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**Bleu Clarinet offers
nightlife in G.C.**
Page 9



**Life as a
'Jeopardy!' writer**
Page 14

\$1.00 VOL. 31 NO. 3

JANUARY 13 - 19, 2022



Laura Lane/Herald

MAYOR PAM PANZENBECK said she would like to slow the pace of the \$1.25 billion Garvies Point project, bring new retail businesses to Glen Street and serve as an advocate for the city's schools.

Panzenbeck begins new job, taking over as G.C. mayor

Three-term councilwoman leading city she loves

BY LAURA LANE
llane@liherald.com

Glen Cove's new mayor, Republican Pam Panzenbeck, says she isn't particularly political, and plans to take a different approach to governing — one that just might work.

"My goal is to work in a

bipartisan way with my City Council," said the lifelong Glen Cove. "You don't look at people's parties, you look for people who are good people with a like mind and you all work together. I like for everyone to be involved, because it builds enthusiasm and makes for success in the end."

Other elected leaders have

touted their devotion to bipartisanship, but Panzenbeck says she is also committed to being kind, humble and amenable, and plans to bring those trust-building attributes to Glen Cove.

She is the "sweetest thing," but also firm in her beliefs, said newly elected Council-

CONTINUED ON PAGE 3

Officials react to Blakeman's mask directive

**BY CRISTINA ARROYO
and SCOTT BRINTON**

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Nassau County Executive Bruce Blakeman signed executive orders on Jan. 6 directing local boards of education to vote this month on whether their districts should mandate mask use, while also lifting the mask mandate for all county agencies and the state's temporary mask mandate in public places.

Several local officials, including State Sen. Jim Gaughran and Assemblyman Chuck Lavine, issued a statement in response to Blakeman's order. "Over the past two years, 3,435 of our friends, neighbors and loved ones in Nassau County have died from Covid-19," it read. "We are grateful Governor Hochul has required the simple precaution of masks in schools to keep our schools open and our kids safe.

At this point in the pandemic, when pediatric hospitalizations are spiking at dangerous levels, it would be the height of irresponsibility to ignore Governor Hochul's vital efforts to protect public health.

Over the past two years, 3,435 of our friends, neighbors and loved ones in Nassau County have died from Covid-19.

CHUCK LAVINE
Assemblyman,
District 13

"We are confident the school districts of Nassau County will continue acting responsibly in the coming days, as they had no input in the county executive's actions," the statement continued. "For the sake of our children, teachers, and school personnel, County Executive Blakeman must immediately rescind his irresponsible and clearly unlawful executive order."

The orders read in part, "Given the historical data on Covid-19 and the ongoing debate over whether masks are more harmful than beneficial to children and to school environments in general, we should protect the freedoms and statutory rights of students

CONTINUED ON PAGE 8



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New mayor plans to bring retail shops to Glen Cove

CONTINUED FROM FRONT PAGE

woman Barbara Pebbles, who has known Panzenbeck for roughly 10 years. Both attend St. Patrick's Church, and Pebbles was the city's deputy mayor from 2014 to 2017, when Panzenbeck was a councilwoman.

"The number one reason why I know she will be a great mayor is her fairness and integrity," Pebbles said. "In my opinion, that is key, especially now more than ever."

Panzenbeck, a business and computer education teacher at Levittown Central School District for 34 years, retired in 2008. "I never expected to be in politics," she said. "Since I retired, my life has been a life of volunteerism. But I don't like to talk about it, because talking about it cheapens it."

She was a member of the Glen Cove Hospital Auxiliary, and is active at St. Patrick's, where she serves as a lector, was the liaison to the Glen Cove Youth and Senior Advisory boards, and once sat on the fundraising boards.

Deputy Mayor Donna McNaughton said she persuaded Panzenbeck to run for mayor because she thought her friend would be what the city needed. Panzenbeck has always been community-minded, McNaughton said.

"Everyone in Glen Cove knows and loves Pam," McNaughton said. "I've never met anyone like her. She cares about people."

Panzenbeck first ran for the City Council in 2009, and lost, but ran again in 2013, and won. She was re-elected twice, but lost in a blue wave in 2019 that ended the Republican majority in the city government. She never planned to run for mayor, deciding to at the relative last minute, in March.

A local life

Panzenbeck described herself as a young 68-year-old who doesn't take the elevator. She and her husband of 41 years, Bob, have two sons, 39 and 37, a daughter, 34, and four grandchildren.

Growing up in Glen Cove made her who she is today, she said. She lived in the Landing, and her neighbors were her extended family. They taught her to love God and her country, to cherish and respect the flag and to respect and honor veterans, she said.

"You could never get into trouble, because everyone knew your aunt or your uncle," she said with a smile. "We had double jump ropes at the end of my driveway going all the time, and when a mom jumped in, it was the highlight of our day. My childhood was magical."

She still keeps in touch with her fourth-grade class from Landing Elementary School, and catches up with them at reunions.

Although she loves Glen Cove, Panzenbeck said she wishes it were more like the city of her youth. "I would like everything to return to what it had been," she said. "Being kind, doing good deeds. I think people need to care about other people."

Her children were raised to be good neighbors. When it snowed, they shoveled their neighbors' sidewalks and driveways,



Courtesy Gaitley Stevenson-Mathews

PAM PANZENBECK, CENTER, led her first meeting as mayor on Tuesday, joined by City Council members, from left, Barbara Pebbles, Jack Mancusi, Marsha Silverman, Danielle Fugazy Scagliola and Kevin Maccarone.

Panzenbeck said — free of charge. It was hard for a 10-year-old to turn down \$10, but as far as she was concerned, it would have been wrong to accept it.

Mayoral goals

When she spoke with the Herald, Panzenbeck had been mayor for six days. Although she said she wouldn't be making any major changes yet, she was considering a few.

One of her top priorities is to renovate the city golf course. It's one of the features that lead people to buy a home here, she said. The main building, referred to simply as the "golf house," is being razed. An avid golfer, Panzenbeck said she knows firsthand how bad the conditions are. For starters, she'd like to overhaul the driving range, which she said is "pretty much nonexistent."

The parks need improvements too — especially Morgan Park, which has deteriorated. The sea wall needs work, as do the crumbling cement steps that ascend from the shore to the park. And residents have requested another set of restrooms.

Some government departments were consolidated under former Mayor Tim Tenke, including the Parks Department, which merged with the Department of Public Works, and the Recreation Department, which merged with the Youth Bureau. Panzenbeck said she might make some modifications. "The DPW guys need help with the parks," she said.

She would like to slow the pace of work at the \$1.25 billion Garvies Point project. Developers are currently set to meet with the city planning board, seeking approval for the construction of another building.

"We just want it to go step by step, and have a little bit of breathing time in between [projects]," Panzenbeck explained. "Let's see who moves in and what's being utilized before we jump onto the next thing."

She is focused on bringing retail shops to the section of Glen Street near City Hall, and plans to form a business advisory board.

Glen Cove's comptroller under Tenke,



Laura Lane/Herald

PANZENBECK IS FAMILIAR to many in the city because of her volunteerism and her years on the City Council.

Michael Piccirillo, will remain in the job. Panzenbeck is working with him to put the city in a strong financial position. She expects to adhere to Tenke's budget and reduce spending, without laying off city workers. People spend what they're given, she said. She will encourage them to spend less.

Panzenbeck said she wants to forge a positive relationship with Schools Superintendent Dr. Maria Rianna, and be an advocate for the schools. She plans to visit them and share what she sees with the

community. She wants to encourage kindness among young people, and to challenge them to do acts of kindness, perhaps with a mayoral award for good service.

And in the next few weeks, a city facility will open where residents can receive Covid vaccines and boosters.

"My talent is getting people together," the new mayor said. "I'm not a 'me' person. 'I'm a 'we' person. This is a thankless job. You do it because you love your community."

4 Holiday garbage pick-up

January 13, 2022 - GLEN COVE HERALD

Due to Martin Luther King Day, garbage and recycling pick-up normally scheduled for Monday will take place on Tuesday. Garbage and recycling pick-up

normally scheduled for Tuesday will take place on Wednesday.

There will be no yard waste or metal pick-up.

CRIME WATCH

Arrests

■ On Dec. 28, a 59-year-old female from Glen Cove was arrested for second degree harassment on Duck Pond Road.

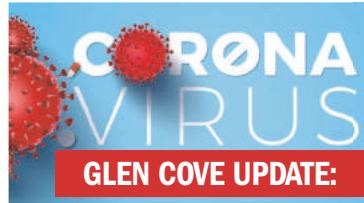
■ On Jan. 1, a 22-year-old male from Glen Cove was arrested for attempted second degree burglary, third degree criminal mischief, second degree aggravated harassment, resisting arrest and third degree menacing on Robinson Avenue.

People named in Crime Watch items as having been arrested and charged with violations or crimes are only suspected of committing those acts of which they are accused. They are all presumed to be innocent of those charges until and unless found guilty in a court of law.

1-800-244-TIPS

Nassau County Crime Stoppers

The public is asked to call Crime Stoppers if they have any information about any crimes.



New infections for the week.
1,424
Total infections to date.
7,071

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Comite Civico Argentino holds fundraiser gala

Comite Civico Argentino held its sixth annual Fundraiser Gala and Toy Drive at Crescent Beach Club in Bayville on Dec. 19, 2021. The gala is the brainchild of philanthropist Lia Di Angelo, President of Comite Civico Argentino, owner of Westbury Florist, and a Glen Cove resident. She turned her December birthday into a fundraiser to help children and families locally and in Argentina, the country of her heritage, while honoring a number of deserving figures in the community. Last year, she raised more than \$13,000 to feed families and shared 450 toys with kids in Nassau County and Dominican Republic.

Dr. Maxine Cappel Mayreis received the Small Business Award for investing in the local community and providing outstanding chiropractic and holistic care to the residents for more than 31 years. Cappel Mayreis received citations from Senators Jim Gaughran and Anna M. Kaplan, Assemblyman Charles Lavine, Nassau County Legislator Siela A. Bynoe and the Glen Cove Chamber of Commerce.

Cappel Mayreis is a third generation chiropractor and the sixth in her family. Chiropractic is a legacy in her

family, she said, and she is passionate about providing chiropractic care to as many people as possible –

from newborns to seniors. “Chiropractic is so gentle, safe and effective,” she said. “The adjustment instantly turns on the body’s power to heal. When spinal bones are out of alignment, it pinches nerves and blocks signals to the organs and muscles, causing a host of health problems. Removing the blockage liberates your healing power. We get to the root cause of the health problem.”

Cappel Mayreis, known as, Dr. Max, runs a multidisciplinary holistic practice at 480 Forest Ave. in Locust Valley. “Introducing our high-tech cutting edge fully robotic MLS Laser has given prompt relief to so many with pain in the knees, shoulders, back, neck, bone on bone, and more because it gets rid of pain and inflammation quickly, holistically and painlessly,” she explained, noting that laser speeds up healing of the tissues. “Every day I am humbled by the healing miracles that occur in my office from chiropractic and laser. I love being a chiropractor and my mission is to help as many people as possible.”

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GLEN COVE

HERALD

HOW TO REACH US

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COMMUNITY UPDATE

Saturday, Jan. 15

St. Francis Hospital Outreach Bus

The St. Francis Outreach Bus will be parked in the Oyster Bay-East Norwich Library parking lot from 10 a.m. until 2 p.m. Free Health Screenings include a brief cardiac history, blood pressure and a simple blood test for cholesterol and diabetes for adults 18 and older. Free flu shots will also be available. No appointment is required.

Sunday, Jan. 16

Bereavement Support Group Meeting

With the Covid-19 pandemic came a significant amount of loss for many. In addition to losing loved ones to the virus itself, an increased loss of jobs and support services, along with significant changes in lifestyle also burdened some during the pandemic. One does not have to deal with these losses alone. Join the grief support group at 3 p.m. at the St. Boniface Martyr school, 12 Main Avenue, Sea Cliff. To register call, Dr. David Meagher at (516) 458-0596.

Deep Roots Winter Market

Offering locally grown produce, eggs, meats and dairy, fresh baked bread and sweets, honey, maple syrup, grab-and-go as well as bake-at-home prepared foods and other locally made goods, the Deep Roots Winter Market will take place on Saturdays through April, at 100 Village Square, on Bridge Street, in Downtown Glen Cove from 10 a.m. until 2 p.m.

Virtual Dungeons & Dragons

From 2 to 4 p.m. join your friends as you play your way through a unique grand story. Grab your trusty dice, pick your character and lose yourself in a world of fantasy. Register in advance online at locustvalleylibrary.org or email tthurman@locustvalleylibrary.org to receive instructions.



Courtesy Wikimedia Commons

Famous Long Island Shipwrecks

Beginning at 7 p.m. on Jan 18, learn about prominent Long Island shipwrecks in an online lecture by historian, author and retired Newsday reporter Bill Bleyer. The lecture, presented by the Bayville Library, will include maritime disasters from the Prins Maurits carrying colonists to what would become Delaware, to the loss of the tugboat Gwendoline Steers in a 1962 winter storm. Register at bayvillefreelibrary.org for the Zoom link.

Monday, Jan. 17

Blood Drive

From 3 to 9 p.m. head to the Sea Cliff Fire Department, 67 Roslyn ave., Sea Cliff to donate blood. To register go to nybc.org.

Tuesday, Jan. 18

Elizebeth Smith Friedman: Code Breaker and Spy Hunter

Join the Holocaust Memorial and Tolerance Center at 12:30 p.m. for a virtual presentation by the award-winning author and historian Amy Butler Greenfield about her newest book, "The Woman All Spies Fear." She will speak about the inspiring true story of Elizebeth Smith Friedman, an American woman who was one of the top US codebreakers during World War II. Register online at hmtcli.org.

A New Light on Tiffany

Explore the New-York Historical Society's collection of Tiffany lamps—one of the world's largest and most encyclopedic—

and the intricate techniques that created them with this interactive virtual presentation. View masterpieces of this elegant American art form and hear the personal stories of head designer Clara Driscoll and her team of "Tiffany Girls," whose contributions were nearly forgotten by history. Presented by New-York Historical Society docent Jeanne Pap in collaboration with the Glen Cove Public Library. Register online at glencovelibrary.org.

Wednesday, Jan. 19

Mario Kart Tournament

Starting at 5 p.m., children in grades 7+ can head to the Bayville Free Library to compete in the library's first ever Mario Kart Tournament. To register go to bayvillefreelibrary.org.

Glen Cove City Schools Board of Education Meeting

Beginning at 7:30 p.m. at Glen Cove High School, 150 Dosis Lane, Glen Cove.

"Make 'Em Laugh!": A History of Movie Comedy from Charlie Chaplin to Mel Brooks

Comedy exploded once movies could talk, from screwball to romance to social satire to musicals, and in recent decades, dozens of new variations have appeared. This program, beginning at 2 p.m. will look at the major highlights of screen comedy over the last 125 years, illustrated with more than 40 examples from Hollywood's funniest films. Presented by film historian Brian Rose and the Glen Cove Library. Register at glencovelibrary.org.

Thursday, Jan. 20

Virtual Tour of Ellis Island

Ellis Island officially opened as the United States Immigration Station on January 1, 1892. Presented in Honor of the 130th Anniversary of its Opening, HMTCL's museum and programming director, Dr. Thorin Tritter, will present a virtual tour of the island, describing its history and particular significance to Jewish and Italian immigrants. This

program begins at 6 p.m. Register online at hmtcli.org.

Friday, Jan. 21

Movie at the Library: "The Eyes of Tammy Faye"

Televangelist Tammy Faye Bakker (Jessica Chastain) was legendary for her indelible eyelashes, her idiosyncratic singing, and her eagerness to embrace people from all walks of life. Eventually, financial improprieties, scheming rivals, and scandal toppled her carefully constructed empire. The movie will begin at 2 p.m. at the Gold Coast Library.

Acrylic Paint Pour Workshop

Attendees of this workshop hosted by Hive Market and Maker's Space will learn the basics paint pouring, including mixing the paint to proper consistency, how to layer the paint and more before picking colors and pouring their own painting. In this class, you will be learning two different techniques and creating two different projects. You will need to leave your paintings at The Hive to dry on a flat surface for about four days. Those attending are encouraged to wear clothes that they don't mind getting paint on. All materials supplied. Registration is \$55 and can be completed in person at Hive, or online at hivemarketob.com.

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 City of Glen Cove will hold a Pre Council meeting on Jan. 18, at 6:30 p.m. in City Hall.
- The North Shore Board of Education will meet next on Jan. 20 at 7:45 p.m.
- The Oyster Bay Town Board's next meeting will be Jan. 25 at 7 p.m.



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Long Island Veterinary Specialists
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SHOPPING

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Remember Yesteryears
- Appliance/Home Electronics Store**
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Dimitri Furs & Leather
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- Furniture Store**
A&M Discount Furniture, Valley Stream
Peter Andrews
The Rustic Loft
- Gift Shop**
Artisan Jules Gifts And Goodness
Dolce Confections
White House Home
- Gourmet Market**
Gemelli Gourmet Market North
Iavarone Brothers
Seven Brothers Oceanside
- Grocery/Supermarket**
Cross Island Fruits
Gourmet Glatt Cedarhurst
Rising Tide Natural Market
- Lawn/Power Equipment**
Liffco Power Equipment
Long Island Power Equipment
Mower Doctor
- Local Children's Clothing**
Cathy's Touch
Denny's, Fashion, Style. For All.
Morton's Official Camp Outfitter
- Local Hardware Store**
Costello's Ace Hardware of Island Park
Glen Head Hardware
Millers True Value
- Local Home Improvement Store**
C&L Plumbing Supply
Miller Hardware
Nassau Suffolk Home Supply
- Local Jewelry Store**
Hewlett Jewelers
Matthew James Jewelers
Ritz Jewelry
- Local Mattress Store**
BedQuarters
Mattress Firm
Mikey Mattress
- Local Men's Clothing**
Bertalia
Mur-Lees Men's & Boy's Shop
MyTuxes at Ginos Galleria Tuxedos
- Local Shoe Store**
Eric's Comfort Shoes
Halperin Comfort Footwear And Orthotics
Hummingbird
- Local Women's Clothing**
Rose and Eye
Ruby And Jenna
Temptations For Her
- Nursery & Garden Center**
Atlantic Nursery & Garden Shop
Dees Nursery And Florist
Hicks Nurseries

- Outdoor Furnishings**
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Visit www.lichchoiceawards.com or email aamato@liherald.com for more information.

North Shore School District offers Covid tests

BY ANNEMARIE DURKIN

adurkin@liherald.com

Home test kits were made available to school districts by New York state last week.

The North Shore School District handed out at-home test kits to families Jan. 5 and 6, providing one kit per child to district families. They could pick them up at North Shore High School, the middle school, Glenwood Landing School and Glen Head School.

Nassau BOCES received 196,000 test kits from the state on Thursday at its Syosset center. Each Covid-19 antigen at-home kit includes two tests, intended for one person, to be used over two to three days. The rapid diagnostic test provides a result in 10 minutes.

The state “wants to get them out to the students first,” Nassau BOCES Superintendent Robert Dillon said. “I’m hoping more will come [for the staff]. We’ll see.”

The district received 2,500 kits, one for each North Shore student, from BOCES Jan. 4, and began distribution to families the next day.

“If your child uses one and tests positive, we are advised by our district physician that you should assume that to be accurate,” North Shore Interim Superintendent Thomas Dolan said at the Jan. 6 Board of Education meeting. “You should



Courtesy Wikimedia Commons

THE NORTH SHORE district recently distributed at-home Covid tests to students.

notify the school, as you’ve been doing in the past, and consult your personal physician. We will follow all school protocols for a positive test, including isolation.” After two days of test-kit distribution, the district announced a third distribu-

tion day on Jan. 11. The district distributed about 60 percent of the Covid-19 home test kits last week. That figure was likely to rise after the additional distribution of kits on Tuesday, but that number was not yet available at press time Wednesday.

“Thank you for your support and patience as we continue to travel through uncharted waters,” Dolan said. “I am happy to report that the return to school has been a good one, and I was happy to see students in all of our buildings.”

Chris Nellen, whose daughter attends North Shore Schools, wondered why the schools did not send test kits home with the students in their backpacks, rather than having parents pick them up. “They made us drive to a different school,” Nellen said.

As case rates are increasing across all age groups, no group’s positivity rate is spiking as quickly as under-18 young people. According to the State Department of Health, between Dec. 5 and Jan 1, hospitalizations owing to Covid-19 for those 18 years and younger increased more than 700 percent, while admissions for all other age groups combined rose twofold statewide. Of the newly admitted children, 91 percent ages 5 to 11 were unvaccinated, while 4 percent were fully vaccinated. Among 12- to 17-year-olds, 65 percent were unvaccinated, while 26 percent were fully vaccinated.

Rianna waiting for mask clarification

CONTINUED FROM FRONT PAGE

and parents by resting with the parents the decision whether their children should wear masks in school.”

School boards must vote “to determine whether or not parents and children should be granted the constitutional right to reject mask mandates while in the classroom.”

The orders further state, “More than half of all states in the nation have no set policy on masking at educational institutions, leaving the decision up to local governments to decide when and how to enforce mask mandates.”

In response, State Education Commissioner Betty A. Rosa issued a statement that read, in part, “Counties do not have the legal authority to require boards of education to vote on specific issues. School officers take an oath to obey all legal requirements. The State Education Department expects school boards will follow all legal requirements, including the face-covering regulation.”

Dr. Maria Rianna, superintendent of the Glen Cove City School District, said that Blakeman’s directives “run directly counter to current New York state mandates.” Therefore, Rianna said, the district was conferring with its legal counsel and would await further clarification from the governor’s office and the State Department of Health.

“Until the district receives additional clarification,” Rianna said in a statement, “we will continue to adhere to all our Covid-19 related protocols, including complying with the state mandate requiring masks be worn by all students, district personnel and visitors while in district buildings. Once the district does receive the necessary clarification from our legal

counsel, appropriate action will be taken.”

William Biamonte, chief of staff of the County Legislature’s Democratic minority, said, “When ideology trumps science and politics are prioritized over the common good of society, our most vulnerable residents stand to suffer the most.

“County Executive Blakeman can say that ‘Nassau is normal again’ all he wants,” Biamonte continued, “but as Omicron continues to spread like wildfire and hospitalize more children than any other Covid variant to date, this is a recipe for disaster.”

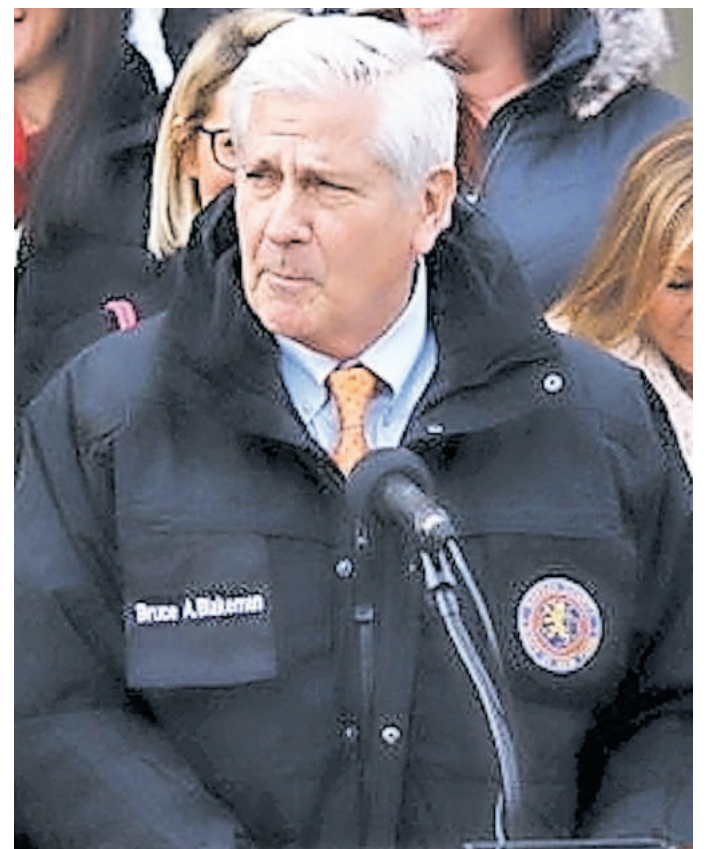
Blakeman, a Republican, said he was directly opposing an order put in place in early December by Gov. Kathy Hochul, a Democrat, requiring mask use in public spaces. The state mandate was originally set to expire in mid-January, but Hochul recently extended it through Feb. 1.

“As governor,” she said on Dec. 10, “my two top priorities are to protect the health of New Yorkers and to protect the health of our economy.”

Hochul said at the time that she expected the positivity rate to rise with the rapid spread of the Omicron variant.

Blakeman’s orders came at a time when Long Island’s Covid test positivity rate was spiking at over 25 percent — the highest in the state — and a growing number of school districts were reporting increased transmission of the disease, with some, such as Long Beach, being forced to close some schools because of staffing shortages. Hospitalization rates were rising as well.

Jeff Bessen and Jill Nossa contributed to this story.



Christina Daly/Herald

AT A NEWS conference on Jan. 6, Nassau County Executive Bruce Blakeman signed an executive order directing school districts to vote this month on whether to require masks in classrooms.

Bleu Clarinet gives back to the community

BY LETISHA DASS

ldass@liherald.com

Music is a community unifier. The Soul Exchange's Bleu Clarinet's goal has been to reignite Glen Cove's love of the arts. Since being welcomed into the city in June 2020, Marck Benjamin, owner of Bleu Clarinet and resident of Glen Cove, has aimed to give back to the city's residents as the only local soul-food restaurant.

Over the holidays, on Jan. 1, Bleu Clarinet joined Glen Cove resident Bobby DeGraff to provide 35 meals to families in need.

"It was in my heart to just do something for the homeless," Benjamin said. "We made 35 plates of quality food that they could enjoy and have a nice holiday meal."

Hoping to provide fun in the evening in Glen Cove, the restaurant has been open Thursday to Sunday from 4 to 11 p.m., providing soul food buffets, Sunday brunches with jazz, and dinners between 5 to 9 p.m. After dinner service, the restaurant becomes enlivened with live entertainment by local DJs and different genres of music.

"The community really needs some uplifting," he said. "This is an old school type of community that loves good house music and just needs a place to do that. People want to go out."

Benjamin recognizes the importance people place on being cautious. But as long as they are wearing masks and in a place with the proper ventilation why not go out, he said.

The pandemic has not made it easy for businesses to remain open. Prices for food products have increased. Bleu Clarinet has taken measures to remain affordable for their customers by staying within costs so that menu items would not be overpriced.

"We sustained," Benjamin said. "It is up and down."



Courtesy Blue Clarinet

BLUE CLARINET'S NEW partner Carlton Williams is busy making improvements at the restaurant.

Depending how covid hits, it is almost like the stock market. If Covid is high then we are low, and if it is low then we are high."

No severe Covid outbreaks have been found among the employees. And Covid precautions have been in place to ensure that customers are safe by giving access to hand sanitizer and masks.

There have been changes at Bleu Clarinet to increase business. Starting Jan. 14, it will host Freestyle Night. With success, the event will be held every Friday along with a potential expansion to Latin Night on Saturdays. These events have been in collaboration with Glen Cove resident Salvatore Loetta, owner of the local social media agency Guerrilla Marketing.

"Glen Cove, historically, has been a music town surrounded by music and great people and great communities. Everyone in Glen Cove and the local surrounding areas, Locust Valley, Sea Cliff, and Oyster Bay, we all really stick together as far as support and keeping culture alive," Loetta said. Glen Cove in particular has a very long history, with freestyle music. It was especially popular in the 1980s and 90s among people of Italian Latin heritage.

"Whenever we speak to our parents, every family party we go to there are always hints of freestyle music playing," Loetta said. "There is something to be said there as far as the impact that it has on our parents and our community."

Benjamin has recently partnered with Carlton Williams, a Farmingdale resident, to bring these new changes to fruition. As a partner of Bleu Clarinet, Williams hoped to make improvements so the community will give the restaurant a second chance. These improvements include a new chef, an increase in staffing and changes to the menu.

"I understand that the reviews were not great a while ago. I am new to the place, new management," he said. "I [listen to] all of these concerns and I do not take them lightly."

Williams has focused on each issue and has made changes to provide the best service, he said. "I would like for them to give me a chance," he said. "Come out. Hang out. ... Give us a try not based on the old reputation but on what we have going on right now."

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Now trending

What to watch for in 2022

The wellness industry is constantly evolving, but one thing's for sure: it really came into its own during the pandemic. The global health crisis made the world very aware of their own wellbeing and the importance of looking after your body and mind during uncertain times.

Here's what is taking hold in the year ahead.

Collagen supplementation

Collagen is a family of proteins that serves as the structural component of most connective tissues in the body. Collagen production wanes as people age, but it also can drop quickly due to excess sun exposure, smoking, lack of exercise, and excess alcohol consumption, according to the Harvard T.H. Chan School of Public Health.

Many folks are interested in maintaining adequate levels of collagen, which is vital to giving skin a youthful appearance and helps to maintain healthy joints. According to Google Trends, online searches for collagen have increased steadily since 2014. It's become a top-selling supplement to improve hair, skin and nails. Though human studies that prove collagen supplementation efficacy are lacking, some randomized controlled trials have found that supplements improve skin elasticity and joint mobility and reduce joint pain. Collagen supplements are thought to be safe, but discuss supplementation with a doctor first.

Fermented foods

Current research is showing a connection between digestive tract (gut) health and immunity, and people concerned with boosting their immune systems are paying attention. Research published in the journal *Cell* indicated the immune system has evolved to maintain a sym-

biotic relationship with microbiota in the gut.

Accordingly, when operating optimally, this immune system-microbiota alliance allows the induction of protective responses to pathogens.

Naturally fermented foods, which use live organisms for the fermenting process, may help strengthen the gut microbiome by supplying it with healthy probiotics, according to current nutritional thinking. Foods such as pickles, Korean kimchi and sauerkraut, can be beneficial.

CBD and hemp products

Even though medical marijuana and recreational marijuana use is now legal in many parts of the country, CBD is widely being harnessed in its own right. Cannabidiol oil is a chemical found in marijuana and hemp plants. CBD doesn't contain THC, the psychoactive ingredient found in marijuana that produces a high.

CBD has been studied as a treatment for a wide range of conditions like Parkinson's disease, diabetes, multiple sclerosis, and anxiety. The only CBD product currently approved by the U.S. Food and Drug Administration is prescription Epidiolex for epilepsy.

Since hemp oil is high in essential fatty acids, it may produce anti-inflammatory effects and improve brain function. It is widely used in beauty products like skin creams as well.

Adaptogenic drinks

Move over, kombucha; increasing numbers of adaptogenic drinks are hitting the shelves. They are often marketed as an alternative to alcohol.

Adaptogenics are essentially natural pharmaceuticals; they're herbal and mushroom extracts that can be used to alter your body and



mind, whether that's to boost your mood, help you sleep, strengthen your immune system or give you a burst of energy.

Adaptogens have been used for thousands of years in ancient Indian and Chinese medicine, but the western world is only just waking up to their natural power.

Some of the most popular choices include: Kin Spritz Euphorics, which contain rhodiola rosea to reduce stress and boost clarity, and 5-HTP to increase serotonin production; Trip Drinks, which contain CBD to calm and balance the mind.

Face yoga

This doesn't mean that there's a facial version of the downward dog pose or that you need to start attending classes. Facial yoga is all about massaging and stimulating the muscles to increase lymphatic drainage and create a smoother, more defined appearance. And just like regular yoga, facial yoga is about relaxing and alleviating stress, which further helps with

anti-ageing and overall wellbeing.

Hiking

Covid-19 locked us inside of our houses and meant that indoor entertainment and socialization was a no-go for long periods of time. It's no wonder, then, that hiking saw such a spike in popularity. People are rediscovering the healing power of being outdoors and the mental health benefits of exercise.

Hiking is a great way to improve your fitness, explore beautiful new areas and safely spend time with friends. Hiking app AllTrails reported that the pandemic saw a 171 percent increase in the number of hikes being logged. It seems that this trend will continue for quite some time.

Above photo: The global pandemic has redefined what wellness means. From lockdowns that forced us to get creative to vaccines that provided us with hope for a post-pandemic world, the future holds a more accessible and simplified wellness routine.

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At your pace

It's okay if walkers miss the 10,000-step standard

In recent years many have embraced the notion that 10,000 daily steps are the way to being physically fit. Health experts espouse that notion and trainers endorse it, but is there scientific proof behind the recommendation?

The 10,000-step standard — which equates to roughly five miles, depending on a person's stride length and speed — has some surprising origins that are not necessarily rooted in medical science. I-Min Lee, a professor of epidemiology at the Harvard University T.H. Chan School of Public Health and the lead author of a study published in May 2019 in *The Journal of the American Medical Association* wanted to explore the origins of the 10,000-step recommendation.

She discovered the guideline evolved from a marketing strategy devised by the Japanese company Yamasa Toki. That firm introduced its new step-counter in 1965, naming it Manpo-Kei, which translated into "10,000 steps meter." They marketed the meter using the Japanese character for "10,000," which resembles a man walking. The character and round number proved memorable and the slogan, "Let's walk 10,000 steps a day" was catchy. As a result, many people adopted the 10,000-step approach, even though its medical benefits might not have been proven.

But this isn't to suggest that taking 10,000 steps per day cannot be part of a healthy living plan. In fact, such a goal promotes physical activity, a key component of a healthy lifestyle. However, simply taking 10,000 steps daily might not be enough to achieve long-term health.

What the standard means for you

Lee conducted her own research to test if the Japanese were on to something by inadver-

tently setting the 10,000-step standard. She found that an increase in walking correlated to lower mortality rates among more than 16,000 elderly American women. However, when these women reached about 7,500 steps the mortality rates leveled out, suggesting that those extra 2,500 steps might not be necessary.

Even the manufacturer of one of the most popular fitness trackers, Fitbit, says that users' step goals can vary depending on need and may even shift over time. As a result, you may need to modify step count accordingly.

Walking remains one of the easiest and best activities for losing weight and staying fit. To get the most benefit, aim for that gold standard — 10,000 steps a day.

But sometimes it's difficult to fit that many steps in, especially during the workweek. Who has the time? Exercise physiologist, Christopher Travers, MS, offers some simple tips to smash your walking goals and improve your fitness levels.

"This magic number of steps is the equivalent of moving almost five miles," says Travers. While this distance might, at first, be daunting, he says when you walk this distance, you'll burn somewhere between 35 and 120 calories per mile. "It all depends on your pace, and how well your body adapts to taking on oxygen and using fuel for energy," he says.

Reaching your daily and weekly goals — a little at a time

Here are four simple ways to add steps to your day — almost without feeling it — and also obtain the benefits of 10 minutes of consecutive walking.



Park in the space farthest from the door in every parking lot. Whether you're at the gym, your workplace or the grocery store, always park as far away from your destination as possible.

Always try to take the stairs instead of the elevator. Walking up the stairs will help toward your goal for cardiovascular exercise, too.

Use the bathroom farthest from your desk or station at work. If you work in a large building, this makes a big difference. You can even find bathrooms on other floors in a multi-floor office building — and don't forget to take the stairs there and back.

Walk during your lunch hour. Take 10 min-

utes from your allowed lunchtime to go for a walk, if you're able. By the end of the week, you want to achieve, at minimum, a total of 150 minutes of consistent movement. But you don't have to follow a structured schedule each day. Go for a 10-minute walk during lunch one day, and the next day do a 45-minute walk in the morning before work. That's 55 minutes toward your goal of 150 minutes.

Above photo: Whether you're striving for those 10,000 daily steps or 150 minutes of consecutive steps per week, trying to improve your overall health is your ultimate goal.

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Courtesy Wikimedia Commons

A GLEN COVER once wrote for the television show Jeopardy!

Reflections from an original 'Jeopardy!' writer

"Jeopardy!" has been in the media a lot since it became known that Alex Trebek was ill and they would need to find a replacement as host. So many people loved the man for his integrity and courage and enjoyed the show that was always about people and the fun of learning – not just money.

The basic premise of "Jeopardy!" is a simple switch – the show supplies the answer, and the contestant gives the question.

When "Jeopardy!" premiered in 1964, I was one of three women in our 20s who comprised the entire writing staff of the show. The show was originally produced in Manhattan. We writers shared a small, crowded office in a building on 45th Street. The shows were taped at the nearby NBC studios.

We did not have computers to help with the research, but the main library in Manhattan was only a short walk away. We used the telephone to contact those who were experts in their fields and willing to be helpful. We could buy any book we needed. We did our own typing and stayed as late as needed in the evening to finish what was required. You could always order food delivered to the office. Although we didn't have cars, the familiar yellow cabs were easy to find.

We came to work at a reasonable 10 a.m. with coffee, maybe a bagel and newspaper to see the stories being discussed. A little later our producer, Bob Ruben, came into our office with an outline of the topics he chose to be covered to ensure variety and balance. We left it to him to select the Daily Doubles and which of several answers would be used for Final Jeopardy.

Each of us had been assigned some topics that reflected our interests and strengths, but we were always open to suggestions.

When we were finished writing, we moved to a larger room and were joined by other members of the "Jeopardy!" staff to perform what we called a "run

through." We read each answer to see if it was clear or needed to be improved, and if there were any questions a contestant might offer that we had not considered but were correct and should be accepted. We also needed help with sports because we weren't particularly interested in the topic.

Being a judge was the most difficult part of our job – and each of us took turns. The studios at NBC were well-equipped, and the judge would stand to the side of the stage but with a good view of anything happening on the set. The producer had an elevated, glass-enclosed room with screens that enabled him to see the entire operation and direct the three cameras being used.

Art Fleming was the host of "Jeopardy!" when I was with the show. Before we began taping, he went over each answer and he took copious notes. He was very friendly and liked his role. He really wanted the contestants to do well – and they realized it.

I wore a headphone to connect with the producer, but the judge had sole responsibility for ruling on questions. I caught a few unexpected ones, and remember one that I would like to forget.

The "Jeopardy!" staff who chose the contestants went to different parts of the country, rural and urban alike, placing ads for anyone who would like to apply. They would test the applicants for general knowledge in a wide range of subjects. They provided practice sessions. They were looking for people who were enthusiastic and worked well with others. We wanted the contestants to enjoy the experience regardless of who won. We always thought it was fun to learn something in the context of playing a game. We were always looking for some little-known fact about some president, poet or actor, work in some hint, and hope a contestant would guess it.

At the time, the writers of "MAD" magazine rented space down the hall

CONTINUED ON PAGE 15

HERALD

Rep. Suozzi fights for SALT repeal Page 2

Fall music fest this weekend Page 8

Auxiliary police chief appointed Page 10



'She has an eye for it'

Teen creates music video for local songwriter

BY JILL NOSSA
jnos@liherald.com

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

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

Like many teens, Ava taught herself how to use the camera by making TikTok videos, and expanded the scope of her projects. This summer, after hearing a song by singer-songwriter Chris Armata of Oyster Bay, she decided to shoot and edit a music video. She created a video for Armata's song "Gratitude" while vacationing in Southern California, visiting her mother and her aunt as subjects.

"I knew that I'd have some nice shots for scenery, and I thought that would go well with the song," Ava said. "I was just picturing a lot of fun dancing and a good time, because that's what the song is about – appreciating the happy moments."

After four days of filming with her iPhone and a drone, she spent two days editing down about 30 minutes of footage for the three-minute song. "I had to look for the best parts of the videos and see what rhythm of the song," she explained.

Using the drone footage in

I feel like it really captures the vibe and the feeling that the music gives you.

AVA SOLANGE

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

A new school year, more Covid challenges

BY JILL NOSSA
jnos@liherald.com

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NEIGHBORS IN THE NEWS



Courtesy Gaitley Stevenson-Mathews

ALBERTO CALDERON, GAITLEY Stevenson-Mathews, Jim Klimaszewski, and Jim Stevenson-Mathews

Gratitude for DPW workers

Just prior to Christmas and during his last week in office, former Glen Cove City Councilman Gaitley Stevenson-Mathews and Jim Stevenson-Mathews stopped by the Department of Public Works to provide the workers with a special holiday breakfast to let

them know how much they are appreciated for their commitment and service to the community.

“We wanted to express our appreciation for their hard work throughout the year and wish all a happy holiday,” Stevenson-Mathews said.



Laura Lane/Herald

LAURA LANE, SENIOR editor of the Herald's North Shore papers, has returned as editor for the Sea Cliff and Glen Cove Herolds.

It's so nice to be back

BY LAURA LANE
llane@liherald.com

I received a great Christmas present this year — a request to return as editor for the Sea Cliff and Glen Cove Herolds. I begin this week and have to say it's great to be back.

I actually never left the Herald, serving as the senior editor for the three North Shore papers as well as editor for Oyster Bay and East Meadow's Herolds. I received the Glen Cove and Sea Cliff Herolds every week, so I've been keeping up with what's been happenings, both good and bad.

Although editor Jill Nossa has left the Herald, you will more than likely

see her around town. She has accepted a job with the Glen Cove BID. Nossa did a wonderful job with the Glen Cove and Sea Cliff Herolds and will be missed. We thank her.

Hard to believe that these two papers, which I founded, will soon be five years old. Where did the time go? The world certainly has changed but what has not is our commitment to keeping you informed of everything that's happening in your community. I look forward to sharing the latest with you once again.

Please contact me with any story ideas or concerns. I can be reached at llane@liherald.com. Looking forward to hearing from you.

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PUBLIC NOTICES

LEGAL NOTICE NOTICE OF PUBLIC HEARING
Glen Cove Planning Board PLEASE TAKE NOTICE that a Continued PUBLIC HEARING will be held by the City of Glen Cove Planning Board on Tuesday, January 18, 2022 at 7:30 p.m., at the Council Chambers, City Hall, 9 Glen Street, Glen Cove, New York, when all interested persons will be given an opportunity to express their comments on the Applications of RXR Glen Isle Partners LLC (Applicant) for (i) Special Use Permit for Amended Planned Unit Development (PUD) Master Development Plan Approval, (ii) Amended PUD Subdivision Approval, and (iii) PUD Site Plan Approval for the construction of 172 rental units, an approximately 165-space parking lot, and other improvements on Blocks D/E/F, in connection with the

proposed Garvies Point Waterfront Redevelopment Project on the north side of Glen Cove Creek, in the MW-3 Zoning District. PLEASE TAKE FURTHER NOTICE that a copy of the proposed Amended PUD Master Development Plan, proposed Amended PUD Subdivision Plan, and the proposed PUD Site Plan for Blocks D/E/F, are available for inspection during normal business hours at the Office of the Planning Board, City Hall, 9 Glen Street, Glen Cove, NY, as well as on the City of Glen Cove website at <https://glencoveny.gov>. PLEASE TAKE FURTHER NOTICE that all persons interested in the above matter will be given an opportunity to be heard at said Public Hearing. For further information, contact Rosa Rizzo, Planning Board Secretary, at 516-676-4490. Dated: January 7,

2022
ANDREW KAUFMAN
Chairman
GLEN COVE PLANNING BOARD
129196

LEGAL NOTICE CITY OF GLEN COVE ZONING BOARD OF APPEALS NOTICE OF PUBLIC HEARING
PLEASE TAKE NOTICE that a PUBLIC HEARING will be held by the Glen Cove Zoning Board of Appeals on Thursday, January 20, 2022, at 7:30 p.m., at the Council Chambers, City Hall, 9 Glen Street, Glen Cove, N.Y. when all interested persons will be given an opportunity to express their views.
CASE # 01 - 2022
The hearing will be on the application of Maria Rivera who seeks a Variance from Section 280-58 (B)(6) of the Glen Cove Zoning Code to construct a first-floor rear

addition with less than the required side yard setback. Applicant is proposing a side yard setback of 5.25 feet when 10 feet is the minimum required. The property is located at 14 Grant Place, Glen Cove, N.Y in the R-3A Single Family Residence District and designated on the Nassau County Land & Tax Map as Section 31, Block 13, Lot(s)443, 444. The above Application is on file at the city offices located at 9 Glen St., Glen Cove, NY where it may be seen during regular hours of the usual business days until the time of the hearing.
Dated:
January 3, 2022
BY ORDER OF THE BOARD OF ZONING APPEALS OF THE CITY OF GLEN COVE
TERI MOSCHETTA,
CHAIRPERSON
129195

To Place A Notice Call 516-569-4000 x232

Being a 'Jeopardy!' writer

CONTINUED FROM PAGE 14

and passed our door to go into their office. One day, someone put a sign on our door saying, “The Free University in Exile.” In a perfect world, knowledge would be free, whether it was trivial, important, or practical, like fixing a car engine. Most importantly, people would have time to enjoy it.

“Jeopardy!” has had only two full-time hosts – the aforementioned Fleming, and Trebek, who came in 1984. He was comfortable with the questions, but most of all, you could see how much he cared about the people he met on the show.

In the early days, we felt lucky to be working on “Jeopardy!” because we thought it had potential. If you kept both the honesty and the humanity, you could bring strangers together, who might not agree on many things, and have them talk.

When they were in competition that required knowledge and thought there would be understanding and pride, regardless of who won.

“Jeopardy!” faces the same challenge today.

Dr. Millie Murphy DeRiggi, historian and Glen Cove resident

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OPINIONS

The Webb telescope is up, but who's James Webb?

On Christmas Day, NASA sent into space the James Webb telescope, which, if all works out as planned, will provide us with our first look into the beginning of time. The telescope will bring into focus the oldest stars in the universe, and examine the atmospheres of nearby exoplanets for signs of life.



**JAMES
BERNSTEIN**

But who the heck was James Webb? He has largely been lost to history. He was a Marine Corps pilot, an aide to several members of Congress, undersecretary of state to President Harry S. Truman, president of a New York company, Sperry Gyroscope, and NASA's second administrator. A pretty impressive biography.

But just as Webb's name has largely been forgotten, so has a tragic incident that occurred during his administration that almost ended America's space program. On Jan. 27, 1967, three astronauts

— Virgil I. (Gus) Grissom, 40, Edward H. White, 36, and rookie Roger Chaffee, 31 — were killed on the launch pad at the Kennedy Space Center in Florida when a fire erupted in their command module during pre-flight training. At the time, it was the world's worst space disaster.

Little is said or written these days about the three astronauts and their destroyed Apollo 1 spacecraft. For one thing, there was the success of the moon landings beginning in 1969. And there have been other disasters — two space shuttles, Challenger, in 1986, and Columbia, in 2003, were lost, resulting in the deaths of 14 astronauts.

The country was in shock after the '67 fire in Apollo 1. NASA's carefully cultivated image of infallibility had been badly damaged. There were calls from various corners to nix the space program, and let the Russians have the moon. It wasn't worth human lives, some editorials in leading newspapers said.

Webb saw it differently. But perhaps the most distinguishing factor of his leadership, something rarely seen in gov-

ernment or politics these days, was that Webb publicly took the blame for the disaster, pulling no punches.

"We've always known that something like this was going to happen soon or later," he told the press at the time. "Who would have thought that the first tragedy would be on the ground?"

Not only did he shoulder the blame, but Webb was determined to get all the facts and keep the space program moving forward. America, he thought, had to be first on the moon.

He went to President Lyndon Johnson and asked that NASA be allowed to handle the investigation into the fire, promising to be truthful with the agency's findings. Webb was grilled by various congressional committees, and kept the backlash away from NASA and the Johnson administration.

As a result, Webb was assigned much of the blame, and NASA ultimately regained its "right stuff" image. An investigation indicated that a faulty electrical wire inside the Apollo 1 command module likely caused the fire.

Webb retired from the space agency in October 1968, just as the Apollo program was nearing completion. Astronauts landed on the moon a year later.

There were bumps along the way in Webb's career. In 2015, a Seattle Times columnist revived talk that when Webb was undersecretary of state, thousands of gay men and women lost their government jobs in what was known as the "Lavender Scare." There was never any evidence that Webb had anything to do with the firings, although people speculated he must have known about them.

Perhaps the thing to remember about James Webb is that he kept the complex machinery of NASA humming so America could stay true to the goal that President John F. Kennedy set in 1962: to land a man on the moon by the end of the decade and bring him back safely to Earth.

Much of the technology had not even been invented yet when Kennedy made that bold pledge, and many thought the goal was impossible. Webb was one of the believers.

Jim Bernstein is editor of the Long Beach Herald. Comments about this column? JBernstein@liherald.com.

Choosing to read hope in the crystal ball

What if we got knocked out of our socks by a brilliant turnabout in our national life?

At the moment, "Happy New Year" rings hollow. We all know how heavy the baggage is that we dragged from December to January this year. But my hope is



**RANDI
KREISS**

in the mystery of the future. We could never have predicted the dreadful twin plagues of Covid and civil unrest, and that is exactly why we can't predict a change, a windfall of good karma and good timing.

Twenty-two years ago, I wrote a New Year's column for the Herald's offering my predictions for the year ahead, 2000. First, I suggested, sell all your stock. In my capacity as a person with little understanding of financial markets, I firmly believed that stores would become obsolete as online shopping became more popular. The markets would go south from there.

As it turned out, if you just kept your stocks for these 22 years, you would have made a tidy bundle. So my first predic-

tion was dead on arrival. Even with the dot-com bust in the early 2000s and the Great Recession, the average annual return in the stock market was about 10 percent.

I also predicted that that we would *not* go to war with Saddam Hussein.

On the national front, I lamented the scandals in Congress, and said our officials would out one another until no one would be left in government.

That one was particularly interesting: Apparently, the worst thing I could imagine about Congress 22 years ago was that folks were having sexual flings. Man, wouldn't you take that scenario in a heartbeat? What if someone told you back then that on New Year's 2022, our country would be stumbling ahead, staggered by more than 800,000 deaths from a virulent pandemic that shut down schools and services and sent millions into isolation and quarantine?

Could you possibly have believed that political fighting, a violent attack on the Capitol and hordes of know-nothing anarchists would threaten the integrity of Congress, the presidency and the Supreme Court? Would you have believed that a Marjorie Taylor Greene could exist

if I described her to you back then? How about this one: Donald Trump would get elected president in 2016.

Hell, 22 years ago, the twin towers were still standing in all their massive glory at the tip of Manhattan.

Perhaps it's best that crystal balls are cloudy.

The unexpected is what I am counting on — that unpredictably good things may save us.

As I think about the year ahead, my head and my heart do battle. Our hearts don't heal according to a turn of the calendar page. My heart is aching for our losses. Some friends have died. My city is set back on its heels. Our kids are out of school yet again, as we enter the third year of the pandemic.

Part of my head is worried about tomorrow. But I'm going with the part of my brain that knows unexpectedly beneficent events in the year ahead could heal the country and get us healthy again. We can go back to work, and bring back birthday parties and theater and family dinners. The virus could burn out. Our political leaders may find their best selves. Airplane travel will take off and people, too long sequestered in their homes, will embrace one another again.

After a tragedy, he was determined to keep the space program moving forward.

Unexpected events in the year ahead could heal the country and get us healthy again.

This could happen, and is no more unlikely than a raging global pandemic that stopped the clock for two years.

I wish this for all of us in 2022: that we are off-the-charts lucky and blessed in our lives and work. In the meantime, the poet John Roedel offers this advice:

"My heart is always sad about/something that happened yesterday/while my head is always worried/about something that may happen tomorrow, I lamented . . .

"My gut squeezed my hand./I just can't live with my mistakes of the past/or my anxiety about the future,' I sighed . . .

"My gut smiled and said: 'In that case/you should stay with your lungs for a while . . .

"If you are exhausted about/your heart's obsession with/the fixed past and your mind's focus/on the uncertain future/your lungs are the perfect place for you/there is no yesterday in your lungs/there is no tomorrow there either/there is only now/there is only inhale/there is only exhale/there is only this moment/there is only breath/and in that breath/you can rest while your/heart and head work/their relationship out."

Let us say goodbye to 2021 hoping to be astonished, in a good way, by 2022.

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HERALD EDITORIAL

No school district should overturn mask mandate

In his first week on the job, Nassau County Executive Bruce Blakeman addressed the coronavirus pandemic in a way that can best be described as premature, if not downright foolhardy. Last week, Blakeman, a Republican from the Five Towns, signed a set of three executive orders, all of which were intended to loosen state regulations whose purpose was to protect public safety during this most recent surge of infections caused by the Omicron variant.

Blakeman was clearly thumbing his nose at Gov. Kathy Hochul, a Democrat, who on Dec. 10 ordered mask wearing in public to reduce the spread of Covid-19 as it fans out like wildfire across New York state, and the nation.

Before taking office, Blakeman had said he would not enforce the public mask mandate, as required by Hochul. Then, on Jan. 6, he took this political showdown one step further when he signed a surprise executive order directing local boards of education across Nassau to vote on whether to require masks in the schools.

Refusing to enforce the mask mandate was bad enough. To require school districts to weigh in on a measure that is, incontrovertibly, intended to protect the health and safety of students — many of them unvaccinated — along with teachers and school workers, represents an abdication of his duty as county executive to protect Nassau's most vulnerable.

It's been a while since Blakeman, 66, has been in school, but surely he must

remember the conditions in which students and teachers work. Twenty to 30 people are confined to a room for six to eight hours a day, with ventilation systems that are often decades old, unless a district has recently upgraded them. In short, students and teachers must spend hours a day within feet of one another, in rooms of stagnant air. One infected student or teacher could spread the coronavirus to dozens of people in a single day.

Why not mask up? What, precisely, is Blakeman's point here? Anyone who enters a school must wear a mask, period.

Some parents say they worry about the potential psychological effects of their children wearing masks throughout the day. In studies since the start of the pandemic, however, children were found to be highly resilient, reporting few, if any, effects from mask wearing, and health experts across the country have weighed in, saying children are, generally speaking, doing just fine wearing masks.

At the same time, as we reported in last week's editorial, numerous studies indicate that mask wearing does, in fact, reduce the spread of the coronavirus.

That is, there is no real downside to children wearing masks in school — and only an upside, the likely reduction of community spread of the coronavirus. Thus, it would be just plain wrong of any school district, for what could only be described as political reasons, to overturn the state's mask mandate in a vote.

Hochul quickly weighed in on the mat-

ter last week, saying that any school district that voted to overturn the mandate, ordered by both the State Education Department and the State Department of Health, could — and likely would — face the loss of state aid for education. She was right to weigh in aggressively.

There will be those who say that the Omicron variant, according to studies, is less virulent and less deadly than previous strains of the coronavirus. They are correct. This variant is still, however, a virus with the capability to send the unvaccinated to hospitals. And people who believe that even a three-dose vaccination will entirely protect them from it should think again. The vaccinated are becoming infected as well. They might not experience the heavy symptoms that unvaccinated people do, but they can still get sick. Further, the risk of a vaccinated person being hospitalized by the Omicron variant is extremely low, but it is not zero.

The bottom line: Blakeman appears to be playing a game of political brinkmanship, which has garnered him a good amount of publicity across the state and made him something of a hero to far-right conservatives. That is why we find his first two weeks in office to be so disappointing. We honestly expected better of him. We hope and trust he will see the error of his ways and restore one of the best measures that we have to guard against the coronavirus — the mask mandate.

LETTERS

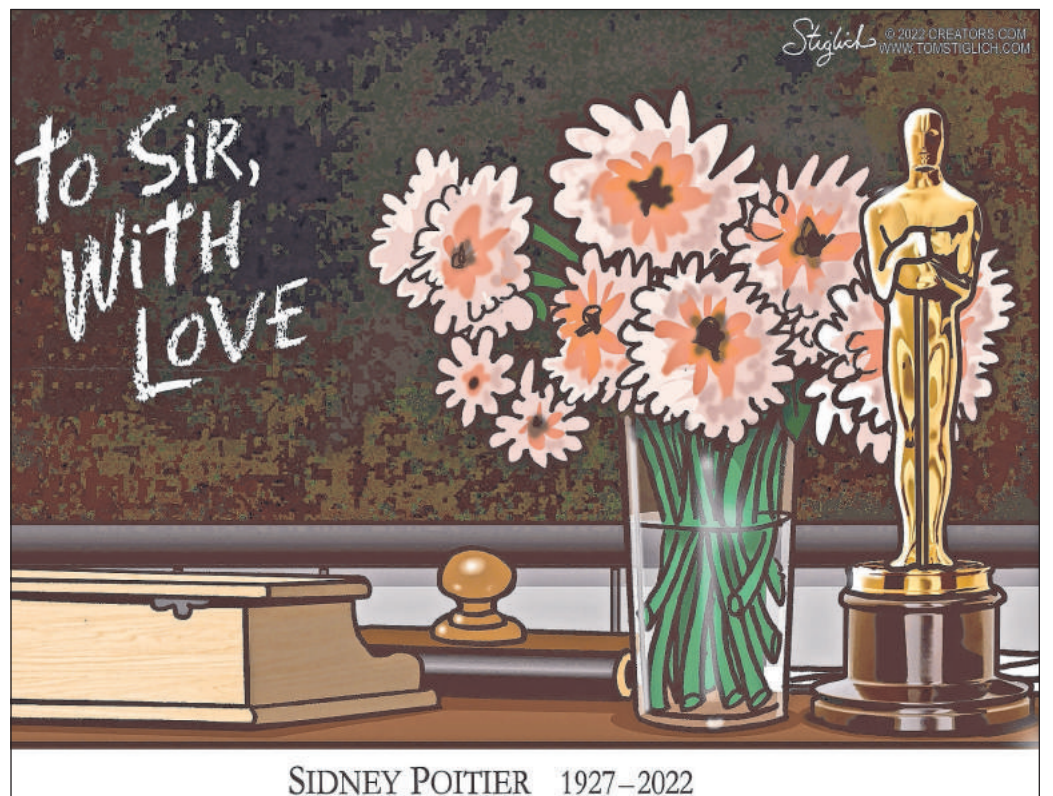
Blakeman's decision is 'misguided'

To the Editor:

The news generated by Nassau County Executive Bruce Blakeman's recent publicity stunt of signing an executive order allowing school districts to decide on mask-wearing is nothing more than a glaring example of misguided judgment and poor leadership. Surely Mr. Blakeman knows he cannot supersede Gov. Kathy Hochul's mask mandate or the state education commissioner's similar order.

It is nothing more than playing to the cheap seats, on top of being quantifiably false (the idea that there is no science to support mask wearing as a Covid mitigation practice). It's both an embarrassment and an invitation to those who believe such nonsense to cause disruption and only furthers divisiveness.

It's a sad day in Nassau County to be represented by a person willing to sow discord to be



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OPINIONS

How to teach about the Jan. 6 insurrection

National Public Radio and ABC News warn, “Teachers are on the front lines in the Jan. 6 culture war.” Depending on where they work, teachers experience different political pressure when it comes to how to discuss with students the events that rocked the U.S. Capitol a year and a week ago.



ALAN SINGER

For younger children, important themes are community decision-making and fairness, the building blocks of a democratic society. In grades five to eight, students learn about the foundations of the democratic process — rights and responsibilities,

civic action and voting — along with injustices.

In grades 11 and 12, students should follow congressional hearings, evaluate media coverage and discuss the implications of current events. For these grades, the anniversary of Jan. 6, with expanded media coverage, offered a teachable moment for more in-depth analysis.

While students and teachers are entitled to their opinions about the implications of the events, discussion in class about them must be respectful, and speakers must support statements with evi-

dence. The teacher must prepare documents for evaluation, ask questions of student speakers and moderate discussion.

The teacher must guide students through multiple sources with different perspectives so they can form their own questions, evaluate the sources and information, and arrive at conclusions supported by evidence. This process must not include deciding whether the Jan. 6 insurrection happened. It happened, and it was indeed an insurrection, intended to block certification of the presidential election.

One difficulty in addressing the events of that day is the country’s partisan divide. An Associated Press-NORC Center for Public Affairs Research survey found that despite widely viewed video footage, 60 percent of Republicans claimed the attack on the Capitol was not violent or somewhat violent. Here, teachers should ask students to suggest additional documents to allow them to discuss and decide whether the events were violent or not.

To be clear, more than 700 people have been charged with various crimes at the Capitol. The FBI estimates that about 2,000 people were part of the mob that breached the building after a pro-Trump rally at which then President Donald Trump and other speakers repeated

unsubstantiated charges that the election was stolen.

Some 140 law enforcement officers were injured during the attack, one died, and the Capitol sustained more than \$1.5 million in damage. More than 160 of the rioters entered guilty pleas in exchange for lighter sentences. Seventy have been sentenced. Thirty-one were jailed and 18 received home detention. The longest prison term so far is five years. About 100 defendants have ties to extremist groups.

Trump tweeted many times on the afternoon on Jan. 6, attacking then Vice President Mike Pence more than once. At 2:38 p.m. — more than an hour and a half after Trump supporters first breached the Capitol — Trump tweeted, “Please support our Capitol Police and Law Enforcement. They are truly on the side of our Country. Stay peaceful!”

At 4:17 p.m. Trump tweeted a video in which he told his followers, “I know your pain, I know your hurt. We love you, you’re very special. You’ve seen what happens, you’ve seen the way others are treated . . . I know how you feel, but go home, and go home in peace.”

Sen. Mitt Romney, a Republican from Utah, called what happened on Jan. 6 “an insurrection, incited by the president.” On Fox News, Rep. Liz Cheney, a Republican from Wyoming, said, “There’s no

question the president formed the mob. The president incited the mob. The president addressed the mob. He lit the flame.”

The New York Times published useful lesson ideas to aid teachers. It also recommends consulting the websites of Learning for Justice (formerly Teaching Tolerance), Facing History and Ourselves and the Anti-Defamation League. The Times package includes documents with questions sorted by these themes:

- Understanding what happened and reacting to it.
- Investigating President Trump’s responsibility.
- Exploring why democracy requires a peaceful transfer of power.
- Understanding the roots of the riot.
- Considering the role of the news media and the power of language.
- Scrutinizing how social media can facilitate insurrection.
- Putting Jan. 6 into historical context.

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.

It offers a teachable moment for in-depth analysis, if discussed respectfully.

LETTERS

more popular with a loud and uninformed minority.

MICHAEL LUDWIG, PH.D.
Rockville Centre

Ludwig is director of Hofstra University’s health education master’s program.

No wonder Democrats are in trouble

To the Editor:

Alan Singer’s analyses of why the Democratic Party is in peril of losing control of government (“Democrats election perils have little to do with ‘wokeness,’” Dec. 9-15) is yet another anti-Republican screed with selective omissions of facts. Nowhere in his op-ed piece does he mention the Southern border, which is a lawless catastrophe for our country as well as for Biden, Harris or whoever is supposed to be in charge.

Singer fails to mention that with no clear mandate, a 50-50 Senate and a razor-thin majority in the House, Biden and company are trying to pass a multi-trillion-dollar package that can only be paid for with higher taxes. Nowhere does he mention the murder, mayhem and chaos that are a direct result of flawed policies in Democratic-run cities across the country.

Weakening support for Israel; kneeling to an Iran deal, which is a pathway to a nuclear weapon for a country with a malevolent, untrustworthy government; abandoning friends and weapons in Afghanistan; sitting idly by as China steals land in the South China Sea to build military outposts; closing down the Keystone Pipeline (while green-lighting Russia’s), which has led to soaring gas prices as we struggle to electrify; are just a few other omissions.

Throw in the teaching of a flawed critical race theory, the 1609 Project, FBI surveillance of school board meetings, support of the corrupt and often violent Black Lives Matter movement and consideration of reparations for descendants of people who were slaves more than 150 years ago, and it’s quite understandable why the Democratic Party is in trouble.

Its record of failure in one year is breathtaking. Most people who are, or will turn from, blue to red are neither racist nor violent. They abhor the Jan. 6 insurrection. They are pragmatic! And yes, like it or not, Kyle Rittenhouse was acquitted by a jury of his peers who heard all of the evidence.

To become purple, we need moderate leaders on both sides of the aisle who listen to and respect one another. Ignoring reality when it conflicts with one’s point of view is a prescription for failure.

DR. MEL YOUNG
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