

HERALD



Men's Health
Inside



Meet graduate Sofie Garcia
Page 3



Tough primary loss for Tom Suozzi
Page 7

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Laura Lane/Herald

Officials want to install bus cameras

By **LAURA LANE**
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Keeping children safe was on the minds of Glen Cove City Council members at a pre-council meeting on June 14. The topic of discussion was the addition of a photographic violation monitoring system on school buses.

The city would like to hire Bus Patrol America to install and monitor the cameras, which would be installed in buses' stop arms. Mayor Pam Panzenbeck said it would be a win for everyone.

Bus Patrol America "will join

TO PROTECT CHILDREN, the city wants to issue summonses and fine vehicles that go around stopped school buses.

CONTINUED ON PAGE 19

King Kullen's planned closure is a major loss for the city

By **ROKSANA AMID**
Correspondent

The closure of King Kullen, one of two major supermarkets in Glen Cove, has residents and local leaders concerned.

The grocery store, at 77 Forest Ave., which has been a fixture in the community for over two decades, will close for good on July 28. Neither King Kullen corporate nor Norman Bobrow & Co., the property landlord, would comment on why the store's lease would not be extended. Those set on continuing to shop at a King Kullen will have to travel roughly nine miles, to Manhasset.

No information was available as to who will lease the storefront once the grocery store closes, leaving community members to speculate on whether another grocery store will open there to serve over 50,000 residents of Glen Cove and surrounding areas.

King Kullen's impact on the city isn't limited to its convenient location and selection of goods. It has also fostered a sense of community.

"I think the reason why I like King Kullen is that it's smaller and friendlier, and you're in and out quicker," Michele Maziejka, of Glen Cove, said. "They're just so friendly."

We have the longstanding tradition of having two markets in this area, and King Kullen was a very pleasant place to shop.

CHARLES LAVINE
Assemblyman

Maziejka, a mother of six, finds herself shopping at King Kullen daily. The store has a history with her family: Two of her children

found their first jobs there as teenagers. Her son worked in the deli, and her daughter was a cashier. She credits their experiences at the store for teaching them necessary life skills in a safe and community-based environment.

"They gave them the opportunity to work as young teenagers," she said. "The feeling of a hometown store going away is sad."

Amid high gas prices and inflation, those who hoped to supplement their incomes with a second job at King Kullen will have one fewer option to choose from.

"I still have the application sitting at my house," said John Angeli, of Locust Valley. "I was looking at it yesterday, going, 'I guess this isn't happening.'"

CONTINUED ON PAGE 5

HERALD NEIGHBORS

June 30, 2022 — GLEN COVE HERALD



PAT CANNON CALLED the square dancers into the center.

Tab Hauser/Herald photos

Ranch round up at the Atria

Seniors saddled up for a Wild-West themed dance party at the Atria. Pat Cannon, internationally renowned square dance caller and choreographer, and Dexter Jones, a Foot and Fiddle Dance Company dancer, led the community through traditional dances, including square dancing.

Dressed in their best cowboy outfits, seniors showed off their moves along with staff including Judith Rivera, the Atria's director of community sales and a member of Foot and Fiddle, who showed seniors the art of clogging.



DIANE ZIEMS, LEFT, with Peter Bazalais danced with choreographer and dance caller, Pat Cannon.



JUDITH RIVERA DEMONSTRATED "clogging" at the Atria's Wild-West themed day of dancing.



JOE LOPRESTI, LEFT, and Marlene Davis fell into step with a round of dancing to traditional country music.



SALLY, LEFT, AND John Phillips promenade.



Courtesy Sofia Garcia

SOFIA GARCIA, CENTER, with members of Glen Cove High School's Change Makers Club, which she co-founded.

GCHS grad plans to erase racism as a teacher

By **LAURA LANE**
llane@lherald.com

Sofia Garcia, 18, is the type of person who is always involved in something. A 2022 Glen Cove High School graduate, she aspires to become a history teacher. But her educational trajectory may be different than most future educators. Sofia said she wants to teach our nation's "whole story," instead of the cherry-picking that is currently taught.

In her winning contribution in ERASE Racism's 2022 "Raise Your Voice" student essay contest — "What is history if it is not the whole story?" — she wrote the following: "Oftentimes we are taught the highlight reel of history. We only learn of the 'good' and gloss over the 'bad.' We find that we only hear from the victors and not from the ones who have suffered. Racism should not be something we ignore in our history, but instead something we acknowledge ... I want my students to learn the entirety of our country's history. Sadly, not everyone believes in the whole story."

The insurrection on Jan. 6, 2021 served as an inspiration for Sofia. She said she'll never forget when watching the chaos on television, one of her family members asked, "Why are we teaching our children to hate our country?"

"Doing the essay for ERASE Racism helped me to express myself the best way I could," said the lifelong Glen Cove resident. "Seeing what went on on January 6 filled me with so many conflicting emotions in my head. Instead of feeling anger that day I felt I could channel my feeling to become a teacher who could teach our country's history."

Jan. 6, she continued, "sparked the things that are wrong. January 6 didn't make people hate their country. And it sparked me to want to teach students, placing value on making students aware of their country's history, to make students open and aware through educa-

tion."

Twenty seven seniors participated in the contest with four, including Sofia, winning. Elaine Gross, ERASE Racism's president, said the contest is important. The civil rights organization, which began in 2001, exposes and addresses the impact of historical and ongoing structural racism, particularly in public schools. The essay contest focused on discussing the importance of teaching students about the impact of racism throughout United States history.

"We focus part of our program working with high school students," Gross said. "It's important for our youth to be educated about this issue and become leaders in their own rights."

ERASE Racism works to find different ways students can be uplifted, Gross explained. And with the essay contest, high school seniors are given a direct way to express themselves.

Sofia's mother, Mirna, is originally from El Salvador and her father, Juan, from Guatemala. Both immigrated to the United States in the 1980's and became citizens.

"Both of my parents were ESL students when they arrived here when they were 14," Sofia said. "It was hard for them to integrate. Dad graduated from Glen Cove High School and mom from East Rockaway's high school."

Sofia co-founded Glen Cove High School's Change Makers Club with her friend Gisselle Salinas, in part to redress what happened to her parents. The girls

were determined to help students who were from other countries who might have been confused or felt left out of the various activities offered at the high school.

"There's a huge population of Spanish speaking kids in my schools. They often feel excluded because of the language barrier," Sofia said. "Gisselle and I wanted to create a club that would help them understand the different holidays and events like the pep rallies and we helped them academically with tutoring too."

Sofia said her younger sister, Jenna, a sophomore at GCHS, will continue the program.

Based on her efforts, the Friends of the Glen Cove Library presented Sofia with the Carol Rubin Award, a \$500 scholarship given for college books, to a member of the GCHS senior class.

"Sofia has exhibited outstanding personal character, has made a positive impact on her school and community

and demonstrated strong academic achievement," Friends said. "Among her many activities, Sofia co-founded the Change Makers Club. The goal of the organization is to foster a sense of community by connecting students, especially those new to the school. Sofia's goal was inclusion and she has helped many students feel at home at Glen Cove High School."

Sofia said she has traveled quite a bit. When she went to Guatemala in the summer of 2019, she volunteered to teach English to elementary school children.

"It was an opportunity for me to see a different perspective and helped me with my Spanish too," she said. "I also ended up volunteering at Gribbon Elementary School in 2019 for a year so I was able to compare the two experiences."

She became certain of her choice of a career in teaching when she was an intern in the city's Youth Services and Recreation Internship program, she said, which provides job experience.

Sofia taught a social studies program she crafted to elementary school children in the city's After Three program, concentrating on culture and heritage. "I focused on embracing cultural differences, examining immigration in the U.S. and diversity," she said. "I really loved it, the material and interacting with the kids."

"Today with current events, history is a huge part," she continued. "It's all about learning diversity and about different cultures."

Jacquelyn Yonick, the youth program coordinator, described Sofia as driven, responsible and articulate. "She works well with all sorts of ages," Yonick said.

Another accolade for Sofia was her recognition by the Glen Cove Chamber of Commerce, who awarded her with \$500 for the Glenn Howard Jr. Scholarship. Her winning essay detailed the impact Glen Cove businesses had on her personal and academic growth.

Sofia is set to attend SUNY New Palz in the fall where she will major in secondary education and history. She's ready to leave but said she is experiencing some trepidation.

"There are so many emotions," she said. "Now I'm facing for the first time moving away and doing something on my own. I live with 11 family members that include my grandma, aunt and my cousins. But I'm super excited. I think the best is yet to come."

Seeing what went on on January 6 filled me with so many conflicting emotions in my head. Instead of feeling anger that day I felt I could channel my feeling to become a teacher who could teach our country's history.

SOFIA GARCIA
GCHS 2022 graduate

Hochul banks on finding jobs across New York state

There are more than 15,000 jobs — a record amount — posted on the state labor department's seasonal job bank in a variety of industries from amusement parks to farms and restaurants and summer camps across every region.

The free state resource allows businesses to list employment opportunities, and job seekers can look at part-time and seasonal jobs by location, company, job title and by searching through keywords.

Guides for young people looking for work are available online to help them navigate what they need before filling out job applications. Divided by age groups — between 14 and 17, as well as 18 and 24 — the guides include information on obtaining working papers, the proper identification required, and even resume preparation.

“With such an active job market, there is a wide variety of options to explore across the state,” Gov. Kathy Hochul said, in a release. “I encourage all job seekers to use the many resources the New York State Department of Labor offers to guide them to a job they love.”

Part-time work is a vital component to help the state's economy recover from the Covid pandemic, according to labor department commissioner Robert Reardon. It provides a boost to job seekers, such as helping them return to a previous career that might not have full-time posi-



KATHY HOCHUL

tions available. It also allows those same job seekers to try a new career or a different position, or even learn new skills while working.

Such work also offers flexible schedules to accommodate child or elder care needs, and provides support and job networking opportunities.

“In this tight job market, we're looking to make it as easy as possible for businesses with full-time, part-time or seasonal openings to connect with New Yorkers looking for work,” Reardon said, in the release.

For the job bank, go to SeasonalWorks.labor.ny.gov.

For the guides, go to DOL.ny.gov/youth-ages-14-17 or DOL.ny.gov/youth-ages-18-24.

—Jeffrey Bessen

NEIGHBORS IN THE NEWS

A promotion for one of Glen Cove Police Department's own

Roberto Telese, who joined the police department in 2004, and has been commended for his work 12 times, was promoted to police sergeant for the City of Glen Cove Police Department on June 14 at a meeting of the City Council. Telese is also the vice president of the Glen Cove Police Benevolent Association and the chair of the Glen Cove Youth Board.

“Roberto I know you'll do well,” William Whitton, the chief of the GCPD said. “You've done it all. The responsibilities will be bigger, but I have faith in you.”

Laura Lane/Herald

ROBERTO TELESE WAS promoted to police sergeant for the City of Glen Cove Police Department on June 14 at a City Council meeting.



Stanco, a former NYPD officer, now on Glen Cove Police force

Michael Stanco, a 2012 graduate of Glen Cove High School and a former member of the New York Police Department, joined the Glen Cove Police department on June 14 during a City Council meeting.

“Mike you are coming to a really top notch police department,” William Whitton, the chief of the GCPD said. “Policing in New York City is not the same as policing in the town where you grew up. I like the way you carry yourself, and you have good eye contact and are pleasant.”

Laura Lane/Herald

MICHAEL STANCO WAS hired as a police officer for the Glen Cove Police Department on June 14.



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Roksana Amid/Herald

NEITHER THE CORPORATE office nor the property landlord would say why the Glen Cove King Kullen will close for good on July 28.

Will another grocery store replace King Kullen?

CONTINUED FROM FRONT PAGE

Angeli lives within walking distance of the Glen Cove King Kullen, and recently considered applying to the Long Island based chain. Citing concerns over parking at other local stores, Angeli said, "I'm going to come here as much as I can because this place is going to be a memory and it's not sitting well with me."

Assemblyman Charles Lavine, of Glen Cove, and state Sen. Anna Kaplan, who represents parts of Franklin Square where another King Kullen is closing on July 14, wrote a joint letter to Norman Bobrow & Co. They cited their concerns that the grocery store's closure would limit options for local residents to purchase their groceries.

The June 21 letter stated in part: "We write to express the hope that you will rent this space to another supermarket. Otherwise, Glen Cove will be left with only one major supermarket. As a city, Glen Cove has an urban demographic presenting the need for meaningful choices of markets providing fresh quality food."

They also wrote that Glen Cove is a growing community with the opening of several

large residential developments in Village Square and Garvies Point, which would support the existence of a grocery store in the area.

Lavine said in an interview that there are small specialty markets in Locust Valley, Glen Cove and Glen Head, but he remains concerned about maintaining the needs of an increasing Glen Cove population.

"They're good markets and they're very helpful," he said, "but for a population of over 50,000 to be served by only one major supermarket is insufficient."

Lavine states that he has no doubt that when residents learn King Kullen has closed, they will be disappointed and will want another market to take its place.

"That's what we were hoping to accomplish by talking to the landlord," Lavine said. "We have the longstanding tradition of having two markets in this area, and King Kullen was a very pleasant place to shop. The employees were always very nice people who were largely from the community. It's with a note of sadness that we see them come to the end of their tenure here in the community."



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COMMUNITY UPDATE

Friday, July 1

Jam Sandwich

Stop by Still Partners in Sea Cliff for a live performance by Jam Sandwich from 8 to 11 p.m. Listen to classic rock hits by the Who, the Rolling Stones, the Beatles and more.

Saturday, July 2

Drink in the garden

Guests are invited to stop by Bailey Arboretum to enjoy live music and drinks in their garden from 4 to 7 p.m. The event will take place on the Arboretum's terrace and lawn. Music will be provided by The Bodega Tallboys, while food will be served from Pinions Pizza Truck, and local craft beers and wine will be provided. Anyone interested can buy tickets on the Arboretum website.

Lions of Winter

Stop by Old Tappan Brew Co. in Bayville from 6 to 8 p.m. and rock out to a live performance by Lions of Winter, a new composite band being formed as a project of Homebrew Music. Their mission is to foster relationships among musicians and music fans in their local communities to build vibrant local music scenes.

Sunday, July 3

Library summer hours

Starting this week, local libraries will be reverting to their summer schedules. This means the libraries will no longer be open on Sundays until after Labor Day. The libraries are: Locust Valley Library, Oyster Bay-East Norwich Public Library, Gold Coast Public Library, Glen Cove Public Library, Sea Cliff Village Library and the Bayville Free Library.

Monday, July 4

Sagamore Hill Independence Day

Sagamore Hill National Historic Site invites any and all to join them noon to 4 p.m. for their Independence Day events. Among other things, the day will feature



Courtesy Benno Rothenberg, National Library of Israel

Oyster Bay Music Festival coming this weekend

Join the Oyster Bay Music Festival for numerous events across Long Island's North Shore this weekend. There will be a performance on July 1 at Christ Church in Oyster Bay from 6:30 to 7:30 p.m., entitled "At the Movies", then a show at St. John's Episcopal Church titled "Opera Night" from 8 to 9 p.m. On July 2 they will perform "For the Birds" in Coe Hall at the Planting Fields Arboretum, followed by another performance at Christ Church in Oyster Bay, called "Heroes and Conquerors." On July 3, they will play "La Vie en Rose" from 1 to 2 p.m. at the Nassau County Museum of Art, then "Folk Dreams" at St. John's Episcopal Church in Oyster Bay from 8 to 9 p.m. Finally, on July 4 they will perform at Raynham Hall in Oyster Bay from noon to 1 p.m. for an Independence Day special.

free tours of the Roosevelt Home, activities and programming for kids and families, appearances by Theodore Roosevelt reenactor Joe Weigand, and patriotic musical selections from Calliope Brass.

Tuesday, July 5

College Cooking 101

Stop by the Gold Coast Public Library for a lesson in how to cook at college from 4 to 5 p.m. For anyone going to college in the fall, or those still in high school who want to learn how to make easy meals without the hassle of using a stove, this class is highly recommended. The Baking Coach will teach attendees how to make microwave mac and cheese, cheesy eggs, french toast and chocolate cake, all in a mug.

Wednesday, July 6

Staying safe

Visit the Oyster Bay-East Norwich Public Library for a workshop on sexual harassment at 6:30 p.m. This workshop provides up-to-date information to mature teens about laws pertaining to sexual assault, sexting, stalking, and aggravated harassment. High school seniors, college-bound students and parents are all encouraged to attend.

The scientific search for UFOs

Tune in to the Glen Cove Public Library for a virtual presentation by Kathleen Covalt discussing The Galileo Project for the Systematic Scientific Search for Evidence of Extraterrestrial Technological Artifacts from 7 to 8 p.m. The project

was announced in July, 2021 by Harvard University Professor Avi Loeb and will be using specially adapted telescopes to look in the atmosphere for evidence of UFOs/UAPs and also to look further out into space for objects that may be technological artifacts from extraterrestrial civilizations similar to the first time observed interstellar object, called "Oumuamua," that briefly visited this solar system in 2017. Attendees will also explore some other scientific coalitions that are investigating UFOs/UAPs traveling through the skies and underwater.

History and horticulture

Join garden writer Jessica Damiano at Gold Coast Public Library at 7 p.m. as she explores the fascinating history behind Old Westbury Gardens and the High Line, and discover the beautiful plant selections that make them stand out. Learn how Old Westbury Gardens and its mansion

were built in exchange for the acceptance of a marriage proposal, that there's a graveyard on its grounds, that if 500 New Yorkers hadn't died, there's a good chance the elevated High Line Park wouldn't exist today, and more.

Thursday, July 7

Teen Game Night

Join the Bayville Free Library for Teen Game Night from 4 to 6 p.m. There will be games like Scrabble, Uno, Sorry, Connect 4, cards, word search, Ultimate Werewolf, and more. Attendees are encouraged to bring their own board games from home, too. For grades 6-12. Register on the library's website.

Jamie Raskin

Visit the Congregation L'Dor V'Dor in Oyster Bay at 7 p.m. for a very special evening with United States Congressman Jamie Raskin as he sits in conversation with owner of Theodore's Books, Steve Israel, to discuss his memoir, "Unthinkable: Trauma, Truth, and the Trials of American Democracy." Following the discussion, Congressman Raskin will sign copies of his book.

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 wsheeline@liherald.com

5 things to know about your town

- Tax bills are due in the Village of Bayville on July 1 from 8:30 a.m. to 4:30 p.m.
- The Town of Oyster Bay Zoning Board of Appeals will meet on July 7 at 7 p.m.
- The Village of Sea Cliff will be holding a board meeting on July 11 at 7 p.m.
- The Town of Oyster Bay will be holding a board meeting on July 12 at 10 a.m.
- The City of Glen Cove will hold a Pre-Council meeting on July 19 at 6:30.

Tom Suozzi trounced by Hochul, loses the primary

By LAURA LANE

llane@liherald.com

Hometown favorite Glen Cove's Tom Suozzi lost by a wide margin in his bid to represent Democrats on the ballot for governor, receiving only 12.8 percent of the vote in Tuesday's primary. Gov. Kathy Hochul, who Suozzi sparred with often, criticizing her for lacking a plan to fight crime, among other failings, secured 67.5 percent of the vote. Public advocate Jumaane Williams received 19.8 percent.

Suozzi, 59, an attorney and certified public accountant, gave up his position as a U.S. Representative for the third district to run for governor. He was the Glen Cove mayor from 1994 to 2001 and Nassau County Executive from 2002 to 2009. While county executive in 2009, he ran against New York State Attorney General Eliot Spitzer for the Democratic nomination for governor who won handily.

Suozzi's pick for lieutenant governor for the State of New York, Diana Reyna, also lost, receiving 14.3 percent of votes, trailing far behind Antonio Delgado, who won with 60.6 percent of votes.

Supporters waited for Suozzi until 10:30 p.m. on Tuesday night at Garvies Point Brewery and Restaurant in Glen Cove to share their support for their beleaguered leader, who to some was also a neighbor and friend. When he arrived, they chanted "Suozzi, Suozzi" and cheered for him as though he had won. Suozzi appeared to be pleased, smiling broadly.

"Someone asked me if I knew I was going to lose would I run anyway and I told them yes," Suozzi said. "We need to talk about issues. Ninety one percent of New Yorkers think crime is a serious problem, we have the highest taxes in America and some of the most troubled schools. We need to continue to fight for those messages



Tab Hauser/Herald

FORMER U.S. REP. Tom Suozzi ended up in third place in his run in the Democratic primary. He thanked supporters and staff for their efforts to elect him on Tuesday in Glen Cove.

to be addressed."

Reyna said she worries that as a country we are seeing a new American of immigrants who are not interested in engaging. "This campaign was about people," she said. "We put them at the core. We cannot remain quiet."

Suozzi said he called Hochul at 9:45 p.m. to congratulate her and commended her on her hard work and disciplined campaign. He said he is fortunate to have run and has no regrets.

BREAKING DOWN BOUNDARIES WITH CANCER BREAKTHROUGHS

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Northwell.edu/NoLimits

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RAISE HEALTH

Hundreds Attend Herald Senior Health Expo

By ALEXA ANDERWKAVICH

aanderwkavich@liherald.com

Eager guests gathered at the Friedberg JCC in Oceanside to attend the Herald's Senior Health & Beyond Expo, presented by Mount Sinai South Nassau and brought to you by United Healthcare, on Thursday, June 23.

The Expo is a community-anticipated event, where long-time loved and trusted businesses and facilities — as well as up-and-coming companies — share their products and services with Long Islanders.

"It's so nice to be back to host this expo live, again, and to see the overwhelming turnout," Executive Director of Corporate Relations & Events at Herald Community Newspapers and RichnerLIVE Amy Amato said, welcoming the crowd.

More than 55 vendors lined the gym to share their expertise in health, insurance, lifestyle tips, estate planning, products, and more. Not only was there an opportunity to improve health and habits, but also enjoy a day of shopping, snacks, entertainment, and raffles.

The Ms. New York Senior America Seasoned Steppers showcased their tap dance talents and jovial hearts in a wonderful performance, sporting bright sequenced uniforms and smiles — followed by a movement session led by Noa Semel from Premier Assist in Cedarhurst who got the audience's blood pumping with some stretching and dancing.

Comedian Howard Newman kicked-off the hour-long panel discussion with some laughs, welcoming keynote speakers Michael Krantz, licensed sales representative from United Healthcare, and Dr. Saima Rashid, primary care physician at Mount Sinai South Nassau.

The Senior Health & Beyond Expo was a great event and it was so nice to see people coming out and engaging in senior topics.

MICHAEL KRANTZ
UnitedHealthcare

"The Senior Health & Beyond Expo was a great event and it was so nice to see people coming out and engaging in senior topics," UnitedHealthcare Representative Krantz said. "Medicare in particular is always a complex subject matter and it was an amazing experience to be able to provide information and answer questions at the local community level; I always look forward to helping those in need of understanding their different options."

Guests also heard from panelists Josh Herzig, EVP of business development at Beach Terrace Care Center; Khurshid Ibrahim, PT, from Long Beach Nursing & Rehabilitation Center (Cassena Care); Charles Reyes, RN, MSN from AgeWell

New York; Jill Wasser, utility consumer program specialist at NYS Department of Public Service; and Dr. Esther Fogel from Comprehensive Audiology. The audience interacted and asked questions between each speaker, while enjoying organic cotton candy from Simply Sugar.

Dr. Fogel also offered free hearing screenings at the event; attendees lined the hall patiently waiting for their appointment — one of the many services offered at the expo. Others included senior I.D. cards from the Town of Hempstead, health screenings, tarot card readings from the Holistic Healing Goddess and a meet and greet with LJ the Medium.

"The event was very well-attended, much better than I anticipated it being," panelist Herzig of Beach Terrace Care Center — who spoke of the quality of care at their nationally recognized 5-star facility at the discussion — said. "We take great pride in providing the highest caliber of care to our residents."

Attendees received a goody bag — courtesy of Grandell Rehabilitation and Nursing Center and Oceanside Care Center — filled with coupons, keepsakes, and information.

The Expo, brought to you by UnitedHealthcare, was made possible thanks to presenting sponsor Mount Sinai South Nassau; gold sponsors Barry and Florence Friedberg JCC and Stefans Law Group; silver sponsors AgeWell New York, Maple Pointe of Chelsea Senior Living, Comprehensive Audiology, Cassena Care, Beach Terrace Care Center, Syl-Lee Antiques; refreshment and snack sponsors Long Beach Assisted Living and Long Island Bagel Cafe of Oceanside; and get moving sponsor Premier Assist.

Guests and vendors are looking forward to future Senior Health & Beyond Expos in the fall. In the meantime, keep an eye out for more expos, webinars and events from the Herald and RichnerLIVE at richnerlive.com.



Tim Baker/Herald photos

SENIORS ENJOY A performance from the Ms. New York Senior America and The Seasoned Steppers, movement session from Premier Assist, and an hour-long panel discussion with a range of topics, hosted by comedian Howard Newman of Jokercise.



GOLD SPONSOR STEFANS Law Group's marketing director Lauren Reilly greeted attendees.



PRESENTING SPONSOR MOUNT Sinai South Nassau team getting ready to share their medical knowledge and expertise at the expo.



LONG BEACH ASSISTED Living provided refreshments and snacks to attendees.



THE TEAM AT UnitedHealthcare happy to inform attendees about their Medicare options. Michael Krantz (Left) with his team.



THE GUESTS WALKED FROM table to table, talking and interacting with vendors and collecting samples and goodies.



DR. ESTHER FOGEL of Comprehensive Audiology talked about how to improve hearing health.



JOSH HERZIG OF Beach Terrace Care Center talked about the quality of care at their facility.



KEYNOTE SPEAKER MICHAEL Krantz from United Healthcare addressed the crowd.



KEYNOTE SPEAKER DR. SAIMA Rashid, Primary Care Physician at Mount Sinai South Nassau.



PT KHURSHID IBRAHIMI of Long Beach Nursing & Rehabilitation (Cassena Care).



PANELIST CHARLES REYES (left) and his team member from AgeWell New York.



GET MOVING SPONSOR Premier Assist's Noa Semel got the group grooving.



THE OCEANSIDE CARE Center was one of over 55 vendors at the event.



HEMPSTEAD TOWN CLERK Kate Murray (center) with happy attendees.



MAPLE POINTE BY Chelsea Senior Living was on hand to discuss the facility.



THE MS. NEW York Seasoned Steppers looked incredible for their stunning performance.

FirstNet donation gives Safety Town new life

June 30, 2022 — GLEN COVE HERALD

By STAFF REPORT

FirstNet, Built with AT&T, has donated \$110,000 to the Nassau County Police Department Foundation so it can renovate and refurbish its Safety Town education facility in East Meadow.

First opened in 1972 and operated by the police foundation, Safety Town is an educational center and miniature village that provides children with a variety of public safety learning experiences. Each year, more than 10,000 third-graders from across Nassau County visit Safety Town, and are taught traffic, pedestrian and bicycle safety by police department crossing guards — first in a classroom, and then through a unique “hands-on” experience using bicycles and miniature electric vehicles.

A 10-year analysis of bicycle accidents in Nassau found that children who attended Safety Town were 10 times less likely to be involved in an accident than a child who did not receive training, according to a release.

FirstNet’s support allowed the police foundation to revitalize the aging center, to help it be ready in time for National Safety Month in June. This included removing and replacing more than 20 dilapidated buildings within Safety Town, adding professional landscaping throughout the campus, and repairing and beautifying other critical infrastructure elements.



Courtesy of Benjamin Roberts

FIRSTNET, BUILT BY AT&T, donated \$110,000 to the Nassau County Police Department’s Safety Town, helping provide the 50-year-old East Meadow facility with a much-needed upgrade to help teach children traffic safety for years to come.

The new and improved Safety Town was carefully planned to ensure children can learn traffic safety for another 50 years, officials said.

“Safety Town is a very important piece of community training for the NCPD,” police commissioner Patrick Ryder said, in a release. “At 50 years old, it was in a

desperate need for a renovation.”

FirstNet is a dedicated, nationwide communications platform designed to upgrade public safety communications with new capabilities that support incident response from first responders. FirstNet is designed to allow these public safety professionals to connect to the critical information they need every day, and in an emergency, help keep them — and their communities — safe.

Advancing public safety was the core mission of FirstNet when the First Responder Network Authority and AT&T joined forces.

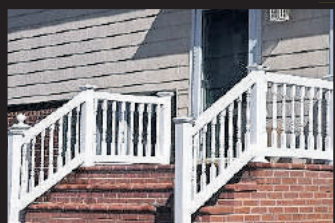
“Now five years since its launch, that mission continues to inspire us to support initiatives and programs like Safety Town who share a commitment to creating safer communities and keeping our kids safe,” said Judy Cavalieri, vice president and general manager of AT&T New York. “We are proud to support this program.”

“Having gone to Safety Town as a child, I am especially happy that the foundation is continuing this tradition,” said Eric Blumencranz, chair of the Nassau County Police Department Foundation. “We are grateful for the generous support from FirstNet, Built with AT&T, that brought this important community training facility into the 21st century. Safety Town is vital to building relationships between law enforcement and youth, and we are proud to be involved in such an important endeavor.”

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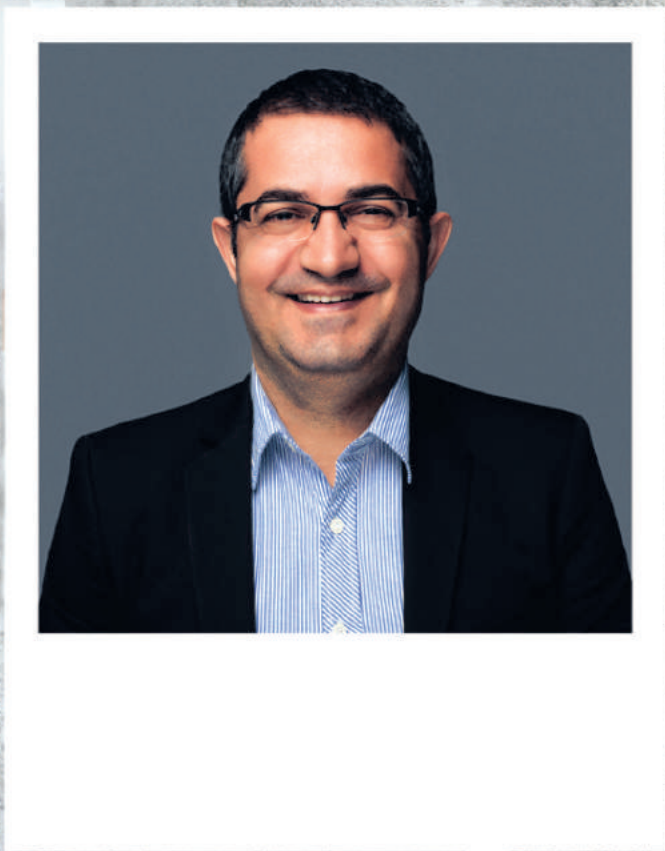
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ASK THE DOCTOR DEAR Dr. Tina

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and the author of "The Doctor's Secret"

Dr. Tina is taking your skin related questions via her
Instagram @tinafuntmd and email: Tfmdbook@gmail.com

As summer is here, I offer tips for summertime skin protection with sunscreens. As much as we all love the sun, everyone — whether man or woman needs to be aware of the dangers of too much sun exposure and take the proper precautions to fully enjoy the season — and the sun year-round.

What does SPF mean?

The SPF number tells you how long the sun's radiation would take to redden skin when using sunscreen versus amount of time without sunscreen. So, SPF 30 would take you 30 times longer to burn than without sunscreen. Dermatologists recommend using SPF of at least 30.

SPF 15 blocks 93% of UVB rays while SPF 30 blocks 97%. SPF 50 blocks 98% of UVB rays. Although a small difference, there is that difference! Also, people generally don't wear enough sunscreen (the appropriate amount is an entire shot glassful) reapplied every 2 hours. SPF 50 is enough protection if enough is applied and very often, especially after swimming or sweating.

What is the difference between chemical and physical sunscreen?

Physical (mineral) sunscreens sit on surface of skin and act as shield. Chemical sunscreens sink into skin and act as a sponge. If you have acne or sensitive skin, dermatologists recommend mineral sunscreen. Physical sunscreens contain titanium dioxide or zinc oxide. Chemical sunscreens are safe but can cause allergic reactions in those sensitive to

active ingredients. Some ingredients in chemical sunscreens are avobenzone, oxybenzone, helioplex, mexoryl, homosalate.

Both protect against harmful UVA and UVB rays (so are broad spectrum). Chemical sunscreens last longer in the water and when sweating. But mineral sunscreens offer immediate protection, but mineral sunscreens need to be rubbed in.

Do sunscreens prevent skin aging?

YES! Ultraviolet (UV) is both UVA and UVB. UVA is the longer wave UV ray that penetrates deep into skin, causing skin damage, skin cancer and aging. UVB is the shorter one that affects the outer layer of skin leading to skin damage and cancer.

Are sunscreens dangerous?

Although it's been reported that the body absorbs ingredients in sunscreens that are too high, the health effects are unclear. But the benefits of sunscreens outweigh the risk. Mineral sunscreens are an option; as the studies of suspected chemicals (benzene contamination), octocrylene and benzophenone are in chemical sunscreens. Remember: 20 Americans die from melanoma every day. Also try to avoid sun between 10-4 p.m.

Can you be allergic to sunscreens?

Yes. Some fragrances and oxybenzone can cause allergic reactions such as rash or hives. It can happen suddenly or may take two days. Physical sunscreens with zinc oxide and titanium dioxide have fewer allergic reactions.



Fit for life

Steps to a healthier you

By nature, men have a shorter life expectancy than women and are also at greater risk of heart disease. Being aware of these facts is the first step to preventing health problems. There are actions you can incorporate into your daily routines that will improve your overall lifestyle. Read on for ways to beat the odds and live a happy life, courtesy of nutrition/fitness consultants Christopher Mohr, PhD, RD and Kara Mohr, PhD, FACSM.

Sleep. More. Yes, this is by far at the top of the list. You don't get enough sleep. From burning the candle at both ends, putting in too much time at the office and then trying to get to your daughters soccer game, dance recital, or sons karate practice. You're exhausted. Oh yeah, and then experts tell you to eat together as a family and you also want to spend time with your spouse all while trying to finish a big project at work and you're on your email until the wee hours of the night! Get some solid sleep (7-8 hours/night). You'll do better at all those other things when rested.

Power down. You may be physically present with those who matter, but being mentally present is most important. Set deliberate "no electronics" time each night with your family and actually talk. To real people. It's amazing.

Move. More. In recent years some "experts" have suggested cardio is bad. Cardio isn't bad. Though slow cardio is not the most efficient way to lose fat, any and all movement is excellent and necessary. So in addition to your sprints or higher intensity short duration training, add general movement too. Maybe it's walking, cycling, playing tennis or swimming — whatever you love — do it.

Eat protein more frequently. As of now, most eat the majority of protein at night. But it would be better to spread intake more evenly throughout the day. Include a fairly equal amount with all meals and snacks. Eggs, nuts, cottage cheese, fish, chicken, turkey, Greek yogurt, protein shakes — mix it up, just be sure to eat it frequently!

Eat Your 3's. Eat fish regularly. With heart disease the #1 killer of men (and women) in America, eating more fish, and getting those omega 3 fats, or replacing other protein sources with fish is a wise, wise idea.

Pick up heavy things and put them down. As we age, we all can lose muscle mass — around one percent per year after age 30! Along with lifting weights, lifting heavy things surely help prevent or reduce that normal loss.

Floss. And brush. Doing one without the other is like riding a bike with a flat tire. Not quite as efficient. The plaque between and around your teeth that linger in your mouth can raise your risk of heart disease. Scary, so pull out that floss at least once a day at night.

Wear sunscreen. Men often skip this step — whether they're at the beach or just in their

daily day to day routine. Skin cancer is a real issue. So slather it on.

Eat water. Watermelon, cucumbers, greens, melons; a lot of fruits and veggies are more than 90 percent water. That's a lot of nutrient dense volume for very few calories. In other words, these foods fill you up without filling you out.

Drink your water too. Along with water dense foods, drinking water is smart too. Consider filling up a glass of ice water and drink it before coffee, tea or eating anything every morning. It's invigorating and will get your day started right. Try it.

Know your numbers. Then make it a game to improve them. Total cholesterol under 200, HDL ideally above 60 mg/dl (with a ratio between the two less than 4:1, so get the total lower and HDL higher), LDL under 100, triglycerides under 150, blood pressure 115/75.

Learn your Vitamin D status. This is another blood marker to add to your blood workup. You'll usually have to ask your doctor for this one and you need to ask for 25(OH)D test; it's typically not part of the normal routine. But it should be. Most experts agree the ideal range is between 40–80 ng/ml, even though levels above 30 will put you in the "normal" category. Aim for ideal. Not "normal."

Grab your nuts. The food, that is. Nuts are one of the healthiest foods available. Pistachios, walnuts, almonds, Brazil nuts are all amazing for you in their own, respective ways. Some data suggests two one ounce servings per day can even help with weight loss. Outside of that, they're portable, convenient, and not perishable so travel well.

Flatten your spare. You don't have to have a six pack, but aiming to flatten that spare tire will dramatically improve your health. It's not just weight that's an issue, but where you carry it. And the beer belly or spare tire, is a huge risk factor for all sorts of disease.

Stand up. If you're like most, you're an active couch potato. — and the pandemic has reinforced our couch potato status. Sitting is the new smoking. Maybe you hit the gym for 30 minutes each day. Great. But then most of the other 23.5 hours are sitting or lying down sleeping. You need to move, more. It's not only great for your body, but data suggests standing for as little as two minutes improves blood flow to your brain so you're more alert to work more efficiently.

Embrace quiet time. Every single minute doesn't have to be filled with stimulus. Quiet time is good. Take advantage of it.

YOUR SUMMER READ

"The Doctor's Secret" by Tina K. Funt, M.D. It's a fun easy read when you are at the beach or pool (under umbrella!). Follow the story of a woman becoming a doctor in the 1980's when so few women picked that choice of career. Explore the trials and tribulations of the doctor's journey and enjoy the sexy steamy romance episodes. "The Doctor's Secret" is a must read and can be purchased on [amazon.com](https://www.amazon.com) (Tina K. Funt, M.D., The Doctor's Secret) or DM Dr. Tina at tfmdbook@gmail.com to purchase novel or ask your skincare questions.

Dr. Tina can also be reached at 516-747-7778.



Dr. Tina K. Funt is a Board-Certified Dermatologist practicing in Garden City for 33 years. She works for **Schweiger Dermatology Group** with 80+ offices throughout Long Island and the tri-state area. Dr. Funt specializes in both medical and cosmetic dermatology. Her passions are medicine, the arts, golf and dogs.

ADVERTORIAL

Above photo: When it comes to building and maintaining a healthy lifestyle, we all know that eating right and working out are more or less the keys. But there's more to being healthy than choosing brown rice over white and hitting the gym. To take your health to the next level, you've got to think details.



Take charge

Be healthy at every age

By Christopher Gonzalez, MD

Men have different needs as they grow older. It is important for men to take control of their health by eating healthy, exercising and prioritizing meeting with their healthcare provider.

It's key to establish care with a primary care provider to take your first step in prioritizing preventive health or seek out a men's health specialist. There are also essential lifestyle recommendations and screenings that men should adopt in each age group, that will help you be in control of your health.

Men in their 20s

At a younger age, it can be difficult to adopt healthy habits. For most men, their 20s is the peak of their physical health. Making good lifestyle choices is key to maintaining your health for the rest of your life.

It is important to find a primary health care provider to discuss family medical history or any other medical concerns. Men in their 20s should ask their doctor to screen for:

- ✓ High cholesterol
- ✓ Testicular cancer

Men in their 30s

A man's 30s can be an exciting and stressful time. From fatherhood, to home ownership to career ambitions, it is vital to make their health a priority.

It is crucial to keep a clean and healthy diet because metabolism can slow down and you might even notice a couple extra added pounds. Having a healthy diet can also help avoid unnecessary health issues in the future. It is also important to make sure you are keeping up with physical exercise. Activities such as yoga and pilates can help maintain and increase flexibility.

Men in this age range should make sure they are meeting with their health care provide to discuss screening for:

- ✓ High blood pressure
- ✓ High cholesterol
- ✓ Testicular cancer

Men in their 40s

This age range can be a milestone for many as now is when you may notice changes in your appearance and health. Your heart and bones can be impacted in many ways and you might start losing muscle mass.

Because of this, it's important to incorporate physical activities that will help build muscle such as strength

training. Getting seven to nine hours of sleep is also key for men, as well as staying hydrated with water and limiting alcohol consumption.

Meet with your physician annually to discuss screening for:

- ✓ Diabetes
- ✓ Heart disease
- ✓ High cholesterol
- ✓ Thyroid disease
- ✓ Prostate cancer (if you have a family history of this disease)

Men in their 50s and beyond

Men may notice many changes in their 50s. It is common to see hair loss, weight gain in the midsection, and fluctuations in libido due to a dip in testosterone.

Men in this age range should be aware of these changes and take steps to focus on physical and mental health. Staying fit and keeping up with physical exercise should be a top priority. Also getting involved in low impact exercises such as yoga, golf and weight training can be beneficial.

Having a good diet will not only help you keep off the extra pounds, but it can also help slow down the aging process and help prevent many diseases. Eating high omega-3 fatty acids can help slow cells as men age. Foods high in omega-3 include fish, peanut butter and flax.

It is important to keep your health care provider updated with any changes going on, such as a change in sexual function, muscle mass and eyesight. Ask your doctor about screening for:

- ✓ Blood pressure
- ✓ Colon cancer
- ✓ Diabetes
- ✓ Heart disease
- ✓ High cholesterol
- ✓ Prostate cancer

No matter what age, it is vital that you make their health a priority in order to live a healthy and happy life. You should have regularly scheduled visits with your primary care physician and put health first.

Christopher Gonzalez, MD, is a urologist and the department chairperson of urology at Loyola Medicine.

Above photo: According to the Centers for Disease Control and Prevention (CDC), the gender health gap and its consequences are real, with men dying five years earlier than women on average. There's a lot you can do to live healthier and it begins with making it a priority.



That snooze matters

Healthy living begins with ample sleep

Taking steps to improve your mental and physical well-being may fall flat if you're not spending enough time recharging your body. Sleep experts agree: adequate, regular sleep is essential for overall health and well-being.

According to a new recommendation from the American Academy of Sleep Medicine (AASM) and Sleep Research Society (SRS), adults should get seven or more hours of sleep per night to avoid the health risks associated with prolonged periods of inadequate sleep. For the millions of Americans who do not make regular sleep a priority, this guidance can motivate healthier lifestyle habits.

"Sleep is critical to health, along with a healthy diet and regular exercise," said Dr. Nathaniel F. Watson, AASM president and moderator of the expert panel that developed the recommendation. "Our consensus panel of 15 of the nation's top sleep experts found that sleeping six or fewer hours per night is inadequate to sustain health and safety in adults. We also agreed that seven or more hours of sleep per night is the recommended amount for all healthy adults."

No limit for certain individuals

Recognizing that some adults need more sleep than others, the panel did not place a limit on how much sleep people should get per night. For example, people who may need nine or more hours of nightly sleep include young adults with growing bodies, individuals trying to make up for lost sleep, or those who are sick.

"More than a third of the population is not getting enough sleep, so the focus needs to be on getting at least seven hours of nightly sleep," added Watson. "In general we want people to get more sleep, not less."

Tips for successful sleep

What are some easy ways to ensure that you get the sleep you need for a productive and healthy life? Check out these five healthy sleep habits provided by the experts at AASM. Following these tips can help you develop a healthy sleep pattern:

Be consistent. Go to bed when you are sleepy and try to wake up at the same time every day, even on weekends.

Limit time in bed. Don't use your bed for other non-sleep activities, such as watching television or checking email.

Make your bedroom a sleep haven. A quiet and relaxing bedroom environment will help you fall asleep and stay asleep. Keep the bedroom at a comfortable temperature but slightly cool.

Limit the caffeine if need be. Avoid coffee, tea, soda and other caffeine sources in the afternoon and evening hours.

Get at least seven hours. Go to bed early enough to allow yourself to sleep seven hours or more each and every night. Live life awake and refreshed with the proper amount of sleep. You'll be putting your best foot forward every morning.

Above photo: Your behaviors during the day, and especially before bedtime, can have a major impact on your sleep. They can promote healthy sleep or contribute to sleeplessness.

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

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

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

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

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



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

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

accommodates stretchers, and offers valet parking.

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

About Parker Jewish Institute for Health Care and Rehabilitation

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



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Parker Jewish Institute offers unparalleled care, comfort for older adults

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

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

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

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

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



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

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

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

Parker continues to offer programs that residents enjoy. This

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

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

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

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Food is medicine

Even a little healthier makes a difference

By Chuck Norris

Have you ever wondered where the phrase “you are what you eat” came from? As pointed out on the Culinary Lore website, this statement, regardless of its origin, is not just a simple observation about bad food bringing on bad health. It can mean something profound, something more philosophical, referencing food as a culture. Humans eat a great diversity of food. The food we eat, and how we eat it, says a lot about us as a people.

The person most responsible for the use of this phrase today is English nutritionist Victor Lindlahr. According to Culinary Lore, in the 1920s, Lindlahr proclaimed: “90 percent of the diseases known to man are caused by cheap foodstuffs.” In 1942, he parlayed this conviction into a successful book: “You Are What You Eat.” According to Lindlahr, “Food is medicine.”

It is a concept that remains relevant today. A recent study published in *Annals of Internal Medicine* found that adequate intakes of vitamin K, vitamin A, magnesium, zinc and copper were associated with a lower risk of death from cardiovascular disease — but only if the intakes came from food and not supplements.

Less is more — forgo the meat

At the same time, science has shown that the more meat we eat the higher our risk of diabetes, heart disease and strokes. Overconsumption of red meats, and especially processed meats, metabolizes as toxins that damage our blood vessels and other organs. The process is linked to heart disease and diabetes. The remedy? Fruits and vegetables.

The more fruits and vegetables we eat the lower our risk for these diseases. Fruits and vegetables contain special plant nutrients that neutralize toxins. These are antioxidants, which are really good for us. They cannot be isolated and packed into a pill. They come from a balanced diet that includes a wide variety of colorful fruits and vegetables. Even a little improvement in diet can yield positive results.

A recent study published in the *Journal of the American*



Medical Association showed that consuming just 3 percent less animal protein and replacing it with plant protein was associated with increased life expectancy. People do not need to give up eating meat. We just have to eat less of it and make sure we ramp up our intake of fruits and vegetables.

Fill up on fruit

To further advance this concept of food as medicine, let us take a closer look at a single food group associated with summer: fruit.

Let us start with a recognized superfood: blueberries. They are rich in antioxidants, which we already know lower our risk of disease. But according to Kristin Kirkpatrick, manager of wellness nutrition services at Cleveland Clinic’s Wellness Institute, blueberries also reduce oxidative stress on the brain and have been shown to improve learning capacity and motor skills.

“Phytochemicals give fruits and vegetables their color,” Kirkpatrick tells *U.S. News*. “Foods high in these chemicals have

the most effective means of improving your health, and blueberries have one of the strongest concentrations available.”

Kirkpatrick also points out that studies show everyday consumption of citrus fruits helps prevent cognitive decline.

Avocados are a summertime favorite. They are also considered a fruit because they fit the botanical criteria for a berry. While avocados are high in fat, it is considered a “good fat” that helps our brains function, according to Marilyn Gordon, a registered dietitian with Nova Southeastern University in Florida.

The monounsaturated fat in avocados helps prevent high blood pressure, which is a risk factor for Alzheimer’s disease. They are also a good source of lutein, a nutrient associated with better cognition.

For me, this summer’s star is pineapple. Forget the kind that comes in a can. Granted, buying a pineapple from the vine can be a prickly and intimidating process, but it is well worth it. First, they are exotic and great to look at. The round scales you see on the surface are actually individual flowers or berries that grow together around a central core.

Pineapples are rich in vitamins, enzymes and antioxidants. They can help boost the immune system, build strong bones and aid in digestion. Despite their sweetness, pineapples are low in calories — one cup of pineapple chunks contains only 74 calories, according to the USDA National Nutrient Database — and they’re high in important dietary fiber.

According to Holly Layer, a registered dietitian, fitness instructor and food lover who has dedicated an entire website to her love of pineapple (*The Healthy Pineapple*), the pineapple is unique in that it is our only source of dietary bromelain, a digestive enzyme that helps break down protein foods.

Another reason why pineapples are such an amazing summer treat is they’re 85 to 89 percent water. Pineapples are also fat-free, cholesterol-free and low in sodium. Pineapples contain 20 milligrams of magnesium per cup, which helps regulate blood pressure, nerve and muscle function and could help you sleep better.

Avoid processed foods whenever possible. Consume more fruits and vegetables. Amazing things can happen when you give your body what it needs.

Above photo: Any healthy update to your usual diet, no matter how small, will make your body happier.

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Lawmakers want fentanyl tests in Narcan kits

Flanked by community leaders and recovery advocates on the front steps of the Theodore Roosevelt Executive & Legislative Building, county legislators unveiled proposed legislation recently intended to require the inclusion of fentanyl-detecting test strips in opioid overdose treatment kits distributed by Nassau County agencies.

The U.S. Drug Enforcement Agency describes fentanyl as a synthetic opioid that is 50 to 100 times more potent than morphine. Consuming fentanyl-laced drugs — often unbeknownst to the user — has resulted in reported massive increases in overdose deaths among opioid abusers.

Including fentanyl testing strips with these treatment kits — known by its brand name, Narcan — would serve as a low-cost way of potentially identifying tainted drugs and preventing accidental overdoses, county officials said. The strips would cost \$1 each.

“Fentanyl has dramatically raised the stakes of our ongoing battle to conquer the opioid drug addiction crisis,” Legislator Delia DeRiggi-Whitton said. “Distributing these strips will give residents another tool for preventing the devastation caused by fatal overdoses.”

Using Narcan to help treat an opioid overdose has been life-saving, Legislator Debra Mulé said.

“Pairing fentanyl detection testing strips with the Narcan kits we distribute is a common-sense way for Nassau County



Courtesy Office of the Nassau County Legislature Minority

LOCAL GOVERNMENT AND health officials gathered to promote the inclusion of fentanyl testing strips in drug treatment kits used by first responders, including Keisha Graham-Wilson of Central Nassau Guidance and Counseling Services, Dr. Sharon Harris of Substance Abuse Free Environments, Legislator Arnold Drucker, Legislator Debra Mulé, Claudia Rotondo of the Baldwin Council Against Drug Abuse, Jeff Stone of Project Help Long Island, and Legislator Delia DeRiggi-Whitton.

to accelerate our collective efforts to prevent overdoses and save lives,” she added.

Suffolk County passed similar legislation last December requiring the inclu-

sion of fentanyl testing strips in its Narcan kits. While not yet required in Nassau, Keisha Graham-Wilson, of the Hicksville-based Central Nassau Guidance and

Counseling Services, said the agency has included fentanyl testing strips in its kits for the last several months.

“These test strips are so important in terms of preventing overdoses,” Graham-Wilson said. “We have individuals that have told us they are only using marijuana, but when we do toxicology, sometimes we have to tell them that the substance they are using is laced with fentanyl — and they are so shocked and surprised.”

Other recovery advocates and community leaders expressed support for the proposal.

“Providing these strips could be life-saving,” said Claudia Rotondo, executive director of the Baldwin Council Against Drug Abuse. “It would give us the ability to test the remnants of the substance that was ingested to see if it was cut with fentanyl.”

“The DEA warned several months ago that fentanyl was a driving force behind the majority of overdoses that have transpired in the last year,” said Dr. Sharon Harris, executive director of the Glen Cove-based Substance Abuse Free Environments. “This is an incredibly important piece of information that needs to be promoted to educate our youth and our families about what is going on.”

The legislation is currently in committee, but could be part of the next available legislative agenda in mid-July.

—Reine Bethany

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Councilwoman says county is seeking 'money grab' 19

CONTINUED FROM FRONT PAGE

in a contract, and there will be no cost to the city," Panzenbeck said. But the Board of Education would have to approve the cameras, she added, which would capture vehicle infractions, including vehicles that go around stopped school buses while children are getting on or off.

Schools Superintendent Maria Rianna said she had spoken to board trustees, and they supported the proposal. "Anything that helps to ensure the safety of our students, I'm all for," she said.

Ideally, the revenue from violators' tickets would be shared, with Bus Patrol receiving 45 percent and the city 55 percent. The city, Panzenbeck said, would manage the program.

City Councilwoman Danielle Fugazy Scagliola said the school district is ready to move forward, and the city has its own traffic court. But there is a problem that's holding everything up. "Nassau County wants some of the money generated from the tickets," she said. "If anyone should get the money, it should be Glen Cove and the school district. This is a money grab by the county."

Last week, the county officials held a meeting with several municipalities, Glen Cove City Attorney Tip Henderson said, which is when it first became evident that they wanted to have a hand in the ticketing.

"Everyone is trying to get their arms around this," he said.

Nassau County enacted a local law in 2019, under then County Executive Laura Curran, that would have facilitated the installation and operation of such systems on school buses owned or operated by school districts. "Nassau County has 56 independent school districts that run approximately 3,300 buses per school day across multiple routes in the county, and has more than 200,000 students enrolled in



Tab Hauser/Herald

THE CITY COUNCIL discussed installing a photo-monitoring system on school bus stop arm to help keep children safe.

K through 12 education," Curran wrote in a September 2020 news release. "According to the state education department, pupil transportation department, youngest students ages 4 to 8 are most susceptible to school bus fatalities because of their smaller stature, which makes them more difficult for bus drivers and motorists to see ..."

The monitoring system was supposed to be implemented in 2021, and be in operation until Dec. 1, 2024. But when Curran lost her re-election bid last November, the legislation stalled.

"We have the program in place," County Legislator Delia DeRiggi-Whitton said. "But the county has been lax in getting it going."

DeRiggi-Whitton said that a city or town has the right to implement a camera monitoring system itself if it sets it up unassisted. "I don't think the county should take a cut if they aren't instituting the program," she said.

She noted a portion of the local law

that she believes would allow Glen Cove to manage its own camera system. It states, "The county shall not enter into an agreement with any city school district wholly contained within a city."

"So, (the) Nassau County Traffic & Parking Violations Agency, which operates under the control and direction of the county executive, should not have jurisdiction over matters excluded by the General Municipal Law," DeRiggi-Whitton said.

But Henderson disagreed. He said that the county TPVA does have jurisdiction. "If there isn't (such an agency), then the court handles it," he said. "But TPVA exists, so it doesn't look like Glen Cove can adjudicate the tickets."

In order for the city to do so, he added, it might have to appeal to Albany for legislative approval, which, he said, is a long process.

Chris Boyle, County Executive Bruce Blakeman's spokesman, said the county was working on an agreement with

municipalities. "The county is currently in talks with the multiple stakeholders (the municipalities) which are involved in this process," Boyle said, "and will have an announcement to make in the near future."

Boyle didn't share an answer from Blakeman that the Herald asked during a phone call as to whether the county executive was taking into consideration the municipal law passed during the Curran administration, or whether Glen Cove, which has its own police force and court, could manage the ticketing process without the county's help.

"We are looking into seeing if we can do this ourselves," Panzenbeck said. "We want our own little bureau. This is a safety issue. I see people pass school buses all the time."

Fugazy Scagliola said she was hopeful. "Most of the council feel like I do," she said. "Nassau County is swooping in and taking the money. There is a way for us to keep that money."

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Tips to ensure children are safe in the water

Now that summer has begun, residents need to be mindful about water safety. Drowning is the second leading cause of unintentional injury-related death among children ages one to 14. It can happen very quickly and in less than one inch of water in filled bathtubs, swimming pools, wading pools, hot tubs, and even buckets of water and sinks.

To reduce a child's risk of drowning the following is advisable:

In the pool

■ Never leave children alone in or near the pool, even for a moment.

■ Practice "touch supervision" with children younger than five years of age. This means that the adult is within an arm's length of the child at all times.

■ When planning a pool party, consider hiring a certified lifeguard to supervise those who will be in the pool.

■ Put up a fence to separate the pool from the house. Most young children who drown in pools wander out of the house and fall into the pool. Install a fence at least 4 feet high around the pool. This fence will completely separate the pool from the house and play area of the yard. Use gates that self-close and self-latch, with latches higher than a child's reach.

■ The Centers for Disease Control and Prevention recommend that before getting into a pool, swimmers must ensure that they can see the drain at the bottom of the pool's deep end. Cloudy pool water



Wikimedia commons

SUMMER FUN INCLUDES a trip to the pool but adults need to ensure children are safe.

can be a drowning hazard due to the lack of visibility.

■ Alarm the doors so that an alert is sounded if a child attempts to leave the house to enter the yard.

■ Also consider a pool alarm that alerts if someone enters the water.

■ Keep rescue equipment (such as a pole with a hook or a life preserver) and a telephone by the pool.

■ Do not use air-filled "swimming aids" as a substitute for approved life vests.

■ Remove all toys from the pool after use so children are not tempted to reach for them.

■ After all the children are done swimming, secure the pool so they cannot get back in.

■ Place a safety cover on the pool or hot tub when not in use and remove any ladders or steps used for access.

■ A power safety cover that meets the standards of the American Society for Testing Materials may add to the protection of children but should not be used in place of the fence between the house and the pool. Even fencing around the pool

and using a power safety cover will not prevent all drowning.

Drain entrapment

■ It occurs when part of a child's body becomes attached to a drain because of the powerful suction of a pool or hot tub filtration system. The powerful suction can trap a child underwater or cause internal injuries. It can also occur when a child's hair, swimsuit or jewelry becomes entangled in the drain. In 2007, the Virginia Graeme Baker Pool and Spa Safety Act made it illegal to manufacture, distribute or sell drain covers that do not adhere to the standards for anti-entrapment safety set by the Consumer Product and Safety Commission.

■ Warn children about the dangers of drain entrapment, and teach them never to play near a pool drain, with or without a cover.

■ Pin up long hair when in the water and remove loose parts of swimsuits and loose jewelry that can get ensnared.

■ Equip pools and hot tubs with an anti-entrapment drain cover and an approved safety vacuum release system and regularly check that drain covers are secure and have no cracks. Flat drain covers can be replaced with dome-shaped ones.

■ Be aware of public wading pools with missing or broken drain covers. Small children have direct access to the bottom drain in wading pools and sitting on open drains can cause serious internal organ damage.

HERALD PUBLIC NOTICES

LEGAL NOTICE
The ordinance, a summary of which is published herewith, has been adopted on June 28, 2022, and the validity of the obligations authorized by such ordinance may be hereafter contested only if such obligations were authorized for an object or purpose for which the CITY OF GLEN COVE, in the County of Nassau, New York, is not authorized to expend money or if the provisions of law which should have been complied with as of the date of publication of this Notice were not substantially complied with, and an action, suit or proceeding contesting such validity is commenced within twenty days after the publication of this Notice, or such obligations were authorized in violation of the provisions of the constitution.

BOND ORDINANCE OF THE CITY OF GLEN COVE, NEW YORK, ADOPTED JUNE 28, 2022, AUTHORIZING VARIOUS CAPITAL IMPROVEMENTS IN AND FOR THE CITY, STATING THE ESTIMATED TOTAL COST THEREOF IS \$4,958,905,

APPROPRIATING SAID AMOUNT FOR SUCH PURPOSES, AND AUTHORIZING THE ISSUANCE OF BONDS OF THE CITY IN THE PRINCIPAL AMOUNT OF NOT TO EXCEED \$4,958,905 TO FINANCE SAID APPROPRIATION
The objects or purposes for which the bonds are authorized consist of various capital improvements in and for the City of Glen Cove, as further described in the City's 2022 Capital Improvement Plan, at the estimated total cost of \$4,958,905. Any grants and/or other funds received on account of any of the projects are hereby authorized to be applied toward the cost of such projects or the payment of debt service relating to any bonds or notes issued to finance such projects.

The amount of obligations authorized to be issued is not to exceed \$4,958,905. The periods of usefulness are various periods from 3 to 40 years.

A complete copy of the Bond Ordinance summarized above shall be available for public inspection during normal

business hours at the office of the City Clerk, City of Glen Cove, City Hall, Glen Cove, New York.

Dated: June 28, 2022
Glen Cove, New York
132509

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LEGAL NOTICE
NOTICE OF PUBLIC HEARING
Glen Cove Planning Board
PLEASE TAKE NOTICE that a PUBLIC HEARING will be held by the City of Glen Cove Planning Board on Tuesday, July 5, 2022, at 7:30 p.m., at 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: June 10, 2022
ANDREW KAUFMAN
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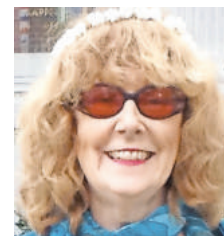
Dear Great Book Guru,
This Sea Cliff weekend is filled with activities: the Sea Cliff Civic Association's iconic

Sunset Serenades begin on Thursday, then Happy Birthday USA and Music at the Beach on Friday, the Patriotic Bike Parade Saturday, culminating with the Fourth of July gala at Clifton Park. Amidst all these festivities, I'd love to read something attention grabbing — a mystery, perhaps?

—Fan of the Fourth

Dear Fan of the Fourth,

I just finished "The Caretakers," by Amanda Bestor-Siegal. Set in an affluent Paris neighborhood, the novel opens with the death of a young boy. The rest of this exquisitely detailed book is told in the voices of six women — his mother, sister, a local French language teacher and three American au pairs.



**ANN
DIPIETRO**

The crime is secondary to the story. Instead, we are drawn into the lives of the three young girls whose roles as au pairs or caretakers is described in

detail. Questions of class, identity, early trauma, and culture all play a part as we learn more and more about the crime. The Americans are shown to come from very different backgrounds, sharing little but common citizenship. We follow the girls as they try to adjust to their host families' expectations, only to realize their precarious positions as interlopers in another country and another world. When their time in Paris is over, there is a sense of loss and relief. Definitely a book that presents many questions and some answers. Highly recommended!

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

OPINIONS

Will Trump dodge the bullet again?

As a former elected official, I am frequently asked who has the toughest job in America. Most often, I answer either President Biden or New York City Mayor Eric Adams. But after watching three of the hearings of the Jan. 6 committee, I've decided that Attorney General Merrick Garland has the most difficult job in America.



**JERRY
KREMER**

Over the next six to nine months, Garland must decide whether he will charge former President Donald Trump with a variety of election law criminal violations. No former president has ever faced criminal charges related to

their actions while in office. President Nixon was close to being indicted for a variety of federal crimes in 1974, but that August he announced his resignation.

There is no doubt that by the time the House Select Committee on the Jan. 6, 2021, attack on the U.S. Capitol finishes its witness presentations, it may have enough criminal evidence to turn over to the attorney general, with a recommendation that he take formal action against

Trump. But charging a former president with a crime could further divide an already bitterly divided country, and might inflame the relative handful of crazies who are ardent Trump supporters.

As the hearings come to a close, the media will focus on the fate of the former president, but there are many other people who may wind up in handcuffs in a federal courtroom. The logical targets could be the large group of people who claimed to be presidential electors for Trump in Arizona, Georgia and Michigan, states that Biden won in the 2020 election. Their fake certificates were even sent to the National Archives.

The next potential defendants could be former New York City Mayor Rudolph Giuliani and attorney John Eastman. Giuliani and his team appeared in multiple courtrooms throughout the country, falsely arguing that the election had been stolen, but those arguments were hollow and failed in more than 60 cases. Eastman is alleged to have created the plot to overturn the counting of the ballots on Jan. 6, which he peddled to Trump on many occasions after the election. Eastman has since invoked the Fifth Amend-

ment more than 100 times.

Are there others who could wind up wearing prison jumpsuits? During questioning at the fourth Jan. 6 committee hearing, the names of two Republican members of Congress surfaced. A staff member of Sen. Ron Johnson, of Wisconsin, and Rep. Andy Biggs, of Arizona, were alleged to have asked Vice President Mike Pence to accept a list of fake electors and reject legitimate electors. Both Johnson and Biggs could be charged with fraudulent efforts to overturn a legitimate election. They may be joined by at least six other House members, whose names will be made public in the coming weeks.

Garland is wrestling with the right and wrong of charging a former president with federal crimes, along with the national implications of such a decision. But I would guess that if the tables were turned, and the election manipulation had been done by a former Democratic president, a Republican attorney general, such as William Barr, would please his client, the Republican president, by moving ahead with a criminal case.

Is there another scenario that all of us may have overlooked?

Will Attorney General Garland charge a former president with federal crimes?

A federal grand jury has been impaneled in Fulton County, Georgia, and has heard testimony from Georgia Secretary of State Brad Raffensperger, whom Trump asked to "find 11,780 votes," which would make Trump the winner in Georgia. The request by Trump could be found to be a criminal attempt to change the results of the election, and subject him to criminal charges.

No matter what your political leanings are, the Jan. 6 investigation has unveiled cold, hard facts about how Trump conducted himself in the days and weeks after his loss in November 2020.

While the vast majority of Americans were going about their business, a small group of attorneys and elected officials were working around the clock to burn the Constitution and turn this country over to a president who refused to accept his defeat. In the end, there may not be jail terms for anyone but the rioters at the Capitol, but it is impossible to white-wash history, no matter how hard the Republicans try.

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.

Engaged! Finding love in the pandemic.

Lillybee and Don are tying the knot. In an unintended romantic consequence of the pandemic, my husband and Lillybee, daughter of Sinbad el Amante Suave and Ivy of Chickadee Cotons, are making it official. After nearly three years of relative isolation, with no doggie play dates and no dog park, they are inseparable. Their path forward: together.



**RANDI
KREISS**

As the third leg of this domestic canine cluster, I will speak now in protest or be compelled to forever hold my peace (an unlikely scenario).

For starters, Lillybee's pedigree is much finer than my husband's. She came from a dam and sire raised by boutique breeders in Oregon and Arizona. Don is from Brooklyn. His parentage goes back to various anonymous Hungarian horse traders who sailed to America in steerage. Lillybee flew first class from Arizona. And she can trace her heritage back to great-grandparents Fozzie T. Bear of Amanda Sue

Cotons and Yankee Doodle Dandelion of Windy Hills Cotons.

Then there is the age disparity. Don is 76, and Lillybee is 35 in dog years. She weighs 13 pounds. He weighed that at birth.

In the beginning we were the classic trio, older couple and new pup. Truthfully, we figured she would be our last pup, given the average human life span and the projected life span of a small dog. We hoped to pretty much finish up at the same time.

Lillybee, like her cohorts, is a personality. She raises her nose in the air and tests the wind. She assesses which advantages she can push. She's clever, that girl, and without ethics of any kind. I guess you could say she is purely transactional. Give her something and you get something.

When my husband was working and I was at home doing the dog training, Lillybee learned to sit for a treat, lie down, come when called and go to her place on a mat in the corner of the kitchen while we ate our meals. She never "demand" barked, which is an obnoxious trait wherein a dog barks loudly and inces-

santly in your face for something — food or attention or a walk. Not acceptable! The idea is that after training for good behavior with tons of treats to sweeten the pot, the dog will adopt the good behavior even without a treat.

It did not take long for us to realize that Lillybee does nothing for nothing. If you want her to sit and you aren't prepared to offer her a sizable piece of dried sweet potato, you are barking up the wrong tree. Training her was exhausting. You could almost hear her thinking, "I don't have to sit. But I'll do it if you give me one of those compressed chicken weenies."

She was always an alpha dog, and she landed with us, a Triple A alpha couple. Still, her life in our home was rewarding and fun and fully inclusive of us as a trio.

Then the pandemic hit, and we and she were completely isolated. Don and I spent many more hours at home. He retired. We didn't travel much, and she had been accustomed to riding in air-planes zipped into a canvas bag under the seat. She was a get-up-and-go dog.

At the beginning of the pandemic,

there were rumors that dogs could carry the virus and advice not to let them into a sick room. We didn't know how strict to be, so we just kept her inside with us, except for walks. There was a lot of togetherness; since we couldn't see our grandkids, Lillybee was the main event. She began to "demand" bark.

Don began to give her extra treats. Not just chicken weenies and dried sweet potato, but shreds of salmon at \$18 a pound and the occasional peanut. I'm not saying he's not a naturally lovable guy, but soon Lillybee would not leave his side. No going to her "place" during meals. He pulled out a chair for her at the table and she would gaze longingly into his eyes, clearly praying for him to drop a crumb.

He started to think it was personal, not realizing that he's only as good as his supply of dried liver. He decided to increase her stash of toys, even buying two stuffed duckies in case one of them got dirty.

Then, I heard him call her "darling," as in "Darling, want a belly rub?" That was when I realized this wasn't just a fling.

I heard they're registered at Bloomingdale.

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In Congress, July 4, 1776

The Declaration of Independence was first published on July 6, 1776, in a newspaper, the Pennsylvania Evening Post. We are proud to commemorate that high point in American journalism by reprinting that historic document.

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the Powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed. That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that governments long established should not be changed for light and transient causes; and accordingly all experience hath shown, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security. Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

He has refused his Assent to Laws, the most wholesome and necessary for the public good. He has forbidden his Governors to pass Laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them.

He has refused to pass other Laws for the accommodation of large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only.

He has called together legislative bodies at

places unusual, uncomfortable, and distant from the depository of their Public Records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved Representative Houses repeatedly, for opposing with manly firmness of his invasions on the rights of the people.

He has refused for a long time, after such dissolutions, to cause others to be elected, whereby the Legislative Powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the mean time exposed to all the dangers of invasion from without, and convulsions within.

He has endeavoured to prevent the population of these States; for that purpose obstructing the Laws of Naturalization of Foreigners; refusing to pass others to encourage their migrations hither, and raising the conditions of new Appropriations of Lands.

He has obstructed the Administration of Justice by refusing his Assent to Laws for establishing Judiciary Powers.

He has made Judges dependent on his Will alone, for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of New Offices, and sent hither swarms of Officers to harass our people, and eat out their substance.

He has kept among us, in times of peace, Standing Armies without the Consent of our legislature.

He has affected to render the Military independent of and superior to the Civil Power.

He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his Assent to their acts of pretended legislation:

For quartering large bodies of armed troops among us:

For protecting them, by a mock Trial, from Punishment for any Murders which they should commit on the Inhabitants of these States:

For cutting off our Trade with all parts of the world:

For imposing taxes on us without our consent:

For depriving us in many cases, of the benefits of Trial by Jury:

For transporting us beyond Seas to be tried for pretended offences:

For abolishing the free System of English Laws in a neighbouring Province, establishing therein an Arbitrary government, and enlarging its Boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule into these Colonies:

For taking away our Charters, abolishing our most valuable Laws, and altering fundamentally the forms of our Government:

For suspending our own legislature, and declaring themselves invested with Power to legislate for us in all cases whatsoever.

He has abdicated Government here, by declaring us out of his Protection and waging War against us.

He has plundered our seas, ravaged our Coasts, burnt our towns, and destroyed the lives of our people.

He is at this time transporting large armies of foreign mercenaries to compleat the works of death, desolation and tyranny, already begun with circumstances of Cruelty & perfidy scarcely paralleled in the most barbarous ages, and totally unworthy of the Head of a civilized nation.

He has constrained our fellow Citizens taken Captive on the high Seas to bear Arms against their Country, to become the executioners of their friends and Brethren, or to fall themselves by their Hands.

He has excited domestic insurrections amongst us, and has endeavoured to bring on the inhabitants of our frontiers, the merciless Indian Savages, whose known rule of warfare, is an undistinguished destruction of all ages, sexes and conditions.

In every stage of these Oppressions We have Petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated injury. A prince, whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free People.

Nor have We been wanting in attention to our British brethren. We have warned them from time to time of attempts by their legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which would inevitably interrupt our connections and correspondence. They too have been deaf to the voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity, which denounces our Separation, and hold them, as we hold the rest of mankind, Enemies in War; in Peace Friends.

We, therefore, the representatives of the United States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these United Colonies are, and of Right ought to be Free and Independent States; that they are absolved from all Allegiance to the British Crown, and that all political connection between them and the state of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. And for the support of this Declaration, with a firm reliance on the Protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes and our Sacred Honor.

The Declaration was signed first by John Hancock, president of the Continental Congress, and then by 55 others representing the 13 original states.

OPINIONS

Yes, voter fraud does exist

Voter fraud has been around since the creation of democracy, but that doesn't make it right or mean we should allow it to continue or expand. Free and fair elections are the foundation of any free, self-governing country. Without them, you have nothing except the tyranny imposed by those who successfully manipulate the electoral process.



RONALD J. ROSENBERG

The latest assault on our voting mechanisms has a long history. You could buy a vote with a round of drinks as practiced by the New York City Democrats of Tammany Hall of the 1880s. And voting from the grave? Louisiana's governor of

the 1930s, Huey Long, reportedly said, "When I die, I want to be buried in Louisiana, so I can stay active in politics." Others have used a variety of frauds, including bribes, intimidation and poll taxes to redirect election outcomes.

But in the 21st century, we are facing a far more insidious and systemic corruption of our balloting. Today, would-be electoral fraudsters want to entirely abolish the requirement of voting in person with identification, in favor of allowing voting

by mail or an absentee ballot merely for the asking.

Requiring ID and other laws designed to ensure the integrity of elections do not suppress the vote, as President Biden and others have falsely asserted. Last month's Georgia primary saw record turnout for early voting — nearly triple the level in 2018 level and 212 percent more than in 2020, a presidential election year.

New York Gov. Kathy Hochul signed a bill earlier this year that, dangerously, allows New Yorkers who are concerned about getting Covid to vote this year by absentee ballot. Some political pundits believe that, much like their clumsy and illegal gerrymander of election districts, this is one more instance of those on the left seeking to undermine the integrity of our elections so they can gain a political advantage at the expense of democracy.

It's not as if New York voters aren't wise. They sent a loud and unequivocal message last November when they voted down a proposed constitutional amendment that would have allowed no-excuse absentee voting.

As the political cycle heats up with a double-barreled primary calendar, it is important to understand that voting by mail and unlimited absentee voting is a

serious threat that undermines confidence in the integrity of the outcome. "Ballot harvesting" has become a thing: Paid operatives are sent door to door, offering to transport individuals' mail-in ballots to the Board of Elections. One suspects that these concerned

defenders of democracy may well check your party affiliation before deciding whether the next stop is the ballot box or the dumpster.

In California, no less, the practice was recognized as being so egregious to democracy that after it was made legal in 2016, it was subject to serious restrictions.

California "has since made it illegal to get paid per ballot collected," The Washington Post reported, "and for employers to ask employees to bring their ballots into their workplace."

Another dimension to ballot harvesting that harms the integrity of absentee voting is the ability of the paid operative to make a last-minute argument about why you should vote one way or another. This kind of pressure is why our polling places have restrictions on how close candidates can campaign.

If our democracy is to stand the test of time, the Covid-imposed ability to vote remotely needs to be curtailed and

restricted to those who legitimately cannot make it to the polling place on Election Day. It isn't too much of an ask for a concerned and engaged citizenry to find the will and the means to physically make it to the ballot box one day a year.

Those who argue that these options increase participation in our election process will have to make a far more cogent case, because the jury is still out on that claim. An analysis by the Connecticut Mirror suggested that absentee voting has not brought a significant spike in participation. The Public Policy Institute of California reported a similar finding. So one can legitimately ask, what is the real reason to expand absentee and remote voting, who is pushing that agenda, and why?

As we reflect on the priceless gift of democracy, we should consider who should be given the unchallenged right to offer absentee ballots. The immediate and obvious answer would be our fellow Americans in uniform, who are defending the nation. Those patriots earn the right to an absentee ballot with their blood and valor.

What's the left's excuse?

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.

We are facing an insidious and systemic corruption of our balloting.

LETTERS

Moved by tragedy to poetry

To the Editor:

My husband and I very much enjoy Randi Kreiss's writing in the Herald. I am a 67-year-old semi-retired biomedical research immunologist who refuses to "retire." I am no longer doing bench research, and am now involved in global health, community engagement — and creative writing. Some of my pieces have been featured in low-profile venues like medical school and community arts publications.

Like so many others, I was devastated after the mass shooting in Uvalde, Texas. My emotions drove me to write this poem, which I entitled "Failure."

FRANCES SANTIAGO-SCHWARZ,
Bayville

Failure

*Failure to protect the sacred nest
Squashing laughter with a single burst
Cries of joy no longer physical
Now deep in the soul, inextinguishable
Remembering loss of one so beautiful*

*A single burst multiplied by many
From a haunted soul on the devil's journey*

Failure to validate loss of life

*To prevent strife
Promoting grief
A task accomplished by the stroke of man
Nestled pinnacle not giving a damn*

*Deceptively powering pro-life
Children suffering the plight*

*Failure to secure what is possible
Without agenda
Withdrawing hate
Loss of life, not by mistake
Unforgivable denial of all that's at stake*

A queen? No, but more British TV!

To the Editor:

My wife and I enjoyed Randi Kreiss's column "Is our democracy becoming a royal pain?" (June 16-22). I don't think we Americans necessarily need a king or queen, but everyone would benefit from more British television! We began subscribing to streaming Acorn and BritBox several months ago, and we watch the same mysteries Randi mentioned, plus some others.

We currently alternate between "Vera," "A Touch of Frost," "Midsomer Murders," "Inspector Morse" and "Foyle's War." "Foyle's War" is particularly interesting, as it introduces the viewer

FRAMEWORK by Tim Baker



Enjoying the offerings at the car show — Valley Stream

to many aspects of wartime, home front Britain. We also devoured the whole "Shetland" series quickly — we traveled to Shetland and Fair Isle a few years ago, so the series was a must-watch for us.

Again, thanks, Randi, for the thoughtful

and humorous column. P.S.: I agree with you on Boris Johnson, but British food is really pretty good!

JIM BROWN
Island Park

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