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A new pop-up art exhibit
Page 10



Too cold inside to hold blood drive
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FEBRUARY 24 - MARCH 2, 2022



GSM Communications

Crowds turn out to help VFW

Veterans Howard Stillwagon, far left, Ben Farnan, Henryk Nowicki and Joseph Moores at the Phoenix Rising Committee's "birthday extravaganza" fundraiser, which was packed with supporters. More photos, Page 3.

Paying tribute to veterans

BY LETISHA DASS
ldass@liherald.com

Generations of the nation's veterans have planted their roots in Glen Cove and helped the city thrive. From building Veterans of Foreign Wars Post 347 after World War I to ceaselessly supporting local organizations, these heroes have continued to serve their home. In recognition, the Glen Cove Public Library and the Veterans Services Department are offering the community an opportunity to sponsor military tribute banners that will be displayed on lamp-posts across Morgan Park from Memorial Day through Veterans Day.

"We are very proud to honor these brave men and women, and are profoundly thankful for their service," Mayor Pamela Panzenbeck said. "We are fortunate to have these banners in recognition of their patriotic dedication. Freedom isn't free. God bless them."

As soon as Laura and Sharon Stillwagon learned of the library's program, they decided to honor their father, Howard Stillwagon, who served as an

infantry rifleman in the U.S. Army during the Vietnam War and is a member of VFW Post 347. He served with his longtime friend Joseph Moores, a Vietnam veteran. Howard was in Cavalry C Company, and Moores in D company.

"It's important to honor our veterans, but also it's very important for me to honor my father for his service to the country and to also celebrate him as a person," Laura Stillwagon said.

I think that it provides a sense of community and a way to celebrate our local veterans, because they're heroes.

LAURA STILLWAGON
Glen Cove

Lydia Wen Rodgers, a librarian at Glen Cove Public Library, and Anthony Jimenez, the director of the Veterans Affairs Office, presented the tribute banners at The City Council's pre-council meeting on Feb. 15. "It will give them the honor that they deserve," Wen Rodgers said.

When Wen Rodgers started the program earlier this month, she learned quickly that veterans are humble and are hesitant to have their photos on display. The community, she said, must act on their behalf. "They are really relying on friends and families to purchase a banner," she said, "so that's

CONTINUED ON PAGE 10

An actress and a county exec recognize American Heart Month

BY LETISHA DASS
ldass@liherald.com

Adorned in red, Emmy-winning actress Susan Lucci, a Garden City resident, stood beside Nassau County Executive Bruce Blakeman and Dr. Richard Schlofmitz, the chairman of cardiology at Catholic Health St. Francis Hospital and Heart Center, at the Nassau County Legislative and Executive Building on Feb. 17 to remind residents that February is American Heart

Month.

"What I have learned, since being the national ambassador for the American Heart Association 'Go Red for Women' movement," Lucci said, "is that heart disease is the number one killer of women more than all cancers put together. It kills one in three women [who die] every year. It kills one woman every 80 seconds."

Blakeman announced that the dome of the county legislative building would be lit red to sym-

bolize the importance of heart health.

"Heart disease is the leading killer in Nassau County," he said, "and while that is alarming, according to the state, we have one of the lowest percentages by population ... of deaths from heart disease. However, that's no reason to be complacent."

Like many women — and men — Lucci ignored symptoms of possible heart problems until she

CONTINUED ON PAGE 5

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GLEN COVE HERALD – February 24, 2022



Photo by GSM Communications

THE PHOENIX COMMITTEE and honorees during the award ceremony at the fundraiser for VFW Post 347.

Roughly \$20,000 raised for VFW Post 347

Phoenix Rising Committee's "birthday extravaganza" fundraiser to help the Veteran of Foreign Wars Post 347 hit maximum capacity at the View Grill on Saturday. Veterans from all over the North Shore such as the Glenwood American Landing Legion were in attendance to show their support for the VFW who need to rebuild due to a fire.

The committee was able to raise roughly \$20,000 from the fundraiser with roughly \$17,000 given to the post as a donation and the rest used to cover the cost of the event.

The community affair launched with an award ceremony to honor veterans and community members including veteran Anthony Jimenez, who received the Unity Award and George Suddell who was recognized as the Homefront Honoree. The Phoenix Rising Committee plans to continue the award ceremony annually to help support the post. Donations can still be made to the VFW at www.vfwpost347.com.

– Letisha Dass



Photo courtesy Letisha Dass/Herald

VFW COMMANDER HENRYK Nowicki, who said he appreciated the Phoenix Committee's efforts, received the Leadership Award at the fundraiser.



Photo courtesy Letisha Dass/Herald

THOMAS BUNGER AND his father, George Bungler, an American Legion veteran showed their support at the event.



Photo courtesy Letisha Dass/Herald

THE "BIRTHDAY EXTRAVAGANZA" had the full support of the community and its elected leaders.

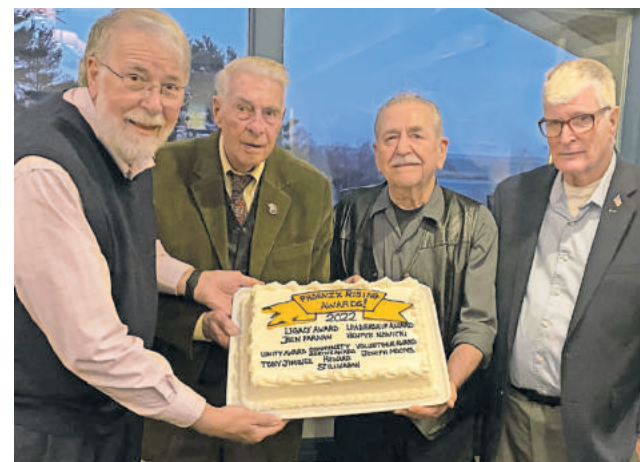


Photo by GSM Communications

VETERANS HOWARD STILLWAGON, left, Ben Farnan, Henryk Nowicki, and Joseph Moores were at the fundraiser.

Governor Hochul rolls back zoning proposal

February 24, 2022 — GLEN COVE HERALD

BY MALLORY WILSON and LAURA LANE

mwilson@liherald.com, llane@liherald.com

Gov. Kathy Hochul has pulled a proposal from her 2022-23 state budget that would have required local governments to allow an expansion of apartments in single-family neighborhoods.

Hochul had put this proposal in her January budget before the Legislature. It has been widely criticized by local elected officials. Some argued that so-called accessory dwelling units would put a strain on Long Island resources and that it would be an end to suburbia. Hochul, however, saw it as a way to potentially alleviate the state's affordable-housing crisis.

State Assemblyman Charles Lavine, a Democrat, said he doesn't know who convinced Hochul to put the proposal into the budget. He gives her credit for listening.

"My obligation is to represent my district and this provision wouldn't accommodate anything for the 13th," he said. "We have to have more affordable housing but ADU's would not have helped with affordable housing."

Glen Cove Mayor Pam Panzenbeck, a Republican, said she was pleased with the governor's decision. "While I fully support making affordable housing available to residents that need it, it cannot and should not be done through a state-wide mandate without regard to whether local conditions warrant it or would be able to sustain it," she said. "Glen Covers know what Glen Cove needs better than New York state does."

State Assemblyman Michael Montesano said he was pleased. He had written letters to the governor against the proposal and encouraged his constituents to do so too.

"She listened to everyone and took it out of the budget because it doesn't belong there," Montesano, a Republican, said. "Something like this would need public hearings. She alluded that she would form a committee of stakeholders that would include not-for profits who create housing, municipalities and real estate brokers. They will have ideas how to create housing."

Montesano said he believes that the governor put the proposal in the budget because the bill to allow for the expansion



Brendan Carpenter/ Herald

OFFICIALS, INCLUDING THOSE from the Town of Oyster Bay, gathered to celebrate Gov. Kathy Hochul's decision to remove the single-family zoning proposal from her 2022-2023 budget.

of apartments in single-family neighborhoods introduced in the Senate and Assembly are not popular. "They asked the governor to include it in the budget," Montesano said. "I don't think she realized what would happen."

The legislation would have essentially removed "home rule," meaning that local governments could not determine zoning based on the character of the community and the wishes of those in their jurisdiction.

U.S. Rep. Tom Suozzi, a Democrat who is running for governor, had decried Hochul's plan from the get-go. He described her decision to pull it from the budget as "one small victory," adding that there are many battles ahead.

"We successfully stopped Governor Hochul's radical proposal from being passed in the budget, but we're not done yet," Suozzi said. "Now we must stop her and the state Legislature from passing this misguided legislation during the Albany legislative session."

But Montesano said he doesn't think the bill will get to the floor for a vote in either governmental bodies. If Hochul does become governor he hopes she will follow through with her commitment to

forming the committee.

"I was happy she listened to reason and then went and looked," he said. "If she maintains that as governor it would be great. This is what a governor should do."

County Legislator Tom McKeivitt, a Republican from East Meadow, found the ADU proposal in the budget on page 126 of 5,000 pages. "We're putting forth the word to the governor and to state representatives," McKeivitt said. "Do not try this again, do not put it in there, we're going to be watching and protecting our communities."

Glen Cove would have changed for the worse, Panzenbeck said, had the proposal been approved. "It goes without saying that the ADU bill would have had a detrimental effect on traffic, parking, and quality of life," she said. "Our infrastructure would have been strained and the schools would have had to accommodate addition-

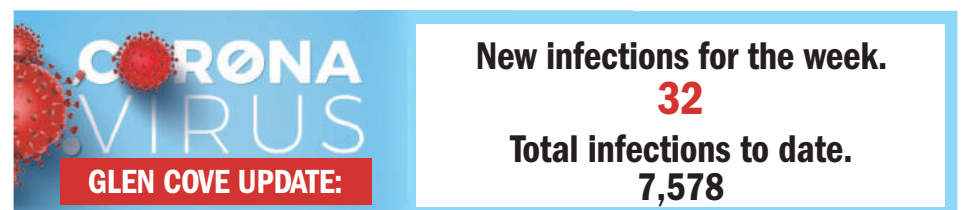
al students, thereby driving costs up."

State Senator Jim Gaughran, a Democrat, said he is thankful that the governor was willing to work with local government. "There is no one-size-fits-all solution, but we can — and must — support our municipalities as they work to build more housing for New Yorkers across the state," he added.

If Hochul didn't pull the proposal, she risked the passage of the entire budget. If the spending plan is approved by the Legislature, it will take effect April 1 of this year.

"I've known Kathy Hochul from the day she was elected lieutenant governor," Lavine said. "She is reasonable, rational, intelligent and she does know how to listen to what people say."

Brendan Carpenter contributed to this article.



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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 one-time payment within Nassau County or \$60 outside of Nassau County or by qualified request in zip codes 11542, 11545, 11547, 11548 or 11579 **Copyright © 2022** Richner Communications, Inc. All rights reserved.

County building lit red for heart awareness

CONTINUED FROM FRONT PAGE

had to be rushed to the emergency room at St. Francis Hospital and Heart Center in Roslyn in 2018, where Schlofmitz was her doctor. He found arteries blockages, and she had to have surgery to have stents implanted.

“Many people, when they have problems with their heart, keep it to themselves,” Schlofmitz said, “and Susan was brave enough to come out and talk about her history and symptoms, not once but twice. If anybody has symptoms, see your doctor. Get checked out.”

Dr. Guy Mintz, director of cardiovascular health and lipidology at North Shore University Hospital, has made it his career to address the initial risk factors of heart disease before there are symptoms. He said that high blood pressure and cholesterol, diabetes, smoking, sleep apnea, autoimmune and chronic kidney diseases, and family history are contributing factors.

“It’s not all about the symptoms,” Mintz said. “It’s all about the prevention. We’re not waiting for someone to have a heart attack. We’re not waiting for someone to have symptoms ... to develop coronary artery disease. We’re not waiting to limit those risk factors and intervene early.”

Medical practitioners have to consider a patient’s complete medical history to determine how to proceed, Mintz said — for instance, whether he or she should be referred to a nutritionist. He recommended



Christina Daly/Herald

NASSAU COUNTY EXECUTIVE Bruce Blakeman, left, Emmy Award winner Susan Lucci and Dr. Richard Schlofmitz, cardiology chairman at Catholic Health St. Francis Hospital and Heart Center, spoke at the county legislative building.

that people know their blood pressure and cholesterol numbers and their hemoglobin A1C blood sugar levels.

“Many patients need to be guided into the right direction,” Mintz said. “Few patients are self-starters to say, all right, I’m going to start this, or I want to know what

my cholesterol levels are or know what my risk profile involves.”

The coronavirus pandemic has added another layer of cardiac risks, thanks to shutdowns and the upending of normal lifestyles as people have stayed home, Mintz said. We have been more sedentary, turned

to “reactive eating” and are more stressed. And a lack of access to medical care has impeded early prevention of heart problems.

“There has actually been an increase in heart disease where people have been having heart attacks during the pandemic because they have not been seeing their doctors,” he said.

Public awareness and education in heart health can save someone a visit to the emergency room. But even people who have been able to maintain a proper diet and exercise, like Lucci, are susceptible.

“Even if you’re living well, there are other risk factors and genetic predispositions that cause people to be at high risk for heart disease,” Mintz said. “For example, women have unique risk factors for early heart disease such as pregnancy, induced hypertension, early menopause and polycystic ovary disease.”

Although a change in lifestyle — exercising more, changing your diet, quitting smoking — are positive steps to help preventing heart disease, Mintz advised visiting a doctor at least once a year for guidance and direction on treatment. “The doctor needs to be the quarterback,” he said.

Last year, Lucci underwent a second procedure after she recognized troubling symptoms. “You need to be diligent and keep working on this your whole life,” Schlofmitz said.

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COMMUNITY UPDATE

February 24, 2022 – GLEN COVE HERALD

Friday, Feb. 25

Lego Play Time

Free lego playing for children two-years-old and up at the Oyster Bay-East Norwich Public Library from 10 a.m. to 12 p.m. Tables will be set up in the Community Room where children can build whatever their imaginations can come up with! All Lego creations will remain in the library. No registration is needed and children under 9 years of age must be accompanied by an adult.

Valley Quilters and Knitters

Come and find a hobby at the Locust Valley Library! Valley Quilters and Knitters meetings have moved to Fridays. Bring a project or just come for ideas. Experts may be on hand to help beginners get started. Due to COVID-19 social distancing guidelines, attendance is limited to 8. Masks covering the nose and mouth are required for all individuals over the age of two. Meeting will start from 1 to 3:30 p.m.

Saturday, Feb. 26

Movie Night with Chef Rob

Everyone is invited to join movie night food festival with Chef Rob Scott on Facebook Live from 3 to 6 p.m.. Cook along or watch and enjoy! Learn how to make cinnamon white-hot chocolate, marshmallow stirrers, pizza nachos, and shrimp scampi flatbread. No registration is required. Simply log onto Facebook and visit Scoot's page at <https://www.facebook.com/SimplyCreativeChefRob>.

Pirate's Gold

Unlock the stories of a great American fortune, a man, Henry Huttleston "Hell-Hound" Rogers, with the Midas touch, and his descendants who inherited more money than was good for them at the North Shore Historical Museum at in-person at 2 p.m. Presented by Andrew Coe, "Pirate's Gold" looks beneath the headlines to uncover the roots of these stories: the struggles over money and love, and the difficulties of living up to one's famous family name. Visit the museum's website to register.



Courtesy Unsplash

NYIT fitness lecture

Students and faculty from NYIT's Doctor of Physical Therapy Program will offer an interactive talk on, "Staying strong and independent," on Feb. 25 from 11 a.m. to 1 p.m. at the Gold Coast Public Library's Annex. The talk will address everyday activities to sustain your health and wellness by keeping your stamina and overall muscle strength.

Sunday, Feb. 27

Bereavement Support Group meeting

Join the grief support group at 3 p.m. at the St. Boniface Martyr elementary school, 12 Main Avenue, Sea Cliff. To register, call Dr. David Meagher at (516) 676-0676, extension 131 and leave a message.

Sundays with Shakespeare

Sundays with Shakespeare presented by the Sea Cliff Library continues to meet virtually weekly to discuss one of the Bard's plays for five weeks, Sundays at 5 p.m. Register online at seaclifflibrary.org for the Zoom link.

Monday, Feb. 28

Chamber celebration

Oyster Bay-East Norwich Chamber of Commerce installation celebration at The Pearl on 150 Mill River Rd., starting at 6:30 p.m. Tickets are available on the chambers website and are priced at \$25 per person.

Optical Illusions lecture

Do you see what I see? Optical illusions are everywhere we look. Join the Gold Coast Library as they explore the real world of the unreal! The lecture focuses on the scientific and artistic aspects of illusions based on our visual system (eyes to brain). This program is being held in the Library Annex and simultaneously streamed on Zoom, starting at 7 p.m.

Virtual Yoga

Marie leads an hour-long yoga class from 9:30 to 10:30 a.m. as part of a seven-class virtual series costing \$35 at the Glen Cove Public Library. Participants can pay in person at the library's information desk or can mail a check/money order to: The Glen Cove Public Library Attn: Adult Programs. Include an email in the memo section as well. The Zoom information will be emailed to before the start of the session.

Tuesday, March 1

Biz Breakfast Club

Join North Shore Biz Network at 8:30am for their monthly Zoom Breakfast Club meeting. Meet spotlight member Fausto Rotundo from the Max Challenge of Glen Cove and be entered to win a \$25 gift card to My Beautiful Mess in Sea Cliff. Open to Long Island business owners only. Visit <https://us02web.zoom.us/j/81676351121> to join.

Wednesday, March 2

1940's wedding dress

Thorin Tritter, HMTC's museum and programming director, hosts a discussion about a wedding dress that was used in a wedding in Amsterdam in 1940, just before the Nazis invaded on May 10th, and then carried from the Netherlands across the Atlantic to New York. The dress offers a window into the pre-war life of Jews in Amsterdam and the terror brought on by the Nazi attack. Event will be at Holocaust Memorial and Tolerance Center from 11 a.m. to 12 p.m.

Irish soda bread with Chef Rob

Simply Creative Chef Rob teaches how to

make a traditional Irish soda bread in time for St. Patrick's Day; in-person at the Gold Coast Library at 4:30 and 6:30 p.m. Open to kindergarteners to fifth graders.

Thursday, March 3

History of April 1945

New York Times bestselling author and historian Craig Shirley will draw from his new book, April 1945: The Hinge of History, to speak about the watershed events in the month of April 1945 -- the sudden death of President Roosevelt, Harry Truman's rise to office, Adolph Hitler's suicide, and the horrific discoveries of Dachau and Auschwitz -- that collided and changed the face of the world forever at the Holocaust Memorial and Tolerance Center from 6 to 7 p.m.

Yiddish and Jewish Literature

Glen Cove's Congregation Tifereth Israel presents a talk by Aaron Lansky, founder and president of the Yiddish Book Center, a nonprofit organization working to recover, celebrate, and regenerate Yiddish and modern Jewish literature and culture. The public is invited to attend this free virtual program but must register at least one day in advance online.

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

- Sea Cliff Baseball & Northshore Softball registration for the Spring 2022 season is now open. Register pre-kindergarten to seventh grade children at www.scbbaseballsoftball.com.
- The City of Glen Cove will hold a City Council meeting on Feb. 8, at 7:30 p.m. in City Hall.
- The Locust Valley Board of Education is meeting on March. 8 at 7:30 p.m. for their budget presentation.
- The Oyster Bay Town Board's next meeting will be March 1 at 10 a.m.

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Take it to heart

Show your ticker some love

February is about far more than conversation hearts and romantic rendezvous: the month of love also marks American Heart Month, which calls major attention to heart health. And for good reason: as the fifth largest and most important organ in your body, your heart beats a hundred thousand times a day, pumping blood to all of your organs and enabling you to perform everything from driving a car to performing downward facing dog. In other words, when your heart is in jeopardy — of the physical sort, mind you — so is your life.

Indeed, heart disease is the number one killer in both men and women, rendering it a greater hazard than breast and prostate cancer. According to the Centers for Disease Control and Prevention (CDC), about 659,000 people in the United States die from heart disease each year — that's one in every four deaths. As well, people with poor cardiovascular health are at increased risk of complications and severe illness from Covid-19.

During severe Covid infection, heart function may decrease, explains cardiologist Charles C. Nydegger, MD. Heart changes in people who have recovered from the virus include irregular heart rate, inflammation of the heart muscle or the sac around the heart, elevated heart rate, and abnormal heart rhythms. Although it can't be predicted which Covid patients will experience these changes, those with healthy cardiovascular systems are less likely to have severe symptoms.

Most middle-aged and even young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Connecting Is Good For Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

We all know the basics of a heart-healthy lifestyle, but do we keep to that beat?

- ✓ Be more physically active.
- ✓ Maintain a healthy weight.
- ✓ Eat a nutritious diet.
- ✓ If you're a smoker, quit.
- ✓ Reduce stress.
- ✓ Get seven to eight hours of quality sleep.
- ✓ Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

Move More

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more physically active. Ask a colleague to walk "with you" on a regular basis, put the date on both your calendars, and text or call to make sure you both get out for a walk.

Get a friend or family member to sign up for the same online exercise class, such as a dance class. Make it a regular date! And make sure to get the family involved. Grab your kids, put on music, and do jumping jacks, skip rope, or dance

in your living room or yard.

How much is enough? Aim for at least two and a half hours of physical activity each week — that's just 30 minutes a day, five days a week. In addition, do muscle strengthening exercises two days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 10 or 15 minutes a few times a day.

Aim For A Healthy Weight And Eat Heart-Healthy

Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. (If you're overweight, even a small weight loss of five to 10 percent helps your health.) Check in with them regularly to stay motivated. Agree to do healthy activities, like walking or cooking a healthy meal, at the same time, even if you can't be together. Share low-calorie, low-sodium recipes.

Quit Smoking

Still can't beat the habit? To help you quit, ask others for support or join an online support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can help you quit. You'll find many free resources to help you quit, such as apps, a motivational text service, and a chat line at BeTobaccoFree. hhs.gov and Smokefree.gov.

If you need extra motivation to quit, consider those around you: Breathing other people's smoke, called second-hand smoke, is dangerous. Many adult nonsmokers die of stroke, heart disease, and lung cancer caused by secondhand smoke.

Manage Stress

Reducing stress helps your heart health. And since the onset of the pandemic, stress is more prevalent in our lives than ever. Get it under control — now. Set goals with a friend or family member to do a relaxing activity every day, like walking, yoga, or meditation, or participate in an online stress-management program together. Physical activity also helps reduce stress. And if stress is really overtaking your life, talk to a qualified mental health provider or someone else you trust.

Improve Your Sleep

Good sleep is a must. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of looking at your phone or the TV before bed, which we're all doing so much more of throughout the pandemic, relax by listening to music, reading, or taking a bath.

Track Your Heart Health Stats, Together

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort. Check out the National Heart Lung and Blood Institute's Healthy Blood Pressure for Healthy Hearts: Tracking Your Numbers worksheet at www.nhlbi.nih.gov.

Above photo: Your heart works nonstop for you throughout your life. It needs plenty of TLC to be at its best.



A secret to cardiovascular health:

It's sleep

We all know by now that getting enough shut-eye each night is essential for your health and well-being. Quality sleep does everything from boost productivity and concentration to strengthen your immune system to prevent depression. Sleep is also, it turns out, vitally important for your heart.

Why lack of sleep matters

"Lack of sleep doesn't necessarily cause heart disease," says Phyllis Zee, MD, PhD, professor of neurology and director of the Sleep Disorders Program at Northwestern University's Feinberg School of Medicine. But, she notes, "it really increases the risk factors for heart disease."

For example, your blood pressure goes down while you sleep — but when you don't get enough sleep, or you have irregular sleep patterns, it stays higher for longer. High blood pressure, or hypertension, is one of the leading causes of heart attack and stroke.

Sleep has also been found to affect levels of hemoglobin A1c, a key marker of blood sugar control. The CDC cites research suggesting that optimizing sleep duration and quality may be important means of preventing type 2 diabetes (which raises your risk of heart disease) and, for those with the chronic illness, improving blood sugar control.

A European Heart Journal review of 15 studies involving nearly 475,000 people found that "short sleepers" (five to six hours per night) had a 48 percent greater risk of developing or dying from coronary artery disease and a 15 percent greater risk of developing or dying from stroke during a seven- to 25-year follow-up period.

Fix Irregular Sleep Patterns

Too little sleep isn't the only thing that can increase your risk of heart disease. Not keeping a regular sleep time can also throw your heart out of whack.

A 2019 study from the American Heart Association examined subjects' nightly sleep duration and how long it took them to fall asleep. The researchers looked at data from nearly 2,000 people without cardiovascular disease at the start of the

study. Participants wore sleep-monitoring wrist devices for seven-day periods from 2010 to 2013.

It turned out those with irregular sleep patterns also were at higher risk for a cardiovascular event such as stroke, congestive heart failure, and coronary heart disease. People whose night-to-night sleep length varied over a seven-day period by more than an average of two hours were more than twice as likely to have a cardiovascular event than those who varied by an hour or less.

Research suggests young people are at particular risk for irregular sleep-related heart problems. A 2019 study out of MassGeneral Hospital for Children found that adolescents who didn't sleep well were at greater risk for developing cardiovascular problems. They had higher cholesterol levels, a higher body mass index, larger waist sizes, higher blood pressure, and an increased risk of hypertension.

Recognizing a sleep problem

According to Harvard Medical School, anywhere from 47 to 83 percent of people with cardiovascular disease, 35 percent of people with high blood pressure, and 12 to 53 percent of people with heart failure, atrial fibrillation (a heart rhythm abnormality), and stroke also have sleep apnea.

People with sleep apnea are constantly awakened during the night as they repeatedly gasp for air, which leads to poor sleep quality and thus an increased risk of heart problems. Harvard Medical School notes that untreated sleep apnea may up your chances of dying from heart disease by up to five times.

Do you wake up tired and with a dry mouth? Feel sleepy or fatigued by day? These are signs of sleep apnea. Other sleep apnea symptoms include snoring, seeming to stop breathing during sleep, and gasping for breath or choking — which many people don't realize they do, so it's important to ask your bedmate.

Above photo: Do yourself — especially your heart — a favor. Get more sleep.

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Former S.C. service station now a pop-up art show

BY STEVEN KEEHNER

llane@lherald.com

The ongoing Covid-19 outbreak has taken a toll on Sea Cliff's creative community, which included the closure of the village's Creative Arts Studio. But for Matthew Nichols, an art historian, the village remains an artist's haven.

"I don't think Sea Cliff is void of art and culture, absolutely not," the Sea Cliff resident said. "Right on this little block, there's an art conservator. Next door, Kathleen DiResta has an art collective."

He has curated the "Lightning Loom" exhibit, which opened on Feb. 17. Housed in a former service station, the exhibit features works by Jamie Mirabella, Jessie Henson, Anne Deleport, James Case, Butt Johnson and Hanna Sandin. Because he knew many of the artists, Nichols said it wasn't hard to pull together the exhibit.

Ann Kronick, the building's owner, said she had not planned to turn the space into a temporary art display.

"It was in shambles, so I renovated it," she said. "I got a commercial loan, and I redid the entire building."

But when further remodeling and leasing plans were put on hold, Nichols, who had previously inquired about renting the space, jumped on the opportunity. By late January, his show was set for Feb. 17-28.

Several residents, including Lin Gilberti, attended the opening reception on Feb. 18. "It's a beautiful and sophisticated



Roni Chastain/Herald

ANN KRONICK, LEFT, owner of the "Lightning Loom" exhibit space joined Karin Genalo and Stephanie Sobel at the opening night reception in Sea Cliff.

art gallery," she said. "Beautiful track lights, beautiful white walls and the art is quite interesting."

But where did the name of the event come from? Nichols wrote in his curatorial essay that "Lightning Loom," was

named after a collage created by Jamie Mirabella. "Though one of the smaller works on view, it provides a potent visual and conceptual anchor for the entire show," he wrote. "Mirabella's collage also pictures a network of gossamer threads

that seems to spread beyond its frame and connect the varied works in the gallery."

In piecing together the show, Nichols said he noticed the formation of creative patterns. "Some of the visual relationships, like the colors pink and gold, circulated through the show," he said. "I just saw a lot of visual connections that were really important to me as I mapped out the space."

The works themselves varied in size and medium. This included sculptures, canvases and even newsprint.

"At the beginning of the printing, they fix the level of ink and there is this fold in the paper that they try to get rid of," Deleport said. "When the paper is first printed, there is more ink than paper, and no news."

There was also a link in the art and how it occupied the space, such as Sandin's sculptures. Made of polished lightning rods, the position of the pieces forced viewers to navigate the area similarly. "It's great to see an art gallery work thematically and create an audience," Sandin said.

Allan Klein said he was happy that the exhibit opened in Sea Cliff. "There's a need for art in Sea Cliff, especially in the connected communities like Glen Head and Locust Valley, where there's a lot of artistic talent," he said. "It's important to have a temporary space to connect, show our work and meet other creative people."

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Sponsor banners saluting G.C.'s heroes

CONTINUED FROM FRONT PAGE

why it's really important to get the word out."

Howard Stillwagon said he was proud that his daughters decided to sponsor him, and has been encouraging his fellow VFW members to purchase a banner themselves. "I'm very honored, and really very touched that they did this for me," he said. "They're such great kids, and I love them so much. They've always been very supportive of my military career."

After they are displayed at the park, the banners will be returned to the sponsors or be kept at the library, and possibly used again next year. Laura Stillwagon is planning to keep their banner and hang it in her father's home alongside his war memorabilia.

Banners are going fast. As of Feb. 15, 14 of the 40 banners had been purchased. Group pictures, portraits and insignias are also welcome. On each banner, the veteran's medals, time of service, and branch will be shown below the photo.

Only Glen Cove veterans can be sponsored. If participants do not know a veteran from the city, they can choose to sponsor any Glen Cove veteran or organization from the community. For example, U.S. Rep. Tom Suozzi has purchased a banner in honor of the Harlem Hellfighters.

During the City Hall meeting, Panzenbeck said she planned to sponsor the late



Courtesy Letisha Dass/Herald

LYDIA WEN RODGERS, Glen Cove librarian, and **Anthony Jimenez**, a veteran and the director of the city's Veterans Affairs Office, presented a military tribute banner at the Feb. 15 Glen Cove City Council pre-council meeting.

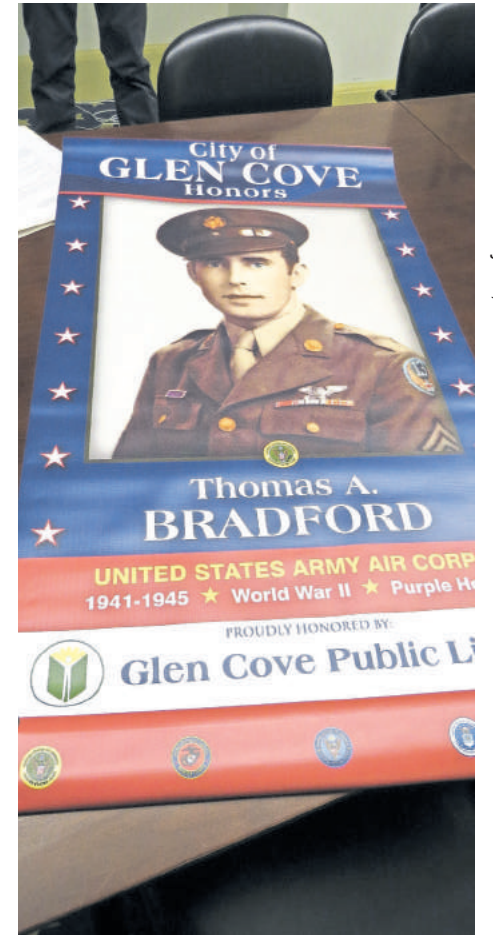
Sgt. Ralph W. Young of the U.S. Army Air Corps and Sgt. Maj. Daniel Daly of the Marines.

The deadline for early-bird pricing of \$99 is March 1. After that, the banners will be \$109 until April 1, the last day of submissions.

"I think that it provides a sense of community and a way to celebrate our local veterans, because they're heroes," Laura Stillwagon said. "Not only for what

they did for the country, but for what they continue to do for the community — as well as veterans that have recently served the country and are coming out and looking for a group for support."

For further information, contact the Glen Cove Public Library at (516) 676-2130, or visit, and purchase a banner at, <https://militarytributebanners.org/new-york/glen-cove-ny.html>. Checks can be made payable to the library.



THE BANNERS WILL be hung across Morgan Park from Memorial Day to Veterans Day.

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Courtesy RXR Realty

A RIBBON-CUTTING CEREMONY was held on Feb. 15 to welcome Chase to Downtown Glen Cove Village Square.

RXR welcomes Chase to Village Square

A ribbon-cutting ceremony was held at Glen Cove's Village Square, a RXR Realty luxury residential rental downtown community on Brewer St., to welcome Chase as its newest tenant.

"We are thrilled to open our doors to the Glen Cove community, be part of Village Square and support our neighbors' financial needs," said Andrew Simone, regional director for Chase in Long Island. "We are going to be engaged in the community and collaborating with our neighbors to create an even brighter future here in Long Island."

Local officials such as Mayor Pamela Panzenbeck and company executives

were at the welcome ceremony. Clifford Molloy of Savills represented Chase, and Dan Glazer and Jason Sobel of RIPCO Real Estate represented RXR in the lease transaction.

"We are pleased at the success within the retail spaces at Village Square, especially with the recent addition of Chase, which continues to add to the renaissance of Downtown Glen Cove," said Joseph Graziose, executive vice president of Residential Development and Construction at RXR. "Chase will be a valued amenity for the residents of Village Square and Garvies Point, as well as all Glen Cove residents."

HMTC presents 'Hymns from Auschwitz'

The Holocaust Memorial and Tolerance Center of Nassau County will present the musical performance of "Hymns from Auschwitz," featuring a never-before played musical score written by Michel Assael, a Holocaust survivor from Salonika, Greece, at Stern Auditorium/Perelman Stage at Carnegie Hall at 8 p.m. on April 20. The concert will be in collaboration with the Turkish American Arts Society of New York and will feature New Manhattan Sinfonietta, a New York City-based orchestra founded by the world-renowned Turkish maestro.

The concert will be held to honor Yom HaShoah and to memorialize Viktor Ullman, a Silesian-born Austrian and renowned composer, who was sent to Ter-

ezin where he organized concerts and performed during the war before being deported to Auschwitz and killed in the gas chambers. Sponsorship packages are available, and tickets range from \$27 to \$180 per ticket. Tickets can be purchased via Carnegie Hall's box office.

"I'm excited that HMTC is the presenting organization for this once-in-a-lifetime concert at Carnegie Hall for Yom HaShoah and in honor of Martin Elias," said Andrea Bolender, chair of the board of HMTC and acting executive director. "As a child of Holocaust survivors, I know first-hand how important it is to tell the stories, and this concert represents Michel Assael's remarkable story."

Webinar focuses on higher education

Minority Leader Kevan Abrahams, the Long Island Educational Opportunity Commission and Nassau BOCES are presenting "It's Time," a seven-week webinar series focused on delivering advice for adults who are returning to college, pursuing higher education for the very first time, or seeking to advance their careers.

The first episode of this series airs on Zoom and Facebook Live at 7 p.m. on March 1 to discuss careers. Scheduled topics include: financial aid on March 8,

online courses and life experience on March 15, LIEOC presentation on March 22, 2022, BOCES presentation on March 29, SUNY two-year degree on April 5, and SUNY four-year degree on April 12.

Residents who are interested in participating in this webinar series can register at https://app.nassaucountyny.gov/Leg/forms/01/its_time.php or watch on Facebook Live at <https://www.facebook.com/LegislatorKevanAbrahams>.

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Nor'easter freezes St. Patrick's blood drive

BY ROKSANA AMID

llane@lherald.com

The Glen Cove Knights of Columbus at St. Patrick's Church held a blood drive on Sunday Jan. 30, which coincided with the weekend of Long Island's first nor'easter of the new year. The previous day's inclement weather, along with a general decline in donations due to Covid-19, gave cause for concern as to what would be the blood drive's outcome. It was scheduled to run from 8 a.m. to 2:30 p.m.

The New York Blood Center's fixed donation sites were closed during the nor'easter, which left behind mounds of snow that blocked curbsides and parking lots. Jeffrey Carpmann, a driver with the New York Blood Center, brought his shovel from his hometown in Douglaston, Queens, to the center's location in Westbury.

"I took a chance going to Westbury," he said. "I didn't know if the drive was still on."

When she saw New York Blood Center's truck outside of St. Patrick's, Glen Cove resident Noreen Heffernam began to worry there would be less people donating because of the storm.

Although she didn't know about the blood drive Heffernam ended up being the first in line. After a quick registration process and her own medical questions answered, she was donating within minutes. "I would feel guilty if I just walked



Roksana Amid/Herald

RESIDENTS TRIED TO donate blood at the Glen Cove Knights of Columbus blood drive but many couldn't due to frigid temperatures in the basement at St. Patrick's Church which caused the drive to be paused and then cancelled.

by," Heffernam explained.

One of the first faces seen at blood drives are of donor relations associates like Jacqueline Aquino, of Elmont, who is often seen reassuring nervous first-time donors in both English and in Spanish. "A second of discomfort saves three lives," she said.

There was a sign that directed churchgoers to the basement after the 9:30 a.m. morning mass. But donations were

paused 45 minutes later because the temperature in the church's basement had dropped to 58 degrees, which caused more problems than discomfort. Current regulations state donations can only be accepted at room temperature because phlebotomists have trouble accessing veins below room temperature.

A three-hour grace period was issued from the first low temperature reading, but the St. Patrick's thermostat decreased

even further to 56 degrees. At 11:15, phlebotomist Nicholas Yacoob was directed by the New York Blood Center to stop accepting donations.

Martha Benitez, of Glen Cove, was asked to wait while the event was put on pause. She said she was upset that the basement was cold and disappointed when that the event was cancelled.

"With my first son, I lost a lot of blood," she said. "When I had him, I needed a blood transfusion."

Since then, Benitez has been donating blood for 12 years.

Those who were turned away from donating were encouraged to download the official New York Blood Center app on their iPhone and Android devices to find the closest donation centers. The app also allows users to manage appointments and view their donation history.

Although the blood drive ended up being a short one, within the three-hour window the blood center received nine whole blood donations and two "double red" donations. There were 13 units of blood taken in all, which will save up to 39 lives.

On average, the New York Blood Center estimates between 50-75 donations per event. Donations have decreased because of the center's decline in events outside of their fixed donation centers, which account for 60 percent of donations. The shortage of donations nationwide led the Red Cross to declare a national emergency.

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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

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 bigger: shoot and edit a music video. She created a video for Armata's song "Gratitude" while vacationing in Southern California, enlisting her mother and her aunt as subjects.

"I knew that I'd have some nice shots for 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 the rhythm of the song," she explained.

Using the drone footage in her video, she said, "I feel like it really captures the vibe and the feeling that the music gives you."

AVA SOLANGE

...the high school took the brunt of the storm." ...the high school had more

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

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CRIME WATCH

Motor vehicle thefts are rising at an alarming rate throughout Nassau County, stated Glen Cove Police. Car thieves are targeting vehicles which are unlocked with the key fobs, which are handheld remote controls which contain chips to lock and start the car, left inside. To prevent the risk of becoming a victim of these crimes, lock your vehicles and remove the key fob from the vehicle. In some vehicles, there are a valet key fob that might be stored with the vehicles owner's manual booklet.

"Typically, these car thieves drive through neighborhoods looking for vehicles that are unlocked," Glen Cove Police said. "The thieves will try car doors and when they find one left open, they will enter the vehicle and steal anything of value. If the key fob happens to be inside the vehicle the thief will steal the car. Some of the recent vehicles stolen from the Glen Cove area have been tracked by the police and recovered in New Jersey."

Arrests

- On Feb. 15, a 41-year-old male from Glen Cove was arrested for second degree assault, fourth degree criminal possession of a weapon, and endangering the welfare of a child on Beech Court.
- On Feb. 15, a 35-year-old female from Glen Cove was arrested for driving

while intoxicated and aggravated driving while intoxicated on Elm Avenue.

- On Feb. 16, a 54-year-old male from Glen Cove was arrested for third degree assault on St. James Place.
- On Feb. 19, a 34-year-old male from Glen Cove was arrested for second degree criminal contempt on Bridge Street.

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.

NEIGHBORS IN THE NEWS



Courtesy Legislator Delia DeRiggi-Whitton's Office

CHRISTINE RICE, DIRECTOR of the Glen Cove Senior Center, and Legislator Delia DeRiggi-Whitton worked together to have Covid-19 antigen at-home rapid tests delivered to the center.

Senior center receives at-home tests

To help seniors stay safe during the Omicron surge, Nassau County Legislator Delia DeRiggi-Whitton delivered Covid-19 antigen at-home rapid tests to the Glen Cove Senior Center on Jan. 28. "By getting test kits out into the community during the winter surge, I hope

we were able to give residents some peace of mind during a difficult time," DeRiggi-Whitton said. "It is always a pleasure to work with director Christine Rice and her team to meet the needs of the families who are served so well by the Glen Cove Senior Center."

LEGAL NOTICE
AVISO LEGAL
AVISO DE UNA REUNION ESPECIAL DE LA BIBLIOTECA DEL DISTRITO EL 29 DE MARZO 2022, DE LA BIBLIOTECA PUBLICA DE GLEN COVE PARA VOTAR EN EL PRESUPUESTO DE LA BIBLIOTECA PUBLICA Y PARA ELEGIR A UN JUNTA DE FIDEICOMISARIO DE LA BIBLIOTECA POR MEDIO DEL PRESENTE SE NOTIFICA que se llevara a cabo una reunion especial de los votantes calificados de la Biblioteca Publica de Glen Cove en conformidad con lo dispuesto en la Seccion 260 y 270 de la Ley de Educacion de Estado de Nueva York, en dicho Distrito el 29 de Marzo 2022 entra las 9am y las 9pm Dicha reunion sera de ayuda para los siguientes fines:

Para votar sobre las siguientes prosciones:
SE HA RESUELTO que el presupuesto propuesto de la Bilioteca Publica de Glen Cove, Deistro Escolar de la Ciudad de Glen Cove segun lo preparado por los Fideicomisarios de dicha Biblioteca publica para el ano 2022/2023, y segun se haya modificado, se apruebe por la presente; y que la cantidad de los mismos, menos los recibos, se aumenta mediante la recaudacion de un impuesto sobre bienes inmuebles gravables en dicho Distrito Escolar.

Con el fin de elegir; un (1) Fideicomisario de la Biblioteca Publica de Glen Cove por un (5) mandato de cinco anos.
La votation sobre los asuntos mencionados se emitira mediante urnas.
POR FAVOR, TOME NOTA que la junta de la Biblioteca, en conformidad con lo dispuesto en la Seccion 260 y 270 de la Ley de Educacion, convoca dicha reunion Especial de Distrito.

SE DA AVISO ADICIONAL, que las peticiones que nominan al candidato para el cargo de administrador de la Biblioteca Publica de Glen Cove deben presentarse al secretario entre las horas de 9am y las 9pm., a mas tardar el 15 de marzo de 2022, el trigésimo dia anterior a la eleccion, momento en el cual sera elegido el candidato asi nominado. Cada peticion de nominacion debe dirigirse al Secretario del Distrito, debe estar firmada por al menos veinticinco (25) votantes calificados del Distrito, debe ondicar la residencia de cada firmante y debe indicar el nombre y la residencia del candidato.

Los formularios de muestra las peticiones se pueden obtener del Secretario de Distrito en la Biblioteca Publica de Glen Cove, 4 Glen Cove

Ave., Glen Cove, Nueva York
SE DA AVISO ADICIONAL, que una copia de los gastos estimados propuestos para ser votados estara disponible en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York, entra las 9am y 5pm todos los dias, except los sabados, domingos o festivos durante los catorce dias anteriores a dicha reunion.

SE DA AVISO ADICIONAL, que la Junta de la Biblioteca Publica de Glen Cove realizara una audiencia especial sobre el presupuesto el 29 de Marzo 2022 en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York. a las 7pm

SE DA AVISO ADICIONAL, que los votantes calificados del Distrito pueden inscribirse entre las 9am y 4 pm. La fecha final para inscribirse en la reunion que se celebrara el 15 de marzo es el 28 de febrero. Si un votante ha votado en alguna eleccion en los ultimos 4 anos 2018 o si es elegible para votar conforme al Articulo 5 de la Ley Electoral, el o ella es elegible para votar en este eleccion. Todos las demas personas que deseen votar registrarse. La lista de registro preparade por la Junta de Elecciones de Condado de Nassau se Archivaran en la oficina del secretario de Distrito de la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave, Glen Cove, Nueva York, y estara abierta a inpeccion por cualquier votante calificado Del Distrito entre las horas de 9am y 4pm hora vigena cualquier dia despues del martes 2 de Marzo de 2022 y cada uno de los dis anteriores a la fecha establecidas para la Eleccion de la Biblioteca y la Votacion de Presupuesto, except los sabados, domingos o dias festivos, incluida la fecha establecida para la reunion.

BOLETAS AUSENTES
POR FAVOR, TOME NOTA, que las solicitudes de boletas de votacion en ausencia. Para la Eleccion de la Bibliotecas y la Votacion de Presupuesto se puede solicitar en las oficinas del Secretario del Distrito, de la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave, Glen Cove, Nueva York. Tales solicitudes deben recibirse al menos (7) siete dias antes de las elecciones si se va a enviar la boleta al votante. Ninguna boleta de votante ausente sera votada a menos que haya sido recibida en la oficina de Secretario de Distrito, en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York a mas tardar a las 5:00 pm hora del dia, en el Fecha de la eleccion.

Gina Rant
Oficinista
129566

PUBLIC AND LEGAL NOTICES...
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LEGAL NOTICE
NOTICE OF SPECIAL LIBRARY DISTRICT MEETING ON MARCH 29, 2022, OF GLEN COVE PUBLIC LIBRARY TO VOTE ON THE PUBLIC LIBRARY BUDGET AND ELECT ONE TRUSTEE OF THE GLEN COVE PUBLIC LIBRARY
NOTICE IS HEREBY GIVEN that a Special meeting of the qualified voters of the Glen Cove Public Library will be held pursuant to the provisions of Section 260 and 2007 of the Education Law of the State of New York at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York, in said District on March 29, 2022 between the hours of 9 a.m. and 9 p.m. Said meeting will be held for the following purposes:

To vote on the following proposition:
RESOLVED that the proposed budget of the Glen Cove Public Library, Glen Cove City School District, as prepared by the Trustees of the said Public Library, for the year 2022/2023, and as the same may have been amended, be and hereby is approved; and that the amount thereof, less receipts, be raised by the levy of a tax upon the taxable real property in the said School District.

For the purpose of electing; one (1) Trustee for the Glen Cove Public Library. For a (5) five-year term
The vote on the aforesaid matters will be cast by ballot in a ballot box.

PLEASE TAKE FURTHER NOTICE that the Library Board pursuant to the provisions of Section 260 and 2007 of the Education Law hereby calls said Special District Meeting.

FURTHER NOTICE IS HEREBY GIVEN that petitions nominating the candidate for the office of Trustee of the Glen Cove Public Library must be filed with the Clerk of the District between hours of 9 a.m. and 5 p.m., no later than February 28, 2022, the thirtieth day preceding the election, at which time the candidate so nominated is to be elected. Each nominating petition shall be directed to the Clerk of the District, must be signed by at least twenty-five (25) qualified voters of the District, shall state the residence of each signer, and must state the name and residence of the candidate. Sample forms of the petitions may be obtained from the Clerk of the District at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York.

Gina Rant
Clerk
129564
To Place A Notice: Call 516-569-4000 x232

FURTHER NOTICE IS HEREBY GIVEN that a copy of the proposed estimated expenditures to be voted upon shall be made available at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York, between the hours of 9 a.m. and 5 p.m. each day other than Saturday, Sunday or holiday, during the fourteen days preceding such meeting.

FURTHER NOTICE IS HEREBY GIVEN that the Board of Trustees of the Glen Cove Public Library will hold a special budget hearing on March 15, 2022 at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York at 7:00 p.m.

FURTHER NOTICE IS HEREBY GIVEN that the qualified voters of the District may register between the hours of 9 a.m. and 9 p.m. at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York. The final date to register for the meeting to be held on March 15, 2022 is February 28, 2022. If a voter has voted in any election within the last 4 years (2018) or if he or she is eligible to vote under Article 5 of Election Law, he or she is eligible to vote at this election. All other persons who wish to vote must register. The registration list prepared by the Board of Elections of Nassau County will be filed in the Office of the District Clerk of the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York and will be open for inspection by any qualified voter of the district between the hours of 9 a.m. and 9 p.m. prevailing time, on any day after Tuesday, March 15, 2022, and each of the days prior to the date set for the Library Election and Budget Vote, except Saturday, Sunday or holiday, including the date set for the meeting.

ABSENTEE BALLOTS
PLEASE TAKE FURTHER NOTICE that an application for an absentee ballot for the Library election and budget vote may be applied for at the office of the District Clerk, of Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York. Such application must be received at least (7) seven days before the election if the ballot is to be mailed to the voter, or the day before the election if the ballot is to be delivered personally to the voter. No absentee voter ballot shall be canvassed unless it shall have been received at the office of the District Clerk, Glen Cove Public Library, 4 Glen Cove Ave., New York, not later than 5:00 p.m., prevailing time, on the date of the election.

Gina Rant
Clerk
129564
To Place A Notice: Call 516-569-4000 x232

THE GREAT BOOK GURU

A perfect person ?

Dear Great Book Guru,
I was at a wonderful birthday/ anniversary party this past presidents weekend at the

Metropolitan Bistro. The food was delicious and the hosts and guests fascinating. There was talk about a new book that touched on the pandemic but was more about the heroin's quest to know herself.

Sound familiar?

-Presidential Partygoer



**ANN
DIPIETRO**

Dear Presidential Partygoer;
The book is "Joan is Okay," by Weike Wang. Joan is, at 36 years of age, a very skilled physician at a prestigious New York City hospital. Her parents had moved from China so her brother Fang and she could attend schools in America. When both children finished their educations in elite universities, the parents returned to China to live out their lives in the comfort and security of their native land. When their father dies, the mother returns to America for a visit but is

soon caught up in the politics and restrictions of the pandemic, as flights are cancelled and lives placed on hold.

Joan is comfortable in her circumscribed life at the hospital where she excels and finds her brother's lavish lifestyle off-putting and her mother's demands irritating. When a new neighbor attempts to draw her into his social orb, she recoils. Everyone around her seems to see her shortcomings, while Joan herself sees herself as "okay." When the pandemic calls her back to work after a forced bereavement leave, she realizes that she is indeed more than okay — she's

just about perfect! A short novel and highly recommended....

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

OBITUARIES

James "Barry" Donaldson

James "Barry" Donaldson, 80, of Dix Hills, died on Feb. 21. He was the owner of the North Shore Gold and Diamond, which has been a part of Glen Cove for roughly 42 years. Beloved husband of the late Maranna; brother of seven siblings; loving father to James (Natalie); grandfather of Maranna Rose and James. Visitation will be held on Feb. 27 from 2 to 4 p.m. and 7 to 9 p.m. at Leo F. Kearns Funeral Home in East Meadow. Service will be held on Feb. 28 at 9:45 a.m. at St. Raphael Parish in East Meadow. Internment at the Cemetery of the Holy Rood in Westbury.

George Jessie Brown

George Jessie Brown, 79, a lifelong resident of Glen Cove, died on Feb. 19. Husband of the late Annie M.; father of Anthony, Tonya and Margo; brother of Barbara Williams, Gloria York and Bernice Hudson; survived by several grandchildren. Service will be at Dodge-Thomas Funeral Home on Feb. 26 at 1p.m. Interment private.

Obituary Notices

Obituary notices can be submitted by individuals as well as local funeral establishments. The name of the individual or funeral establishment submitting the obituary should be included. A contact phone number must be included.

Send to: llane@liherald.com or 2 Endo Blvd., Garden City, NY 11530

HERALD PUBLIC NOTICES

LEGAL NOTICE
FAMILY COURT OF THE STATE OF NEW YORK COUNTY OF NASSAU
In the Matter of Felix Luis Nieves (DOB: 11/29/2011), Natasha June Nieves (DOB: 12/26/210 Children under Eighteen Years of Age Alleged to be Neglected by File #:568007 Docket#:NN-05660-19 NN-05661-19
SUMMONS (CHILD NEGLECT CASE)
Felix Luis Nieves, Respondent.
NOTICE: IF YOUR CHILD STAYS IN FOSTER CARE

FOR 15 OF THE MOST RECENT 22 MONTHS, THE AGENCY MAY BE REQUIRED BY LAW TO FILE A PETITION TO TERMINATE YOUR PARENTAL RIGHTS AND MAY FILE BEFORE THE END OF THE 15-MONTH PERIOD. IF THE PETITION IS GRANTED, YOU MAY LOSE YOUR RIGHTS TO YOUR CHILD AND YOUR CHILD MAY BE ADOPTED WITHOUT YOUR CONSENT.
BY ORDER OF THE FAMILY COURT OF THE STATE OF NEW YORK
To:Felix Luis Nieves
87 Glen Cove Avenue

Apt. Mailbox #2
Glen Cove, NY 11542
Nassau County
Department of Social Services
60 Charles Lindbergh Blvd
Uniondale, NY 11553
A Petition under Article 10 of the Family Court Act having been filed with this Court, and nnexted hereto
YOU AND EACH OF YOU ARE HEREBY SUMMONED to appear before this Court on
Date/Time: March 10,2022 at 9:30AM
Purpose:Permanency Planning Hearing 4
Part:4

Floor/Room:Floor To Be Determined
Presiding: Hon. Ellen R. Greenberg
Location:Courthouse
1200 Old Country Rd.
Westbury, NY 11590
to answer the petition and to be dealt with in accordance Article 10 of the Family Court Act.
On your failure to appear as herein directed, a warrant may be issued for your arrest.
Dated: January 27,2022
John Aiken, Chief Clerk
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OPINIONS

A Kennedy goes haywire on vaccines

America has had many political dynasties over the past 75 years. I recall the Browns in California and the Landrieu family in Louisiana. There are many others, but none can compare to the Kennedy family and the dominant role it has played in our nation's history. Sadly, almost all of



**JERRY
KREMER**

the well-known Kennedys are gone, with the exception of Robert F. Kennedy Jr. and his legacy has taken a dark turn from that of the rest of his famous family.

The Kennedys were known as activists who supported important causes, from the Special Olympics to health care for all. With his name, the son of the late Sen. Bobby Kennedy, who represented New York, could have gotten involved in dozens of worthwhile efforts that would be a continuation of decades of family good deeds. But instead, RFK Jr. has become the hero of the anti-vac-

cine movement, which is both puzzling and surprising.

He travels around the country, spreading his gospel that vaccinations are a threat to your health. According to The Boston Globe, Kennedy preaches, "the COVID vaccine is dangerous for your children." He claims it is "criminal malpractice to give a child one of these vaccines." He has also called the Covid jab "one of the deadliest vaccines ever made."

And his fixation with vaccines isn't limited to those created for the coronavirus. He argues, without proof, that vaccines in general are linked to autism, food allergies and a host of other medical problems. For many years he asserted that the inoculations for measles, mumps and rubella caused autism and other neurological disorders, and according to the Associated Press, he claims that public health officials "knowingly allowed the pharmaceutical industry to poison an entire generation of American children."

Kennedy is the darling of anti-vac-

groups all over the country, and is welcomed into the homes of the wealthy and influential, where he rails against the shots with no medical backup for virtually anything he says. He claims he is doing this as a public service, but his

anti-vaccine foundation, Children's Health Defense, recently reported more than \$6.8 million on hand. Kennedy states that there is no profit motive for his anti-vaccine activity. When asked if he was being paid for his efforts, Kennedy told Fox's Tucker Carlson, "I am getting unpaid for this." But records show that in 2019, he earned \$255,000 from the foundation.

Kennedy has used social media to spread his opinions, and has spent big dollars to back them up. His nonprofit is one of two buyers accounting for 54 percent of anti-vaccine content on Facebook. He has a large following on Facebook and Twitter, but his Instagram account was removed last year for "repeatedly sharing debunked claims about Covid vaccines."

To add to the strangeness of Kenne-

dy's crusade, his 2021 book "The Real Anthony Fauci" promotes unproven Covid-19 treatments such as ivermectin, which is meant to treat parasites in animals, and the anti-malaria drug hydroxychloroquine, and he claims that the current vaccines have never been safety tested, even though the Food and Drug Administration requires three phases of testing that involves thousands of people before a childhood vaccine is approved.

There is no shortage of stories about concerned parents who believe that all vaccinations are suspicious or dangerous. I do not challenge their beliefs. But considering the many positive paths that so many Kennedy family members have taken over the years, the one that RFK Jr. has taken is a disturbing one. He is a true believer in his misguided cause, but he bears no resemblance to his legendary late father.

Jerry Kremer was a state assemblyman for 23 years, and chaired the Assembly's Ways and Means Committee for 12 years. He now heads Empire Government Strategies, a business development and legislative strategy firm. Comments about this column? JKremer@liherald.com.

1950s sci-fi horror story still burns bright

How did he know? How did Ray Bradbury know in 1951 that the tiny black and white televisions popping up in everyone's living room had the potential to alter human experience? How did Bradbury, who died at age 91 in 2012, know that the little screens would



**RANDI
KREISS**

lead to big screens that would eventually possess children's minds in a way books could not? How did he foresee that people would stuff their heads with the cerebral equivalent of cotton candy and abandon intellectual pursuits for lives devoted to video games?

Bradbury was a visionary. He prophesied that many new inventions had the potential to threaten civilized life. What he saw as science "fiction" has come to pass. We are living amid modern advances that have ironically set us back as a people in pursuit of enlightenment and knowledge. We live in an era when the great works of literature are reduced to and diluted into mini-works and summaries, Cliff Notes and comic books.

I urge you and your teenagers to read "Fahrenheit 451," Bradbury's 1951 novel that warned the world that it was moving inexorably toward a time of more technology and less humanity, more autocracy, and less freedom of thought. He described a time when fringe groups of fanatics would dominate by using invasive surveillance and harsh laws to squelch any resistance.

He never mentioned QAnon, but he knew it was coming.

Reading "Fahrenheit 451" today, in the time of alternate facts, false flags, big lies and other threats to our democracy, has left me shaken. Bradbury set the book in a city of the future, but he was writing during the time of the McCarthy hearings, the Red Scare, emerging nuclear weapons and increased government intrusion into the private lives of citizens. He wrote a what-if tale of how a civilized people could lose their freedom by following false gods that pander to their darkest impulses. Seventy years ago he was writing about now, about self-serving political operatives and fake news and pseudo-patriots who tear down the scaffolding that holds up American democracy.

"Fahrenheit 451" is a short novel

about a future in which firefighters are tasked with burning books and the houses of people who hide them. When a woman stands defiantly in her doorway with her book in hand, they burn her, too. Books are banned because they

Seventy years ago, Ray Bradbury was presciently writing about now.

"confuse" people with their ideas. Much of the population is beaten into acceptance of the new normal, with information and entertainment blaring at them from wall screens all day. No one walks outside. Everyone is suspect.

It is a thriller about one man, Montag, a fireman who experiences a sudden awakening to the horrors he has perpetrated. His wife, a survivor of multiple suicide attempts, is addicted to the virtual world projected from the screens in her house. She and her friends are inured to authentic feeling, even within themselves.

Montag goes on the run, with firemen in pursuit. Eventually he joins up with a rogue band of men — former professors and thinkers, now wanderers in the wilderness, each with large sections of books memorized for posterity.

Bradbury's hero wears a "sea clam shell" in his ear that presages the AirPod. Montag stops on the street to get money from a machine that didn't exist

in the 1950s. Overhead, supersonic aircraft drop bombs on cities. They are unmanned drones, much like the ones our government is using to assassinate terrorists thousands of miles away.

He explores the risks of free thinking in a time of crushing conformity. In the world of "Fahrenheit 451" there is no privacy, no awareness of nature, simply the elevation of technology and the diminution of humanity.

Why does Montag go rogue? What makes him realize that freedom of thought is worth dying for? His last job with the firemen is to burn down the house of a woman who is hiding books. When they arrive with their trucks and flame-throwers, she is standing in the doorway with a book in her hand, and she strikes the first match, killing herself as the house explodes around her.

People will die for their books, Montag realizes.

It's something to think about when we read headlines every day about book bans and censorship of treasured literature. It's something to act on when we see children who watch but don't read in a time in America when only 25 percent of the population reads a book a year.

Bradbury knew we need books to tell the story of ourselves and pass that story on to future generations.

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HERALD EDITORIAL

Redistricting is a process designed to fail

In chess, you can't control the game unless you control the board. The same can be said about politics, and since the early days of the republic, state legislatures have had virtually complete control of the congressional and legislative redistricting process.

After each census, states are required to draw new district boundary lines — a controversial process that far too often is steeped in partisanship. In fact, New York state lawmakers just approved those lines in recent weeks, making a number of changes, felt primarily when it comes to who represents us where in Congress.

Nothing about redistricting is popular — especially when population declines force the Legislature to remove congressional districts completely, as New York had to do this year. That's why then Gov. Andrew Cuomo introduced in 2011 what would eventually become a state constitutional amendment removing redistricting powers from the Legislature — which drew district boundaries for itself — and putting it in the hands of an “independent” commission.

We use “independent” ironically because it really wasn't. The majority and minority parties in the Legislature each appointed four members, and those eight members chose two more people who were not registered members of either party. This commission held hearings and then drew new district late last year.

What its members couldn't do was come to a consensus. Without what would essentially be a bipartisan agreement, the entire process was thrown back to the very Legislature that held the power to draw the maps in the first place.

Even if the commission had somehow found a way to agree on a final set of maps, it still required approval from the Legislature. Even in that scenario, the Legislature would only need to reject the maps drawn by the commission twice before it regained its original power to draw the maps its members chose.

It's like buying your wife a bowling ball for your anniversary, with the finger holes drilled to fit your own grip.

Did anyone really believe that an inde-

pendent commission could craft district maps on its own that the State Legislature would actually approve? The odds were stacked against the panel from the very start, creating not an independent commission, but simply the appearance of one, while the process of drawing maps remained the same as it has been for the past couple of centuries.

Gerrymandering is an age-old problem, and it's hard not to look at some of the new districts — like the stretching of U.S. Rep. Tom Suozzi's congressional district from northern Nassau County straight up past Little Neck Bay, and west to the East River and into Westchester County — and not see highly creative boundary drawing.

Yet we can't seem to get out of our own way to prevent it. A slight shift of a district line here, and a tuck there, can be the difference between true representation and an electorate skewed to support an elite few.

Representation is the very essence of democracy. But if we're not drawing district lines fairly, are we truly represented?

LETTERS

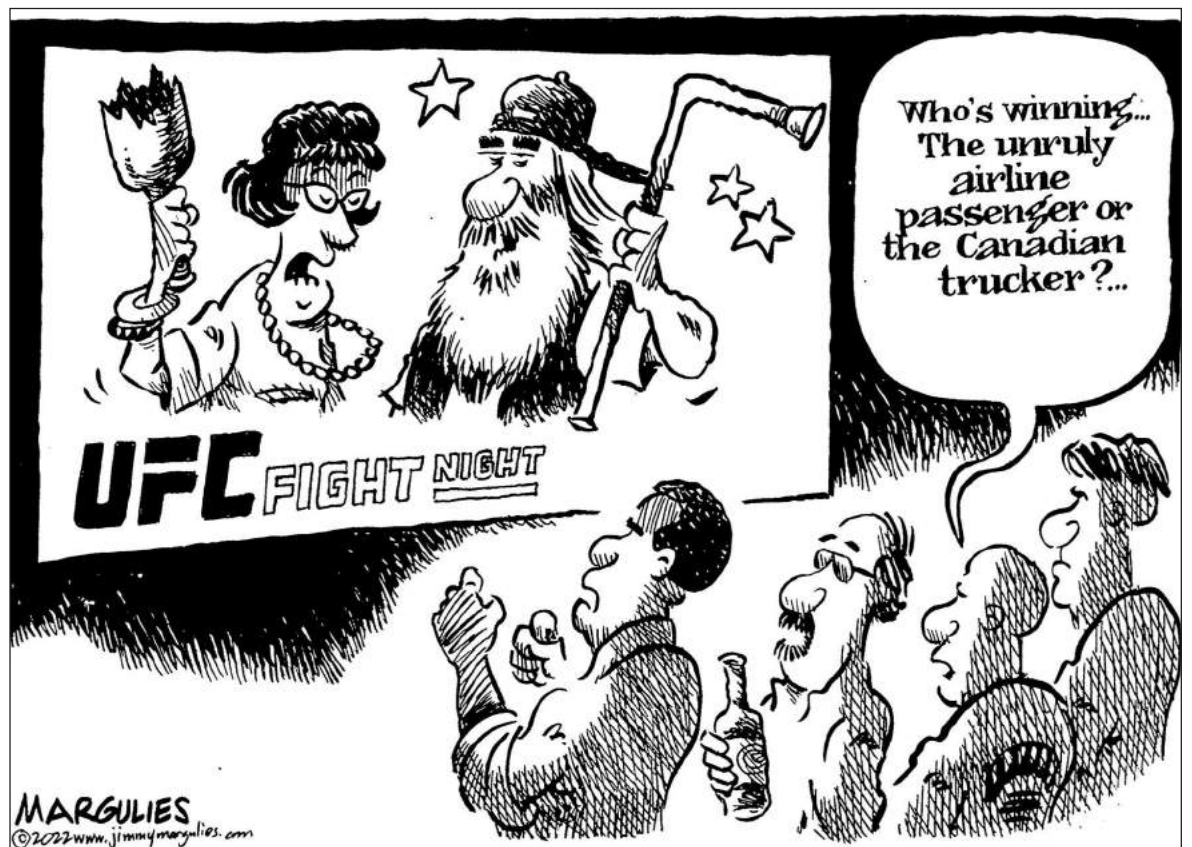
Apartment towers are coming

To the Editor,

I find it interesting that our elected officials are suddenly up in arms regarding Governor Hochul's proposed zoning change, yet remain remarkably silent when it comes to the high-density eight and nine-story apartment towers about to rise up on the beach in Glen Cove.

If our politicians truly care about maintaining a “suburban quality of life,” they should be working to scale down these enormous towers. In this case though, it appears that a developer's lavish campaign contributions are prioritized over development that would be scaled appropriately for our community.

ROBERT KENNEY
Sea Cliff



Will train platform barriers work?

To the Editor:

In his letter “Rail Lines Need Barriers” (Feb. 10-16), Nassau County Legislator Josh Lafazan point-

ed out a need for barriers on various railroad platforms. What he did not address, however, is how barriers would affect traffic on those platforms.

First, if barriers are installed, there will be significantly less space on the platforms, which means that fewer people will have access to them.

Second, while the technology exists to make the trains stop at the exact location so that their doors

OPINIONS

Long Islanders have been mugged by progressives

While the state's election districts were recently redrawn — gerrymandered — by a progressive-Democratic majority in the State Legislature for the purpose of favoring their party, gerrymandering is not a particularly new political weapon. Those on both sides of the aisle have used their power to redraw district lines, depending on who holds the majority. The practice goes back to the 1800s, but this year's redrawing by is unprecedented, and comes at a time when the self-proclaimed progressives' larger political agenda



RONALD J. ROSENBERG

ranges from defunding police to “bail reform” to demonizing the successful entrepreneur, i.e., capitalism.

As U.S. Rep. Tom Suozzi pursues his gubernatorial primary quest, his former 3rd Congressional District is now unrecognizable. The progressive gerrymander has recreated his congressional borders into what they now humorously call the Long Island Sound District. It now stretches from Smithtown in Suffolk County, along the lightly populated North Shore, into the densely populated Bronx, and ends in Democratic West-

chester County.

While several Long Island Democrats have announced their intentions to run for Suozzi's vacated seat, they will face a growing number of New York City-based progressives who see their population density and massive Democratic enrollment in the city and its environs as bulletproof at the ballot box. The numbers speak for themselves. The Village of Northport, part of the new 3rd C.D., has some 8,000 residents. The City of New Rochelle, in Westchester, which is also part of the new district, has some 80,000.

Now consider who is lining up to run in the 3rd District so far: Bronx State Senator Alessandra Biaggi, who defeated moderate Democrat Jeff Klein a number of years ago. In a December tweet, Democratic Socialist Congresswoman Alexandria Ocasio-Cortez had nothing but praise for Biaggi.

Also in the running is Melanie D'Arrigo, a self-described progressive who has been endorsed by former New York City Council Speaker Melissa Mark-Viverito, a city pol who once co-chaired the City Council's Progressive Caucus.

So these are the extremist candidates who stand a very good chance of assuming control of a new district designed to remove the potential of not just a Republican winning the seat, but of Long

Islanders having any representation focused on Long Island issues.

The implications have not gone unnoticed. Great Neck-based Democratic primary hopeful Robert Zimmerman is now warning Democrats *and* Republicans

that he is the political firewall that could prevent a progressive from representing the new district. As he raises money for the primary, Zimmerman is reciting a list of moderate, centrist Long Island Democrats who now support his effort. His strategy is that of a seasoned professional, leveraging his public relations experience to focus his message, which is, essentially, “I am your last best hope to

confront this city theft.”

Of course, that presumes the Republican Party won't field a candidate who can confront and defeat whoever the Democrats nominate in this now unrecognizable district.

But the reality is that the tortured borders of the 3rd are a calculated move by New York City-based progressives to dismantle Nassau and Suffolk counties' ability to project political cohesion and regional advocacy. If successful, they will have effectively eliminated any chance that the Long Island congressional delegation will be a powerful force in the House of Representatives.

Consider what that means. Will a

The ambush reveals a smug disdain for suburban values, people and needs.

Bronx progressive/Socialist Democrat really work with a Long Island Republican to redress the loss of South Shore beachfront in a nor'easter? Will a Bronx progressive care about environmental damage along Smithtown's coastline? Will a Bronx Progressive fight for infrastructure money for the Long Island Expressway? Because, after all, shouldn't we all be punished for not using electric vehicles?

And by the way, many constituents of this new Long Island Sound District have median incomes that progressives will find worthy of their most pungent demagoguery, because capitalism is an anathema to their political ideology.

This ambush of Long Island by these progressives reveals a smug disdain for suburbia, its values, its people and its needs. To counter it, Long Island voters must recognize that we have been robbed of our voice in Congress. It doesn't matter whether you're a Republican, Democrat, liberal or conservative. As a bi-county region, we have been mugged by those who cynically intend to walk off with one of our congressional seats. The answer is to recognize the ploy and respond appropriately on Election Day 2022.

Ronald J. Rosenberg has been an attorney for 42 years, concentrating in commercial litigation and transactions, and real estate, municipal, zoning and land use law. He founded the Garden City law firm Rosenberg Calica & Birney in 1999.

LETTERS

will open at the openings of the platform doors, that will require that all trains be the same length, no matter what the requirements for travel may be. Should the two sets of doors not match up exactly (within an allowable tolerance of about 18 inches) the passengers may not be able to detrain. Similarly, if the platform doors open and the train doors don't, there will also be a lot of unhappy people.

There is no easy solution to this problem. Many people want immediate solutions, but in the real world, that doesn't happen. And when action is taken, there are always unanticipated side effects that in some cases are worse than the original problem.

LAWRENCE LEVY
Rockville Centre

FRAMEWORK by Christina Daly



Lost in thought? — Jones Beach

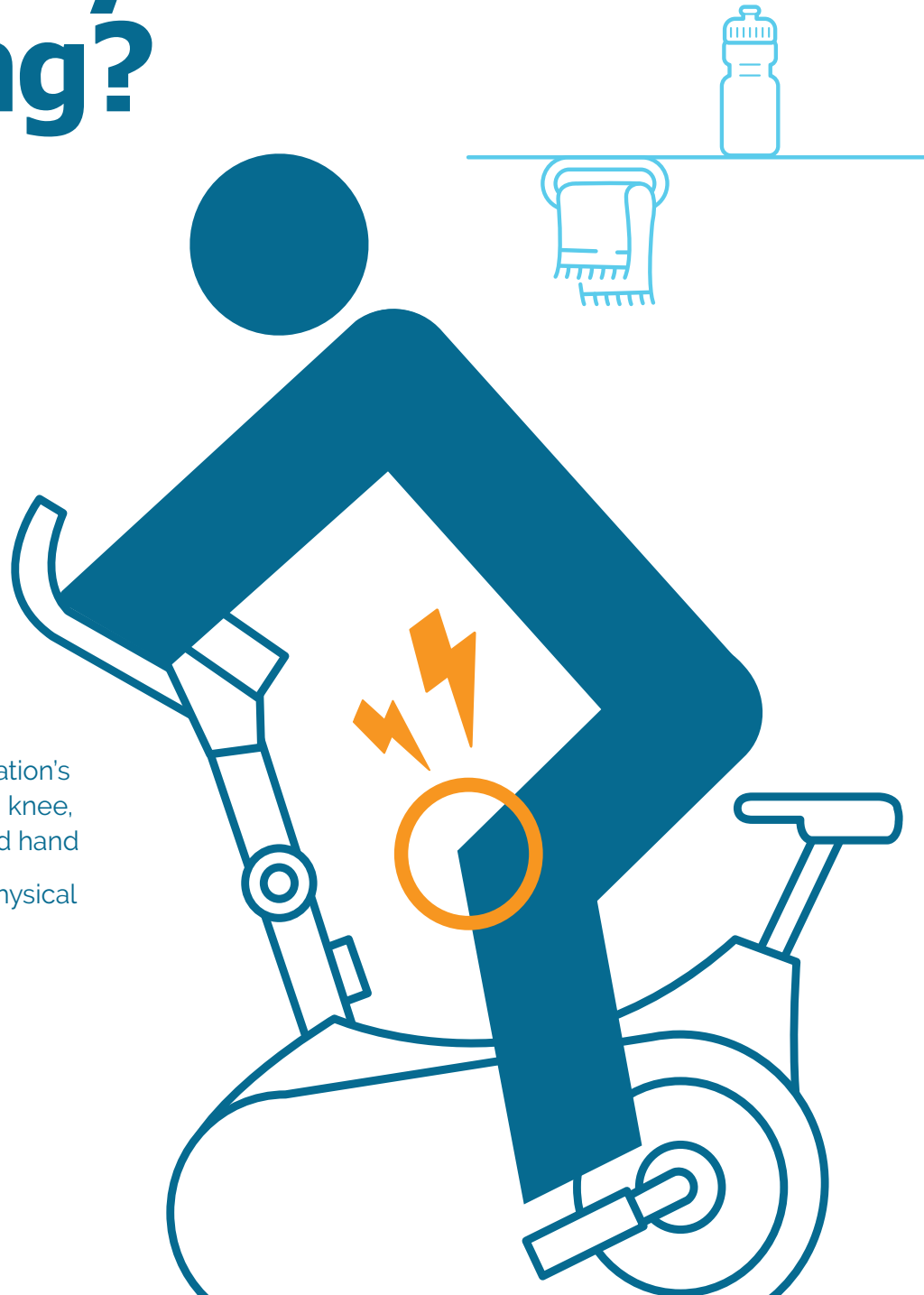
Clipping out of your bike got your knee spinning?

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