, of Sea Cliff, attended the park dedication. Their sister, Janet Donohue, lives in Glen Head.

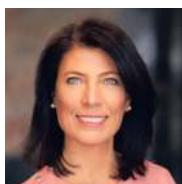
Herb Schierhorst, who is president of the Locust Valley Historical Society, said he learned about his family's history later in life, and that it can be traced on their mother's side of the family.

"I love history," he said. "It imparts so much of what we've done into where we're going."



58 Yale Street | Roslyn Heights, NY

3 BD · 2 BA · \$825,000



Elizabeth Markovic
 Licensed Associate RE Broker
 elizabeth@elizabethmarkovic.com
 M: 516.252.8841 | O: 516.517.4751



Elizabeth Markovic is a Real Estate agent affiliated with Compass. Compass is a licensed real estate broker and abides by Equal Housing Opportunity laws. All material presented herein is intended for informational purposes only. Information is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdrawal without notice. No statement is made as to the accuracy of any description. All measurements and square footages are approximate. This is not intended to solicit property already listed. Nothing herein shall be construed as legal, accounting or other professional advice outside the realm of real estate brokerage.



THANK YOU FOR VOTING in the Herald Long Island Choice Awards

TOP 3 FINALISTS IN ENTERTAINMENT & LEISURE + FINANCE

Entertainment & Leisure

Art Gallery

Central Galleries
Huntington Arts Council
William Ris Gallery

Bowling

Maple Lanes
San-Dee Lanes of Malverne
Woodmere Lanes

Concert Venue

Jones Beach Theater
The Paramount
The Space at Westbury

Dance Studio

Hart and Soul
Let's Make Music and Dance Studio
Oceanside Dance Center

Family Amusement

Adventureland
Epic Escape Rooms
Long Island Children's Museum

Local Community Event

All Kids Fair
Arts In The Plaza
Merrick Family Festival

Mini Golf

Eisenhower Park-Mini Golf
Five Towns Mini Golf & Batting Range
Monster Mini Golf

Movie Theater

Bellmore Playhouse
Long Beach Cinemas
Malverne Cinema

Night Club

Bachata Night Club
Barnum Ballroom
Mulcahy's Pub and Concert Hall

Finance

Accountant

Jonathan Wolfsohn, CFP, ATA, RIA, Wolfsohn Accounting and Advisory Services
Lisa Rispoli, CPA, AEP, Grassi Advisors and Accountants
Marianna Mooney, CPA, Prager Metis CPAs, LLC

Accounting Firm

Grassi Advisors and Accountants
Prager Metis CPAs, LLC
Wolfsohn Financial Services

Bank

Bank of America
Chase Bank
Investors Bank

Credit Union

People's Alliance Federal Credit Union
Jovia Financial Credit Union
Suffolk Federal Credit Union

Financial Advisor

Allison Hudson, CFP®, AIF®, Merrick Financial Group
Marie L. Taylor, AAMS®|CRPC®, Edward Jones
Ringelheim Wealth Management Group, UBS Financial Services, Inc.

Insurance Agent

Alexander Anderson, Allstate
Melissa A. Matassa, GEICO: Lynbrook
Nicole Eliopoulos, State Farm

Insurance Company

Allstate, Alexander Anderson
GEICO - Lynbrook
State Farm, Nicole Eliopoulos

Investment Firm

Fidelity Investments of Long Island
Morgan Stanley
Ringelheim Wealth Management Group, UBS Financial Services, Inc.

Wealth Management Firm

Fessler Financial
Kuttin Wealth Management, Ameriprise Financial Services, LLC
North Shore Wealth Management Advisors, Inc.

Presenting Sponsor:



Sponsored By:

TENANTBASE

Winners will be announced February 17 at a LIVE EVENT and in The Winner's Guide Magazine

Visit www.lichchoiceawards.com or email aamato@liherald.com for more information.

SHOP LOCAL. SHOP SAFE.

- THIS HOLIDAY SEASON -

Shop **NASSAU**



**Support your local small businesses
this season and shop safely.**



Nassau Council of Chambers of Commerce

(516) 253-0124 info@NCChambers.org www.NCChambers.org

COMMUNITY UPDATE

December 23, 2021 – GLEN COVE HERALD

Saturday, Dec. 25

Christmas Day Divine Liturgy

The Divine Liturgy for the Feast of Nativity, Christmas, will be celebrated at 9:30 a.m. at Holy Trinity Orthodox Church, 369 Green Avenue, East Meadow. The service is conducted in English, and it will be followed by a Christmas-brunch. Vaccinated attendees are not required to wear masks nor to be socially distanced, but unvaccinated persons are encouraged to do so. Services are also streamed on facebook.com/htocem.

Sunday, Dec. 26

Raynham Hall Museum House Tour

Book a guided tour and learn about the Townsend family home and its inhabitants during the Revolutionary War and the Victorian era. Experience the Townsend family home, discover the lives of the Townsend family and the lives of those they enslaved, and learn all about the Revolutionary War and the Culper Spy Ring. Raynham Hall Museum includes many period rooms detailing daily life in the 18th and 19th centuries. Tickets for guided tours of the museum will guarantee timed museum entry on the day of booking with slots available at 1 p.m. and 3 p.m. Tours are projected to last approximately 60 to 90 minutes and include a tour of the exhibition hall and historic house. Tours available Sundays, Wednesdays and Thursdays. Register online at raynhamhallmuseum.com

Monday, Dec. 27

Hive's "Kids Make-cation," Pajama Day

In this workshop beginning at 10 a.m., children will learn basic sewing skills and make a pair of pajama pants they can wear. They will pick from a variety of fabrics and learn basic sewing skills as they create this project. All "Make-cation" workshops will be hosted at Hive Market and Makers' Space at 100-102 Audrey ave in Oyster Bay. Cost of attendance is \$45. Register online at hivemarketob.com/make-cation.



Courtesy Wikimedia Commons

Winter Wonderland Workshops

From Dec. 27 to Dec. 31, Not Just Art, located at 183 South street in Oyster Bay, will be hosting a series of workshops geared toward nurturing creativity in children. Workshops will be offered each day of the week for children over the age of four from both 10 a.m. to noon, and 1 to 3 p.m. Cost of attendance is \$40 per child, and reservations can be made by either calling 516-922-8300 or emailing create@notjustart.com. Projects will include making sparkle slime snowmen, blizzard bottles, winter light suncatchers and more. Drop-off only. Masks are required.

Last Mondays" Film Discussion Group

The Sea Cliff Library, located at 300 Sea Cliff Avenue in Sea Cliff, is hosting a film discussion each month on the last Monday. To register and find out the movie for the event, send an email to seaclifflibrary@hotmail.com.

Tuesday, Dec. 28

Glen Cove City Council Meeting

Beginning at 7:30 p.m. at City Hall, 9 Glen Street. The meeting will also be streamed online at glencoveny.gov.

Sea Cliff Board of Trustees Meeting

Beginning at 4 p.m. at Village Hall, 300 Sea Cliff Ave. The meeting will also be streamed online at livestream.com/seacliff-ny.

Karaoke for a Cause

Still Partners, located at 225 Sea Cliff Ave in Sea Cliff, is hosting a karaoke night to raise money for the nonprofit,

Coalition to Save Hempstead Harbor, which is dedicated to identifying and eliminating environmental threats to Hempstead Harbor and the surrounding communities. Karaoke begins at 8 p.m., there is a suggested donation of \$20 per person to attend.

Paint Party with Ms. Julie

Children in grades K-5 are invited to join the Locust Valley Library for an artistic afternoon with Ms. Julie of Claynation. Register online at locustvalleylibrary.org.

Canvas Roulette for Teens

The Bayville Free Library is inviting teens ages 13+ to enjoy an evening of art and fun. Participants will start at one canvas, and when the music stops, move on to the next one and add their artistic touch. Finished canvases will be displayed in the Library. Register online at bayville-freeylibrary.org.

Wednesday, Dec. 29

Trivia Night

Head to the Oyster Bay Brewing Company, located at 36 Audrey ave, every Wednesday night at 7:30 for a evening of free trivia. Tango Time Trivia shows are fun and free to play and the winner gets a prize. Oyster Bay Brewing Co. serves a diverse selection of beer to enjoy while you compete for first, second and third place prizes

Space-themed STEM Event

Head to the Oyster Bay-Easy Norwich Public Library and put your creativity and STEM knowledge to work with activities like making straw rockets, navigating 'space' with robots, creating a galaxy in a jar and lots of other fun space-themed projects. This event begins at 10:30 a.m. and is for children ages 4-7.

Hive's "Kids Make-cation," Pillow Day

In this workshop beginning at 10 a.m., attendees will make their own throw pillow

to take home. All students will pick fabric, sew their pillow together, and even stuff it. All "Make-cation" workshops will be hosted at Hive Market and Makers' Space at 100-102 Audrey ave in Oyster Bay. Cost of attendance is \$40. Register online at hivemarketob.com/make-cation.

Thursday, Dec. 30

Children's Movie: Frozen 2

Head to Sea Cliff Library at 11 a.m. for a viewing of Frozen 2. Elsa the Snow Queen has an extraordinary gift -- the power to create ice and snow. But no matter how happy she is to be surrounded by the people of Arendelle, Elsa finds herself strangely unsettled. After hearing a mysterious voice call out to her, Elsa travels to the enchanted forests and dark seas beyond her kingdom on an adventure that soon turns into a journey of self-discovery. No registration is required.

Friday, Dec. 31

New Year's Eve Concert

Head to downtown Glen Cove's Village Square for a free outdoor concert by Solid 70s Band from 7:30 to 9:30 p.m., presented by Downtown Sounds.

HAVING AN EVENT?

Items on the Community Update pages are listed for free. 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 adurkin@iherald.com

5 things to know about your town

- The Homestead restaurant in Oyster Bay hosts an open mic night every Wednesday night.
- The next Oyster Bay East Norwich Board of Education meeting is scheduled for Jan. 25 at 7:30 p.m.
- The Glen Cove Board of Education's next meeting will be Jan. 5, at 7:30 p.m.
- The North Shore Board of Education will meet next on Jan. 20 at 7:45 p.m.
- The Oyster Bay Town Board's first meeting of the new year is Jan. 12 at 10 a.m.

This **Holiday** Season

Give a
FREE GIFT of **LOCAL NEWS**
to a friend, family member or neighbor!



Order online at
www.liherald.com/free-local
or call 516-569-4000 press 7

Support Local News

Please consider supporting this local newspaper by making a donation. An invaluable investment in one of your community's most trusted institutions.

www.liherald.com/local



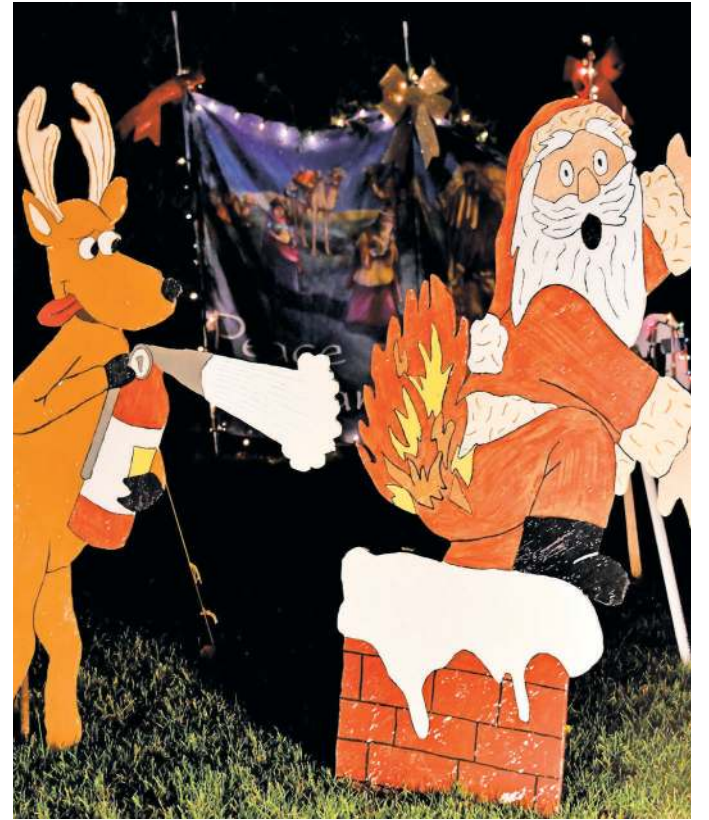
Stay connected with the community and support local journalism.

HERALD NEIGHBORS

December 23, 2021 — GLEN COVE HERALD



FROSTY WELCOMED PEOPLE to this house on Seaman Road.



Photos courtesy Tab Hauser **ON JEROME DRIVE**, Santa had a mishap.

Making the season bright in Glen Cove

Throughout Glen Cove, people have gotten into the holiday spirit by decorating their houses. The lights, themes and figures brighten up the dark winter days. Photographer

Tab Hauser of tabhauserphoto.com drove around town one night to capture some of the homes, as well as the downtown Village Square.



A BRIGHTLY LIT nativity scene on Whitney Circle.



IN ADDITION TO homes, Village Square was all lit up for the holidays.



MICKEY MOUSE AND Poppy greeted neighbors on Timber Road.



A JOLLY SANTA on Cleveland Place.

your **HEALTH**



With a focus on
**Diabetes
and Weight
Management**

World-class cancer care, right here on Long Island.

Specializing in more than 400 types of cancer, including the most important one: Yours. Reach out to our cancer experts today.

MSK Commack • MSK Hauppauge • MSK Nassau
Call 855-718-2053 or visit msk.org/Herald



Memorial Sloan Kettering
Cancer Center

Melissa Natoli, RN
Clinical Nurse
MSK Commack



What you should know about neurostimulation to treat chronic pain

As many as 50 million Americans have chronic pain. It interferes with their work, their activities of daily living, and almost every facet of their lives. Brian J. Snyder, M.D., is a partner and attending neurosurgeon with NSPC Brain & Spine Surgery (NSPC), Rockville Centre, and a fellowship-trained, board certified expert in using neurostimulation to treat chronic pain, surgery for epilepsy, movement disorders, and refractory pain.



Brian J. Snyder, M.D.

What causes chronic pain?

Chronic pain can have many causes. It can be caused by prior injury, medical disease, or prior surgery. Some patients may have chronic pain with no apparent cause.

What are some of the types of chronic pain?

- Low back pain (caused by arthritis, injury, etc.) – Some patients with chronic low back pain may have had prior surgery and persist with that pain.
- Complex Regional Pain Syndrome (CRPS – formerly known as RSD) – Caused by nerve or tissue damage, sometimes very benign in nature resulting in a severe pain syndrome.
- Migraine and other headache/occipital neuralgia.
- Shingles (post-herpetic neuropathy).

What are the treatments for chronic pain?

There are many treatments for chronic pain, including, but not limited to: Physical therapy and lifestyle modification, TENS, topical therapies, over the counter and prescription medication, and injections and nerve ablations.

What options exist when nothing else works?

Neuromodulation, or neurostimulation, is a group of procedures that involve placement of electrodes temporarily (an if successful), permanently in the nervous system. These treatment procedures interfere with the message for pain being sent to the brain.

These procedures include: spinal cord stimulation (SCS), dorsal roots ganglion stimulation (DRG), peripheral nerve stimulation (PNS), occipital nerve stimulation (ONS), motor cortex stimulation (MCS), and deep brain stimulation (DBS).

If a patient had an unsuccessful trial or implant for neurostimulation in the past, or has a device implanted that doesn't work very well, are they a candidate for one of these procedures?

Yes. The technology has advanced substantially in the last several years and there are new devices and new procedures that are allowing us to treat many new patients and to better treat

patients that have older systems.

About NSPC Brain & Spine Surgery (NSPC)

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

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

To schedule an appointment for a consultation with Dr. Snyder, Call 516-255-9031.



Advanced Treatment Starts Here

100 Merrick Road, Suite 128W, Rockville Centre, NY 11570 • 844-NSPC-DOC

Health memos are supplied by advertisers and are not written by the Herald editorial staff.

Parker Jewish Institute offers Covid-19 vaccines to children ages 5 and older

The Parker Jewish Institute now offers the Pfizer-BioNTech Covid-19 vaccine to children ages 5 and older at its Pediatric Vaccination Clinic.

The Centers for Disease Control and Prevention recommends the Pfizer vaccine for children ages 5-11, following its earlier vaccination recommendation for ages 12 and older. The U.S. Food and Drug Administration fully approved the Pfizer-BioNTech vaccine for those ages 16 and up, and granted Emergency Use Authorization for the vaccine for ages 5 to 15.

Vaccines slow the emergence of new Covid-19 variants and reduce the risk of severe illness, hospitalization and death from the virus. Trials show the vaccine is safe, well-tolerated and produces a robust antibody response.

Families can schedule appointments online for Parker's convenient Pediatric Vaccination Clinic. The vaccination is administered as a two-dose series, three weeks apart. The second-dose appointment is automatically scheduled for 21 days after the first dose.

A parent or legal guardian must accompany a minor under the age of 18 to provide in-person consent for vaccination at each appointment.

"The Parker team has worked quickly to make vaccinations readily available for children in order to keep them, their families and their communities safe," said Michael N. Rosenblut, Parker's President and CEO. "We have made appointment scheduling easy through our online calendar."

To schedule an appointment at Parker's Pediatric Vaccination Clinic, visit Parker's Covid-19 Vaccine Registration page.



About The Parker Jewish Institute for Health Care and Rehabilitation

The 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, 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 Home Health Care, Medical House Calls, Palliative Care and Hospice.



Photos courtesy Parker Jewish Institute
Families can schedule appointments for the Parker Jewish Institute's Pediatric Vaccination Clinic to protect their children against Covid-19.



Parker Jewish Institute • (718) 289-2212 • iscacco@parkerinstitute.org

Health memos are supplied by advertisers and are not written by the Herald editorial staff.



Managing your disease can be an uphill climb

Family members play an integral role in maintaining a healthy lifestyle

Over the last several years, diabetes rates in the United States have risen dramatically. Experts believe the main reason for this is because Americans are increasingly sedentary, eating high-fat and carbohydrate-rich diets and gaining weight. Add in pandemic-related lifestyle changes, especially those imposed during lockdown during 2020 and this is cause for alarm.

Diabetes can lead to serious health problems, like cardiovascular disease (which is the most common cause of death and disability in our country), nerve disease, eye disease and blindness, kidney failure, and sexual dysfunctions. People with diabetes are also more likely to struggle with mental health problems like depression and anxiety.

Diabetes is often called a “family disease” because it affects more people than just the person who is diagnosed. As the patient is required to change old routines (and adopt new ones) across a wide variety of areas in his or her life, significant adjustments by all of those close to the patient are also necessary in order to ensure good disease management and physical health.

Managing diabetes requires careful attention to diet; the whole family often changes their diet along with the patient, because not many people are willing (or can afford) to cook two different menus everyday. As families attend to patients’ ongoing medical care, income may be strained due to more co-pays and doctor visits, medical supplies, and other expenses. And as far as exercise and physical activity, patients are better able to stick with their doctors’ recommendations when they have someone to exercise with. Therefore, family members are frequently encouraged to exercise together. It’s always helpful to have an exercise buddy — and it’s good for everyone’s lifestyle!

Adjusting to and managing diabetes can be a significant adjustment for couples and families. For example, some family members may feel resentful about having to change their own everyday diets (or lose their ability to spontaneously eat certain foods at home), when they are not the one with the disease. Children without diabetes can sometimes feel jealous that their diabetic sibling gets more parental attention. Patients with diabetes (both kids and adults) may feel that others’ attempts to be supportive are actually “nagging.”

However, when families come together and fight diabetes as a team, everybody wins. Research has shown that patients have better health when families are supportive and share in the disease management. And many describe diabetes as actually having helped them to become even closer. Talking about foods, cooking and exercising together, going to doctor visits together, and so forth, all help families grow stronger. Furthermore, research has shown that non-diabetic family members who do this improve their own health — like losing weight and reducing blood pressure.

Living with diabetes is not an easy task. It requires ongoing care and management, planning and preparation, and a

lot of emotional strength. After diabetes develops, it mostly likely remains a lifetime chronic condition. While there are ways to reduce the impact that diabetes has on your life, depending on your type, it requires a lot of changes and modifications to habits. Regardless of when you’re diagnosed with diabetes, there’s going to be a learning curve that can be stressful and, at times, maybe even dangerous. To make sure that you’re adapting and managing your condition in a healthy manner, you need a good support system in place.

Impact On Family Finances

Unfortunately, even with insurance diabetes can be expensive. If you’re diagnosed with diabetes at an early age, the costs end up being far greater than a diagnosis that comes in your 40s or 50s. It makes sense since you need ongoing care and supplies — the longer you have diabetes, the more it costs.

On average, you can expect to spend up to \$14,000 per year on everything. This includes medications to manage diabetes, diabetic supplies, doctor visits, any hospital stays, and costs associated with rehabilitation.

It’s also important to note that the longer you have diabetes, the higher the risk you’re at for developing complications. The more complications you have, the higher the cost of treatment. When you properly manage your diabetes, you can greatly reduce the overall financial strain it causes. If you feel like you’re overspending on diabetes supplies, make sure that you talk to your doctor and find a good medical supply company

Emotional Distress And Mental Health

If you’re living with diabetes, you understand the myriad of emotions and mental challenges involved. Diabetes distress is common and can be dangerous when not addressed. You may feel anxious, frustrated, unmotivated, depressed, and begin to manage your diabetes poorly. While it’s very important to make sure that you get the support you need first and foremost, the emotional impact can also affect family and friends.

Fear about complications: One of the biggest impacts on your family’s emotional wellbeing will be the fear of diabetic complications. Poorly managed diabetes can lead to serious problems such as loss of eyesight, kidney disease, nerve damage, high blood pressure, heart disease, and more.

Many family members express at least some level of anxiety regarding the wellbeing of their loved one living with diabetes. To make sure that you help ease your family’s anxiety, and keep yourself healthy, it’s important to properly control your blood sugar.

Continued to Family Members

Above photo: Diabetes affects millions but its impact goes far beyond that. It affects everyone — family, friends, all your loved ones.



Understanding your numbers

How to get an A on your hemoglobin A1C test

By Paige Reddan, M.S., R.D., C.D.E.

Regular blood glucose testing isn’t the only important indicator of your control. The glycosylated hemoglobin A1C test, which measures the amount of glucose in your red blood cells, provides an average of your glucose control over a period of two to three months. People with lower A1C levels have less risk for diabetes complications.

The American Diabetes Association recommends an A1C of 7 percent or less. The American Association of Clinical Endocrinologists suggests you aim for 6.5 percent or less.

If your A1C is not where you and your health care team desire it to be, read these tips and see if any can be applied to your daily living.

Tip 1: Test your blood glucose around meal times. Testing before and two hours after a meal can help you determine if the amount of carbohydrate in your meal worked for you.

Tip 2: Adjust the amount of carbohydrate in your meals to achieve optimal blood-glucose levels after eating. Consistency in the amount of carbs consumed in your daily meals can also help improve after-meal blood glucose. Learn more about carb counting.

Tip 3: Walk 30 minutes most days of the week. Exercise helps to lower glucose as your muscles use it to move. Plus, your liver gets busy replacing its glucose stores, which also lowers your blood glucose many hours afterward. Find other exercises that work for you.

Tip 4: Make sure you are taking your diabetes medication at the right times. Skipping or forgetting your medications can impact the overall effectiveness of the medications. Ask your pharmacist if you have any questions about how to take them. Learn about the different types of meds.

Tip 5: See a diabetes educator! One study has suggested that people with diabetes who get diabetes education from a Certified Diabetes Educator (CDE) have better glucose control. Ask your physician for a referral to a CDE and get the education you need to help you live a life without limits!

Courtesy of LifeScan

Above photo: People with lower A1C levels have less risk for diabetes complications.

**PARKER CARE.
THE BEST.
FOR THE BEST.**



Parker Jewish Institute
HEALTH CARE AND REHABILITATION

**THEY GAVE YOU THE BEST
NOW IT'S YOUR CHANCE
TO GIVE THEM THE BEST**

Short Term Rehabilitation | Long Term Care | Home Health Care Hospice | Palliative Care
Inpatient And Outpatient Dialysis | Medical House Calls | Managed Long Term Care | Medicare Advantage Plan

271-11 76th Avenue New Hyde Park, NY 11040 | 877-727-5373 | parkerinstitute.org

1154932

Designed for the comfort and convenience of **DIALYSIS PATIENTS**

Tel: (718) 289-2600 • Fax: (718) 289-2624 • [www.qliri.org](http://www qliri.org)

The Queens Long-Island Renal Institute Inc. (QLIRI) offers the finest quality of care, state-of-the-art technology and uncompromised dignity, in a bright, ultra-modern setting. Licensed by the New York State Department of Health, QLIRI provides:

- Chronic Hemodialysis
- Experienced Nephrologists and Dialysis Registered Nurses
- Comfortable, State-of-the-Art, Private Treatment Stations
- Personal TV and DVD
- Homelike Reception Area with Large Screen TV
- Free Wireless Access
- Social Work Services
- Nutrition Counseling
- Individual and Family Health Education
- Stretcher Capability
- Valet Parking Available
- Medical Transportation Available



Queens-Long Island
Renal Institute, Inc.



**Located on the lobby level of Parker Jewish Institute for Health Care and Rehabilitation
271-11 76th Avenue, New Hyde Park, NY 11040-1433**

1154922

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

December 23, 2021 – GLEN COVE HERALD

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.



Queens-Long Island
Renal Institute, Inc.

Queens Long Island Renal Institute • 271-11 76th Ave., New Hyde Park • (718) 289-2600

Health memos are supplied by advertisers and are not written by the Herald editorial staff.

BREAKING DOWN BOUNDARIES WITH CANCER BREAKTHROUGHS

Long Island Jewish
Medical Center
Northwell Health

LIJ Medical Center is in the top 10% of hospitals nationally for oncology, according to *U.S. News & World Report*.

Our doctors are raising health by pioneering innovative approaches to cancer—from novel chemotherapy techniques to first-in-the-nation robotic mastectomies with minimal scarring. Because when it comes to cancer, there's no status quo. There's only "how far can we go?"

Northwell.edu/NoLimits

 **Northwell**SM
Cancer Institute
RAISE HEALTH

Family members play an integral role in maintaining a healthy lifestyle

Continued from Managing your

Stress about powerlessness: Family members may begin to stress over their feelings of powerlessness in a situation. They fear that they have no way of helping you, which can take a toll on everyone's mental health. This can lead to strain in a relationship and even blame if something bad were to happen. While you're responsible for your diabetes management, creating a family meal plan can make your loved ones feel as if they're doing something to help.

Anxious about education: Even if you've been living with diabetes for a while, it's unlikely that you know everything about it. Diabetes education is an ongoing process and requires effort to stay up to date with important developments.

If your family is anxious about their knowledge on diabetes, or ongoing developments, try to incorporate group activities that involve obtaining need information. Just make sure that your family understands that they will never know everything about diabetes, and they shouldn't be overloading themselves.

Uncertainty about emergencies: One of the biggest emotional tolls that diabetes takes on your family is the uncertainty about what to do in an emergency. If you're properly managing your diabetes, you likely haven't had to deal with this. However, you should still be prepared.

Make sure that your family knows the signs of hypoglycemia, or low blood sugar. This presents itself with cold sweat, pale or washed-out skin, irritability, hunger, heart palpitations, confusion, fatigue, and eventually loss of consciousness or seizures. Make sure that your family knows these signs and how to address them in case they do occur.

Stress about changing lifestyles: Another

emotional stressor could be the magnitude of change that comes with a diabetes diagnosis. We all know how hard it is to change our habits and trying to do too many things at once leads to failure. It's stressful and while many people fall off the wagon and continue on, this is less of an option for those living with diabetes. Encourage small habitual changes and do what you can to stay committed to healthy habits.

Try not to focus on the negatives: Understanding all of the ways that diabetes affects the whole family isn't meant to make you feel guilty. In an effort to create healthy family dynamics, it's important to be honest about the condition and how you'll need to work together. The best way to get started is to make sure that everyone in your family understands what diabetes is and how it affects your daily life.

Encourage open, honest communication between everyone regardless of age. When doing so, you'll make it easier for your family to approach you with concerns or questions. As an added bonus, practicing this from an early age will help foster trust and communication among your family for everything that happens in life.

Diabetes can also have positive effects on the family. By engaging in new lifestyle habits together, you'll start finding exercises to do together, ways of being active, explore healthier meal options, and find joy in the little things. This inevitably leads to a stronger relationship, losing excess weight, and an overall positive demeanor on life. While living with diabetes brings a lot of change, not all of it is bad. Maintain a positive outlook and making sure that you're surrounded by a good support system.

Try to make lifestyle changes as a whole. This not only makes diabetes management easier,



but it also creates opportunities for bonding and leads to healthier decisions for everyone. When everyone makes a change, it helps you feel supported and reduces the chances of diabetes distress. This in turn limits the amount of stress that your family feels due to worry or anxiety about worsening conditions. For the biggest impact, make sure that you openly communicate with your friends and family. If you find yourself needing more help, find a support group near you to speak with other individuals living with diabetes or consider talking to a mental health professional about what you're struggling with.

Seek out intervention if needed: There are many options available. Individual therapy and psychoeducation generally involve patients meeting with a physician, diabetes educator, nutritionist, and/or therapist to talk about specific health behaviors (like meal planning, exercise, and regular blood sugar testing and record-keeping) and common feelings of depression, anxiety or stress.

Couples therapy and psychoeducation generally involve patients and their spouses or partners meeting with a therapist and treatment team to learn about diabetes together, and to build a sense of teamwork in everyday relation-

ship functioning and disease management. It also provides a place to identify and work through some of the challenges and difficulties that couples and families commonly face.

Family therapy and psychoeducation follow a similar path as couples therapy and psychoeducation, but purposefully include children, siblings, parents, and anybody else who is living together or closely associated with (and affected by) the patient and his or her disease. Common challenges worked through in these forums also include negotiating normal struggles between teenagers' developmentally-appropriate desire for more independence in the context of parents wanting to be very involved in their child's care.

Social and community interventions provide opportunities for patients and their family members to connect with other patients and families. By doing this, the personal, lived experience of people who have "been there" is accessed. Spouses and partners can share with spouses and partners of new patients how they have achieved a balance between being supportive versus being a "nag." Longtime patients can share with new patients how they were able to adjust their diets in a way that was not entirely unsatisfying or impossible to stick with.

Look out for the kids

Your child doesn't need to become a statistic

There's a growing type 2 diabetes problem in our young people. But parents can help turn the tide with healthy changes that are good for the whole family.

Until recently, young children and teens almost never got type 2 diabetes, which is why it used to be called adult-onset diabetes. Now, about one-third of American youth are overweight, a problem closely related to the increase in kids with type 2 diabetes, some as young as 10 years old.

Weight Matters

People who are overweight — especially if they have excess belly fat — are more likely to have insulin resistance, kids included. Insulin resistance is a major risk factor for type 2 diabetes.

Insulin (a hormone made by the pancreas) acts like a key to let blood sugar into cells for use as energy. Because of heredity or lifestyle (eating too much and moving too little), cells can stop responding normally to insulin. That causes the pancreas to make more insulin to try to get cells to respond and take in blood sugar.

As long as enough insulin is produced, blood sugar levels remain normal. This can go on for several years, but eventually the pancreas can't keep up. Blood sugar starts to rise, first after meals and then all the time. Now the stage is set for type 2 diabetes.

Insulin resistance usually doesn't have any symptoms, though some kids develop patches of thickened, dark, velvety skin called acanthosis nigricans, usually in body creases and folds such as the back of the neck or armpits. They may also have other conditions related to insulin resistance, including high blood pressure, high cholesterol, polycystic ovary syndrome.

Activity Matters

Being physically active lowers the risk for type 2 diabetes because it helps the body use insulin better, decreasing insulin resistance. Physical activity improves health in lots of other ways, too, from controlling blood pressure to boosting mental health.

Age Matters

Kids who get type 2 diabetes are usually diagnosed in their



early teens. One reason is that hormones present during puberty make it harder for the body use insulin, especially for girls, who are more likely than boys to develop type 2 diabetes. That's an important reason to help your kids take charge of their health while they're young.

And, of course, there are other factors increase your child's risk:

- ✓ Having a family member with type 2 diabetes.
- ✓ Being born to a mom with gestational diabetes (diabetes while pregnant).
- ✓ Being African American, Hispanic/Latino, Native American/Alaska Native, Asian American, or Pacific Islander.

Take Charge, Family Style

Parents can do a lot to help their kids prevent type 2 diabetes. Set

a new normal as a family — healthy changes become habits more easily when everyone does them together. Start with a mealtime makeover:

- ✓ Drink more water and fewer sugary drinks.
- ✓ Eat more fruits and vegetables.
- ✓ Make favorite foods healthier.
- ✓ Get kids involved in making healthier meals.
- ✓ Eat slowly — it takes at least 20 minutes to start feeling full.
- ✓ Eat at the dinner table only, not in front of the TV or computer.
- ✓ Shop for food together when possible. And shop on a full stomach so you're not tempted to buy unhealthy food.
- ✓ Teach your kids to read food labels to understand which foods are healthiest.
- ✓ Have meals together as a family as often as you can.
- ✓ Don't insist kids clean their plates.
- ✓ Serve small portions; let kids ask for seconds.
- ✓ Reward kids with praise instead of food.

Equally important is getting kids away from the TV and screens and getting physical. Aim for your child to get 60 minutes of physical activity a day, in several 10- or 15-minute sessions or all at once.

- ✓ Start slow and build up.
- ✓ Keep it positive — focus on progress.
- ✓ Take a family fitness class together.
- ✓ Make physical activity more fun; try new things.
- ✓ Ask kids what activities they like best — everyone is different. Encourage them to join a sports team if they have an interest.
- ✓ Have a "fit kit" available—a jump rope, hand weights, resistance bands.
- ✓ Limit screen time to two hours a day.
- ✓ Plan active outings, like hiking or biking.
- ✓ Move more in and out of the house — vacuuming, raking leaves, gardening. Turn chores into games, like racing to see how fast you can clean the house.

Above photo: Encourage your kids to reach for fruit, the original fast food.

WORLD-CLASS SPINE CARE RIGHT HERE ON LONG ISLAND

Herniated Disc / Spinal Stenosis / Spondylolisthesis / Sciatica / Scoliosis



William J. Sonstein, M.D.



Artem Y. Vaynman, M.D.



Ramin Rak, M.D.



Alan Mechanic, M.D.



Donald S. Krieff, D.O.



Robert Holtzman, M.D.



Stephen T. Onesti, M.D.



Sachin N. Shah, M.D.



Vladimir Y. Dadashev, M.D.



Zachariah M. George, M.D.



Benjamin R. Cohen, M.D.



Alexandros D. Zouzias, M.D.



Xavier P.J. Gaudin, D.O.



Daniel M. Birk, M.D.



Raymond Baule, M.D.



Yusef Imani, M.D.

WE TREAT BACK PAIN

Offices: Rockville Centre / Lake Success / Bethpage / Commack / West Islip / Port Jefferson Station / Riverhead

Contact us today to request a consultation.



Scan with your mobile device to request a consultation

nspc.com | (844) NSPC-DOC
In-Network with The Empire Plan (NYSHIP)



NSPC
Brain & Spine
Surgery

Advanced Treatment Starts Here

In an imperfect world, God heals

On Delta, on Omicron, get boosters, keep masks on! And do you recall, why we're celebrating Christmas at all? Here we are, in the season that should be one of the most uplifting times of the year, and there is a distinct lack of good news to be found. If you are anything like me, you have had more than a day or two when it seems that all you hear is seriously overwhelming and deeply depressing. Not all that long ago, it seemed as if we had turned a corner. Finally! We were headed in a direction that held out the possibility of a true change in how our daily lives played out. There was a feeling of a weight being lifted from our collective shoulders. Then, gradually, I felt that weight return as the news turned its eyes to a new coronavirus mutation given the somewhat ominous title, the Omicron variant.

I hoped and prayed that this variant would be a blip on the screen and little more. Having had Covid before vaccines were available, having lost family and friends to Covid, I was not about to casually go back to the anxiety and weight that I felt had just begun to lift. Unfortunately, I didn't stop and reflect on the many things that can happen when you bury your head in the sand. So, with the preparations for Christmas to be taken care of, I stepped up my pace. I was ahead of things! I was going to get ahead of things in preparation for Christmas! But some things can't be outrun or ignored. At some level, I thought that if I had everything set and in place for Christmas ahead of time, I could cut Covid off at the pass. If I really moved, if I had things in order ahead of time, not even Covid-19 could derail Christmas. But, if I was fast, it appeared that Omicron was moving faster.

From the time I was a child, Christmas has been one of my favorite events and times of the year. I loved Rudolph. I agonized with Charlie Brown over his Christmas tree. And, well, Christmas trees... Love 'em! Of course, at the heart of Christmas, I never cease to find something new in the story of a young woman named Mary who says "yes" to God's messenger and takes up the task of bringing a child into the world to redeem that world. The compassion and strength of the carpenter to whom Mary was engaged, who refused to send her away when those around them encouraged just that. The angels, the shepherds, the birth of a child in a setting the health authorities would have had a fit over...Christmas trees that found their origin in what is now Germany...Santa Claus/Saint Nicholas, who has come to us down the ages from what is now

Turkey, by way of Italy and the Netherlands... Suffice it to say that there is little about Christmas that doesn't lift me up. Unfortunately, or perhaps fortunately, it dawned on me that in my efforts to shut out the current difficulties of our world, I had done a masterful job of squashing the mystery that lies at the heart of Christmas.

You may wonder what broke through my denial and restored the tears that come with life and the wonder at how God's works are revealed in Christmas. Well, the answer isn't a what, but a who.

I could have titled this piece, "How Mariah Carey saved Christmas for Fr. Shawn."

The Christmas carol, "O, Holy Night" is perhaps the most universally loved Christmas carol there is. While it has been recorded by vocalists from Mahalia Jackson to Jennifer Hudson, Mariah Carey's recording is still my favorite. On my way to preside at a wedding in the city, I was listening closely to the lyrics when it

struck me: the ultimate statement of this carol and Christmas is God's love and healing of each of us in a world that is frequently less than perfect. Sometimes, God speaks to us in unorthodox ways. That day in that vehicle, it was in Mariah Carey's voice. But the words are for all of us in this present day, for all of us who are struggling in difficult times. The carol restored my Christmas through Mariah Carey's voice proclaiming our value in God's sight, and through that understanding, our ability to rise and perhaps even flourish in the face of adversity.

A blessed Christmas to you all. And for everyone who needs to be reminded that we are loved and sustained by God, particularly in adversity, may I commend the carol, O, Holy Night, by whichever artist speaks to you.

O, Holy Night

The stars are brightly shining!

It is the night of our dear Savior's birth.

Long lay the world in sin and error pining,
'Til He appeared, and the soul felt its worth.

A thrill of hope, the weary world rejoices.

For yonder breaks a new and glorious morn.

Fall on your knees O hear the angels voices.

O night divine

O night when Christ was born

O night divine

O night

O night divine.



Father Shawn Williams, St. Paul's Episcopal Church



Tommy Lanham, Minister of Glen Cove Christian Church

Do not be afraid, this is a time to celebrate!

Sometimes, this time of year and can bring about dread, anxiety, and even fear. We think about the money we are spending, the many different "get togethers" we feel obligated to attend, and we even dread having to talk with that one relative that we only see during the holidays. Some of us enter this time of year wishing it would hurry up and be over.

Many people even become depressed during this time. Some have said that suicides are more prevalent during the holidays. It can be a tough time for people. Contrast this with the Christmas story that frequently talks about peace, joy, and good news. The Bible describes the first Christmas as a time of celebration. After all, it is when the very Son of God split history wide open.

Oddly enough, the most repeated command in the Bible is "Do not be afraid" or "Fear not". This command is frequently repeated in the Christmas story.

When the angel appeared before Zechariah, Jesus' uncle, about the birth of Jesus' cousin, John the Baptist, who was to prepare the way for Jesus, the angel said to Zechariah, "Do not be afraid" (Luke 1:13).

When the angel appeared to Mary, Jesus' Mom, the angel said, "Do not be afraid" (Luke 1:30). When the angel appeared to Joseph, Jesus' Dad, the angel said, "Do not be afraid" (Matthew 1:20). When the angel appeared to the shepherds, who would later visit the baby Jesus, the angel said, "Do not be afraid" (Luke 2:10). It seems that having fear during Christmas time is nothing new. Apparently, there was a tremendous amount of fear during that first Christmas. In each case, the command is the same, "Do not be

afraid." The great thing about each of those encounters is that the angel always gave a reason why they should not be afraid.

The angel explained to Zechariah, "He will be a joy and delight to you, and many will rejoice because of his birth, for he will be great in the sight of the Lord" (Luke 1:14-15).

The angel explained to Mary, "You will conceive and give birth to a son, and you are to call him Jesus. He will be great and will be called the Son of the Most High" (Luke 1:31-32).

The angel explained to Joseph, "She (Mary) will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins" (Matthew 1:21). The angel explained to the shepherds, "I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord" (Luke 2:10-11). In each case, the angel gave the

reason to not be afraid and to be joyful. This great news was going to be joyful and a delight; Jesus, the Son of God is coming to earth; Jesus will save people from their sins; this is good news that causes great joy!

If you are experiencing dread, anxiety, and fear this Christmas, I would encourage you to focus on what Christmas is really all about. It is not about straining our finances, making all the parties, or stressing out over family get-togethers. It is about Jesus, the Son of God who has come into the world to bring us forgiveness of sins and joy in our hearts! The next time you begin to have fear about this Christmas, I would encourage you to heed the words of the angel on that first Christmas.

HERALD GLEN COVE 1223 PUBLIC NOTICES

LEGAL NOTICE
Glen Cove School District
Kindergarten and
Pre-Kindergarten
Registration 2022-2023
Registration for
Kindergarten will begin
on January 3, 2022.
To enter Kindergarten,
children must be five
years old on or before
December 1 of the school
year.
Registration packets are
available at the following
locations:

Glen Cove School Website
- Our District, Central
Registration
District Office (Thayer
House) located at 154
Dosoris Lane
School buildings
Registration for Pre-
kindergarten will begin
on February 7, 2022
through April 14, 2022.
To enter Pre-
kindergarten, children
must be four years old on
or before December 1 of
the school year.

New York State Income
Guidelines are required to
be met in order to be
eligible for the Pre-
kindergarten program.
For both Kindergarten
and Pre-K registration:
Photo ID, proof of
residency, proof of child's
age should be attached
with registration packet.
Please have all forms in
the registration packet
completely filled out.
Incomplete forms will be
mailed back to you for

you to complete.
Drop off completed
registration packets with
required documentation
at our District Office
(Thayer House) located at
154 Dosoris Lane during
business hours Monday-
Friday 8:00 a.m.-4:00 p.m.
Please call (516) 801-7008
with any questions you
may have.
128933

Search for notices online at:
www.newyorkpublicnotices.com

HERALD Market Place

TO PLACE AN AD CALL 516-569-4000 PRESS 5

1155140

Chimney King, Ent. Inc.
 Chimney Cleaning & Masonry Services
 Done By Firefighters That Care
 chimneykinginc.com

(516) 766-1666
(631) 225-2600

FREE ESTIMATES

- Chimneys Repaired, Rebuilt and Tuckpointing
- Stainless Steel Liners Installed

Fully licensed and insured
 Nassau • Suffolk • NYC

1153005

OUTER BANKS, NORTH CAROLINA • VACATION RENTALS

500 VACATION HOMES
 Selling fast for Summer 2022
 due to need to escape covid

Brindley Beach
 VACATIONS & SALES

Book now for best selection!

1155147

WIREMAN/CABLEMAN

- Flat TVs Mounted • All Wires Hidden
- High Definition Television Antennas Installed
- Camera & Stereo Systems Installed & Serviced
- Telephone Jacks, Cable TV Extensions & Computer Wiring Installed & Serviced
- Surround Sound / Sound Bars
- Commercial & Residential Repairs

CALL DAVE davewireman.com
516-433-9473 (WIRE)
631-667-9473 (WIRE)
516-353-1118 (TEXT)

Veterans 10% Off

FREE Estimates
 Lic 54264-RE
 All Work Guaranteed
 Credit Cards Accepted

1154409

15-YEAR RESIDENTIAL WARRANTY

ONE DAY GARAGE FLOORS

iPaint

- 4X STRONGER THAN EPOXY
- NO HOT TIRE PICK-UP • 1 DAY INSTALLATION
- WON'T CHIP OR PEEL • EASY TO CLEAN

CONCRETE COATINGS **516.676.8469 • iPaintFloors.com**

1155018

Dr. Efrat Fridman, LCSW

Psychotherapist
 Individual, Couple and Family Therapy

2 Pinetree Lane
 Old Westbury, NY 11568 **718-887-4400**

1151917

Family Owned & Operated
 Serving the North Shore Since 1988

Madison Taxi

24/7 SERVICE

WE GUARANTEE ON TIME ARRIVAL

- LOWEST PRICES
- LOCAL & LONG DISTANCE
- AIRPORT SERVICES (PICK-UP & DROP-OFF)
- MULTI-LINGUAL DRIVERS

\$5 off ANY AIRPORT TRIP
 Madison Taxi

516-883-3800 www.MadisonTaxiNY.com

1152529

ALL PHASES OF TREE WORK

Removals • Pruning • Trimming
 Hazard Tree Identification & Storm Damage Prevention
 Grading & Lawn Installations

AAA CHEAP TREE
 The Best for Less! • Over 33 Years

FREE Safety Tree Evaluation For Any Future Storm

Owner Operated by ISA Certified Arborist
FREE ESTIMATES 631-254-0045
AAACheapTree.com • angleslist.com/review/243137

Fully Lic/Ins #H2083620000

1146130

DEMOLITION AND JUNK REMOVAL SERVICES

STRONG ARM CONTRACTING INC.

We Rip-Out or Remove Anything & Everything!
 We Clean It Up & Take It Away!

RESIDENTIAL & COMMERCIAL
516-538-1125
 FREE ESTIMATES

1152922

We Buy Antiques, Fine Art and Jewelry

Same Day Service
 Free In-Home Evaluations
 40 Year Family Business
 Licensed and Bonded

Immediate Cash Paid

Syl-Lee Antiques
 www.syl-leeantiques.com
 516-671-6464

1152819

ALFREDO'S CONSTRUCTION

SPECIALIZING IN **BLACKTOP**
 AT THE BEST PRICES IN TOWN

CALL FOR WINTER SPECIALS

- CONCRETE • BRICK PATIOS • STOOPS • STUCCO
- BELGIUM BLOCKS • SIDEWALKS • DRAINAGE PROBLEMS
- CELLAR ENTRANCE • WATERPROOFING
- DRIVEWAY SEALING • DEMOLITION • DUMPSTER SERVICE
- POWERWASHING • HANDYMAN REPAIRS

Senior Citizen Discounts

Se Habla Espanol

LICENSED & INSURED **516-424-3598** FREE ESTIMATES

1153127

Back to Balance
 Dog Training & Rehabilitation

We can help with: jumping, destructive behavior, biting, running away, pulling on leash, separation anxiety, puppy behavior & more

backtobalancetraining.com
because your dog is worth it.

1037462

black forest Brian E. Pickering

auto works

20 Cottage Row, Glen Cove 676-8477

1140621

TO ADVERTISE ON THIS PAGE

PLEASE CALL
516-569-4000 ext. 286
OR EMAIL ereynolds@liherald.com

OPINIONS

Washington must act to protect affordable care

We're about to lose one of the most significant advances in health care made over the past decade unless Congress takes immediate action. That's why I'm calling on Sen. Chuck Schumer and Rep. Tom Suozzi to step up and protect lifesaving health coverage subsidies for New Yorkers.



**LISA
TYSON**

These expanded subsidies help families afford the cost of health coverage. By driving down costs, this relief ensures that Americans across the country don't lose their access to care. While this program has been an essential component of our response to the coronavirus pandemic, the impact of these benefits has been far greater.

If made permanent, marketplace health insurance subsidies could cut the number of uninsured by 12 million nationwide next year, according to the Urban Institute. In New York alone, it

would ensure that 163,000 people would have access to the benefits of health coverage who otherwise would not be covered. This could cut the number of uninsured by nearly 15 percent across the state.

These expanded tax credits must be made permanent in this year's final budget reconciliation package. As we continue to confront the worst public health crisis in over a century, these subsidies ensure that every community in our state can access basic care and take part in our ongoing recovery.

Despite the impact of this relief, these subsidies will disappear if Congress doesn't act soon. If they expire, the effects on working- and middle-class families could be devastating. A new study by the Kaiser Family Foundation found that premiums could double for the millions of Americans who buy their coverage on the marketplace. Another study by the Department of Health and Human Services found that premiums could rise by as much as \$600.

As we've fought to recover from Covid-19 and its deadly mutations, marketplace subsidies have become an essential lifeline for thousands of New Yorkers. And while it's hard to imagine a worse time to lose health coverage than in the middle of a global pandemic, these expanded benefits are currently set to expire by the end of next year. That's why it's so critical that leaders like Schumer and Suozzi work with their colleagues to protect these essential benefits for every American still struggling to afford health coverage.

As director of the Long Island Progressive Coalition, I've seen our community go through decades of debate over how best to expand access to health care. While this conversation must continue, we cannot afford to lose a program that is providing coverage to so many right now.

New York has long been at the forefront of efforts to protect the health and well-being of working families. From Teddy Roosevelt making the first national call to protect against "the haz-

ards of sickness" to his cousin Franklin Roosevelt creating the Social Security program, our state's leaders have long fought to ensure that working people can live and age with dignity. In more recent times, our leaders in Congress fought to pass, and then defend, the Affordable Care Act.

All of these efforts have improved the lives of countless families across our state and around the country. Now we have the chance to build on that legacy by protecting these lifesaving subsidies before they expire. This will not only ensure that thousands of New Yorkers can keep their health coverage, but also move us closer to the day when every American will have access to affordable, quality health care.

No family should ever be forced to choose between paying the bills and paying for health coverage. These expanded marketplace subsidies must be made permanent now, because they ensure that millions of Americans don't have to make that choice. It's time for our leaders in Washington to act.

Lisa Tyson, of North Bellmore, is the director of the Massapequa-based Long Island Progressive Coalition.

Families shouldn't have to choose between paying bills and paying for health care.

Kidney donor tells story of the gift she gave

Dear Ms. Kreiss: "I read your article in the Herald about your friend's son who needs a kidney ("Hoping for the gift of life in this season of giving" Dec. 9-15). I suspect people who read the column or see pleas like this in general don't believe they



**RANDI
KREISS**

can help because organ donation is so serious. It made me think that, as a kidney organ donor, it would help if I told my story.

"I met 'Jane,' another parent, at my daughter's school. I came to know her through her devotion to various class projects and activities. When I realized I hadn't seen her in a while, I asked a mutual friend, who told me Jane's husband was dying of kidney failure.

"I called Jane to offer support, and she told me her husband's best chance to survive was with a live kidney donation. I immediately felt the sense of urgency and thought, 'I'll get tested,' not realizing I actually said it out loud. She

guided me to the program that was testing his potential donors. Turns out I was a match, and a very good one.

"Now it was up to me to decide if I could really do this. All the bravado I had shown in getting tested started to wane a little bit now that it was a reality. What was I thinking? I had three kids of my own who needed me. I was in my late 40s, and while I was in decent physical condition and had no ailments, I was more than a little overweight.

"And I didn't even know this guy.

"But somehow, I knew I was supposed to do this. I was given a lot of information and data about organ donation, and the more I read about it, the less I feared it. The clincher for me: Without a donor kidney, this man would die too young after spending the rest of his days tied to dialysis.

"I went through many tests, and my results were all good. Then I was told that his brother was most likely going to be the donor, so for about nine months I was on the reserves list. Then, suddenly, his brother and sister were eliminated as donors for medical reasons. I was

once again at bat. After almost a year of uncertainty, it was now a go.

"At every stage of this process, my medical team (you have your own medical team that is separate from the recipient's medical team) reminded me I could pull out at any time. But I was ready. All the delays just made me feel that if it was meant to be, it would happen.

"When I woke up after the surgery, it was evening, and my dear brother was standing over me, holding a can of kidney beans (in case I needed a spare). I didn't feel any pain but was tired. I was told the operation was a success, and that my recipient was

doing well.

"They always say the best way to get things working again after surgery is to get up and walk. So walk I did, every day, at least once an hour. I felt minimal pain.

"The recipient's new kidney began functioning beautifully right away. Each day he got stronger and stronger. We both healed well, and though he has other physical challenges unrelated to the transplant, his kidney is functioning

very well and normally.

"A question I am often asked is, 'What if your kids or someone in your family needs a kidney? Now you can't help them.' To which I answer, 'I am so confident that this is a safe process that I know someone else in my family would step up and donate. We'll be OK.'

"My donation has only affected me for the good. It increased my faith. It gave me more confidence in myself, and it made me finally act on my desire to live healthfully. I have struggled with my weight since I stopped playing competitive sports in my 20s. I have since lost all my excess weight. I am now 56, but physically I feel like I'm 30.

"My recipient is healthy, and I'm healthier than I've been in years. I feel so grateful for the opportunity to have done this. It changed my life forever, and for the better."

The donor has asked to remain anonymous to protect the privacy of the recipient. To find out more about donating a kidney to Scott Englander of Woodmere, whom I wrote about two weeks ago, email scottneedsakidney@gmail.com.

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

'My recipient is healthy, and I'm healthier than I've been in years.'

GLEN COVE HERALD

Established 1991
Incorporating
Gold Coast Gazette

JILL NOSSA
Editor

OFFICE

2 Endo Boulevard
Garden City, NY 11530

Phone: (516) 569-4000

Fax: (516) 569-4942

Web: glencove.liherald.com

E-mail: glencove-editor@liherald.com

Twitter: @NSHeraldGazette

Copyright © 2021

Richner Communications, Inc.

HERALD

COMMUNITY NEWSPAPERS

Robert Richner

Edith Richner

Publishers, 1964-1987

CLIFFORD RICHNER

STUART RICHNER

Publishers

SCOTT BRINTON

Executive Editor

JIM HARMON

Copy Editor

CHRISTINA DALY

Photo Editor

TONY BELLISSIMO

Sports Editor

KAREN BLOOM

Calendar Editor

RHONDA GLICKMAN

Vice President - Sales

ELLEN REYNOLDS

Classified Manager

LORI BERGER

Digital Sales Manager

JEFFREY NEGRIN

Creative Director

CRAIG WHITE

Art Director

CRAIG CARDONE

Production Coordinator

DIANNE RAMDASS

Circulation Director

HERALD COMMUNITY NEWSPAPERS

Baldwin Herald

Bellmore Herald Life

East Meadow Herald

Franklin Square/Elmont Herald

Freeport Leader

Glen Cove Herald Gazette

Long Beach Herald

Lynbrook/East Rockaway Herald

Malverne/West Hempstead Herald

Merrick Herald Life

Nassau Herald

Oceanside/Island Park Herald

Oyster Bay Herald Guardian

Rockaway Journal

Rockville Centre Herald

South Shore Record

Valley Stream Herald

Wantagh Herald Citizen

Sea Cliff/Glen Head Herald Gazette

Seaford Herald Citizen

MEMBER:

Local Media Association

New York Press Association

Published by

Richner Communications, Inc.

2 Endo Blvd. Garden City, NY 11530

(516) 569-4000

HERALD EDITORIAL

We must act now to stem the opioid crisis

A Merrick pain doctor, Michael Belfiore, 58, was sentenced on Dec. 16 to 23 years in prison after he was convicted of selling opioid prescriptions to patients, many of whom were desperately addicted to opioids and often writhing in pain from a variety of injuries. Belfiore might have begun his career as a respected doctor, but he ended it ignominiously, as a common drug dealer.

We were pleased that Belfiore was given a tough sentence, after he arrogantly fought the charges against him in 2014 and 2016, despite overwhelming evidence against him. His case should serve as a stiff warning for any doctor thinking of selling scripts for cash: The law will eventually catch up with you, and you will eventually be sent to prison for a long time.

It's about time the law caught up with the medical practitioners who, in part, at least, have fueled the opioid crisis that the nation, including Long Island, now faces.

Belfiore's case is especially egregious. According to federal officials, he wrote 5,000 prescriptions for 600,000 pain pills between January 2010 and March 2013. His case is, however, anything but unique. There are many like him.

On top of that, too many doctors have overprescribed opioids for patients without giving proper thought to the possible long-term consequences of their actions. To be clear: This is not every doctor. Most physicians follow the rules. The doctors who have cavalierly prescribed opioids as

their default practice, however, are partly to blame for the addiction pandemic that we find ourselves in now.

The coronavirus pandemic has only worsened the opioid addiction crisis. In the first year of the pandemic, between April 2020 and April of this year, the U.S. recorded 100,000 opioid overdose deaths — 100,000! That meant an American died every five minutes of an overdose.

President Biden's \$1.75 trillion Build Back Better legislation — which Sen. Joe Manchin, a West Virginia Democrat, effectively killed last weekend by refusing to vote for it — included \$11 billion to fight the opioid crisis, which is now increasingly driven by fentanyl, a powerful opioid.

There remains a chance that the legislation could eventually pass. If it does not, though, there will be any number of consequences for the nation, not the least of which will be reduced resources to cope with the opioid crisis. Shame on Senator Manchin.

Earlier this year, Nassau County Executive Laura Curran directed \$15.3 million to addiction prevention and treatment services from a \$230 million settlement that New York state reached with the pharmaceutical manufacturer Johnson & Johnson for its part in causing the opioid crisis, which has plagued the U.S. since the late 1990s. With the settlement, Johnson & Johnson avoided a trial.

Last summer, state Attorney General Letitia James filed a class-action lawsuit on behalf of the state against pharmaceu-

tical giants Teva Pharmaceuticals, Amersource Bergen, McKesson Corp, Endo Pharmaceuticals, Allergan Finance and Cardinal Health. The outcome of that suit remains to be seen.

We must also remember this: The opioid crisis gave rise 10 years ago to a heroin crisis. This is how we described it in an April 2010 story, "From painkillers to heroin addiction": "Nassau County police say that prescription painkillers have flooded the local illegal drug market in the past decade, which is driving the recent spike in heroin use ...

"With the drugs readily accessible, painkiller and heroin addicts are getting younger and younger, according to the experts ... In the past, the average age of the heroin addicts ... was 24. Now, most are 18 to 23. Many begin using prescription painkillers at parties as young as 14 and 15. When the painkillers become too expensive — they sell for \$80 per pill on the street — the teens graduate to heroin, which goes for as little as \$5 a bag."

Not much has changed over the past decade — except the drugs have become more powerfully addictive and potentially deadly, and the crisis has only gotten worse, not better, as we had hoped.

A two-pronged approach that mobilizes both police and therapists is needed to address the crisis. That requires money. Nassau County Executive-elect Bruce Blakeman will take office in a week. We urge him to prioritize funding for drug enforcement and addiction treatment.

LETTERS

Questions Blakeman's stance on mask mandate

To the Editor:

Our newly elected county executive, Bruce Blakeman, in one of his first acts, has rejected the recent New York state mask mandate. The announcement came at a time when Long Island's positivity rate was increasing rapidly — it stood at more than 9 percent at press time — and was the highest in New York state.

Here is what Blakeman, a Republican, recently told The New York Post: "Come Jan. 1, my administration will move Nassau forward with a common-sense approach that acknowledges the facts, science and progress made by our residents while also protecting businesses and jobs from any further damage created by government mandates. Nassau County is not in crisis and should not be painted with the same broad brush as the rest of the state. Ninety-seven percent of adults in Nassau County have received at least their first dose of the vaccine, and Nassau hospitals have adequate capacity to handle existing demand."



OPINIONS

Conservative politics could play into school elections

The war on local school boards, teaching and history is escalating as conservative activists and Republican politicians prepare for the 2022 congressional midterm elections.

This year, 66 gag-order bills to prevent teaching about race and racism were introduced in 26 states, and at least 12

became law. Among the measures was Assembly Bill 8253, introduced in New York by Republican Assemblyman Colin Schmitt of upstate New Windsor, which, if passed, would ban students and teachers in K-through-12 schools from learning about



ALAN SINGER

The New York Times's 1619 Project, which examined the nation's beginnings through the lens of slavery.

According to a report by the nonprofit PEN America, many of the bills mirror legislation introduced in the U.S. Senate by Tom Cotton, a Republican from Arkansas, and former President Donald Trump's 2020 executive order "combating race and sex stereotyping." Most include a provision prohibiting "divisive concepts."

One frightening development is a shift in strategy by groups like the Proud Boys, whose members were involved in the Jan. 6 assault on the U.S. Capitol in an attempt to overturn the results of the 2020 presidential election. The Proud Boys are now picketing school board meetings in protests against mask and vaccine mandates, and school curricula and reading assignments that they don't like. This fall there were Proud Boy rallies on Long Island in Rockville Centre, Bay Shore and Patchogue.

In New York, school board elections are scheduled for next May 17, six months before November's congressional election. Filing petitions are due in most school districts on April 18. The New York State School Boards Association provides a booklet for people considering becoming school board candidates.

On Long Island, insurgent candidates challenging coronavirus mask mandates and a fictionalized version of critical race theory won three seats on the Smithtown Board of Education last May. Now a Republican consulting firm is organizing classes to further polarize and politicize school board races. Among those offering the classes are a former Trump activist, a former contractor with the Nassau Coun-

ty government when it was under Republican control and a Republican Suffolk County legislator.

The latest Long Island school district to erupt with a critical race theory controversy is Great Neck. Some residents

accuse a Great Neck North High School 11th-grade English teacher of presenting in class that whites are racists and students need to understand white fragility and reject privilege. The local parents appear to be working with a national organization, Parents Defending Education, which claims it wants to ensure that American schools do not promote "harmful agendas." The group's website has slides

that were supposedly shown in the English class.

What is missing from their attack on teachings is any attempt to learn what actually took place in the classroom. Students read the book "Between the World and Me," by Ta-Nehisi Coates, which won a National Book Award. The slides were part of a lesson introducing students to the issues raised in the book, and by other authors who question or challenge what they perceive of as racism and white supremacy in the U.S. Students were asked to pledge to think about the issues raised in the book, not to agree with a par-

ticular author:

According to state Board of Regents Chancellor Lester Young, "The New York State Board of Regents policy on diversity, equity and inclusion is not an attempt to, in fact, teach critical race theory. Critical race theory is not our theory of action. Our theory of action is cultural responsiveness." The official position of the state educational governing body, and the reality of what gets taught in the classroom, have not stopped conservative Republicans from mobilizing white families to stop CRT.

Jay Worona, deputy executive director and general counsel for the New York State School Boards Association, has called the political assault on school boards a "false narrative." Worona responded to the assault, "There are many people who are proclaiming that the curriculum is being designed to indoctrinate students to think in a particular way, as opposed to what we've done for eons, which is to teach critical thinking skills."

Dr. Alan Singer is a professor of teaching, learning and technology and the director of social studies education programs at Hofstra University. He is a former New York City high school social studies teacher and editor of Social Science Docket, a joint publication of the New York and New Jersey Councils for the Social Studies. Follow him on Twitter, @AlanJSinger1.

The debate over mask mandates and history courses may continue next spring.

LETTERS

So, Blakeman seems to say, don't worry if you get the Covid virus as a result of his no-mask-mandate policy. Nassau is ready with your very own ICU bed.

Blakeman also touts the 97 percent one-dose adult vaccine rate. One dose has little effect on the new variant, and what about the children who are now contracting the virus in higher numbers?

Yes, acknowledge the facts. Don't make up your own.

DR. ALLAN SIMON
Lawrence

America's 'awakening'

To the Editor:

Re Dr. Alan Singer's column "Democrats' election perils have little to do with 'wokeness'" (Dec. 9-15):

Singer is right: The Democrats' dismal election showing in November had little to do with "wokeness," but it had a lot to do with "awakening." People are showing disgust over the deceit of progressive attempts to redefine American values and traditions.

The failure of House Republicans to hold Rep. Paul Gosar in contempt for his thoughtless tweets about Rep. Alexandria Ocasio-Cortez was unfortunate. But why was no contempt shown for Rep. Maxine Waters, who in April called on her followers to "stay on the street" and "get more

confrontational" if Derek Chauvin hadn't been found guilty of murdering George Floyd? This could be interpreted as inciting others to riot, which is not protected speech, but there she was, on video, saying as much, similar to when she called on her supporters to harass Trump officials when they were having dinner at restaurants with their families. Waters was never sanctioned or censured over that, either, emboldening her to even more such calls for abuse.

In August 2020, Kyle Rittenhouse naively and stupidly brought his AR-15-style rifle with him to the Kenosha, Wis., riots, where he said he intended to offer only medical aid. He was walking with a fire extinguisher to put out a fire set by the arsonists, within their view — not very smart — when he was attacked. He didn't assault or threaten anyone, but they overreacted violently toward him, provoking his justifiable self-defense.

Members of the "Republican rank and file" have not challenged local school boards over critical race theory, but rather parents of children being subjected to it. To espouse the belief that this country is essentially racist is a fraud, and is itself racist. No wonder parents object to this divisive propaganda of hate.

The greatest contributor to climate change is China, not the United States, but the 2016 Paris Agreement would have given China a longer time frame to clean

FRAMEWORK by Christina Daly



Lighting up the night — Island Park

up its carbon pollution than the U.S. Former President Donald Trump wasn't against such initiatives, but only wanted them to be implemented fairly and equitably, consistent with his belief that America stop being made the scapegoat for the world's evils.

As more Americans see the truth, the Democratic Party will continue to decline.

ROBERT RUBALSKY
East Rockaway

All of us at Herald
Community Newspapers
wish our readers of the
Christian faith a very
Merry Christmas!

TENANTBASE

Grow your business in a space you love.

We help you find and lease the right space, fast.



Search for space to start the process.
www.tenantbase.com



Scan to get started!

