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Courtesy JoAnn Criblez

JOANN CRIBLEZ PERFORMED with her sons Daniel, left, and Thomas in the HPS Network Christmas Concert at the Tilles Center for the Performing Arts in 2019.

Bayville songstress shares her talent in Glen Cove

JoAnn Criblez will perform Broadway favorites

By **LAURA LANE**
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JoAnn Criblez is committed to bringing down the house at La Bussola on July 27 when she performs “Broadway: Old and New.” During her cabaret act, she will sing a collection of her favorite Broadway classics, as well as modern pieces.

Criblez, a 1987 graduate of Locust Valley High School, has been a music teacher in the Glen Cove City School District for the past 27 years. Classically trained, she’s a professional performer.

“When you’re an art educator, it’s important to have one foot in your media,” the veteran singer of 30 years explained. “It makes for a

better teacher.”

Mike Israel, the recently retired assistant superintendent of curriculum, instruction and technology in the GCCSD, said Criblez has always been popular with children, and parents love her too.

“Whatever she does is golden. Her voice is unbelievable,” said Israel, adding that he’s planning to go to La Bussola because he loves to hear Criblez sing. “She connects to the kids through music by using performance arts to do so.”

Criblez has lived in Bayville since she was 8, and her passion for music began about the same time. Her talent became noticeable to others at that time, too, including her Bayville

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Auschwitz camp survivor Reich dies, 94

By **KEPHERD DANIEL**
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“I think people were expecting this guy who came out of the Holocaust to be mad at the world all the time,” David Reich, Werner Reich’s son, said. “But he was actually the exact opposite.”

Werner Reich survived the Auschwitz concentration camp. He died at his home in Smithtown on July 8. He was 94.

A docent at the Holocaust Memorial and Tolerance Center of Nassau County in Glen Cove, he was awarded its Speaker of the Year award and the Hadassah Myrtle Wreath Award for Educator of the Year in 2005.

“Werner Reich was an original in all aspects of the word,” Andrea Bolender, the center’s director, said. “He was an original founder, educator, and leader of the HMTTC, and Werner gave his retirement to teaching both students and adults about the dangers of intolerance and hatred of the other.”

Bolender met Werner in 2005, when he joined the center’s

board of directors. Her father, Benek Bolender, was an Auschwitz survivor, and she immediately felt a connection to Reich when they met. “I felt that every survivor was a parent to me, and I was a child to them,” she said. “He had a wicked sense of humor, and loved to cook and

bake. I can still smell the scent of the Viennese crescent cookies he would bake for us when he came to speak. I’ll watch his TED talk again and again, and so should we all.”

Reich was born in Berlin in 1927. In the spring of 1944, he was taken to the Auschwitz II-Birkenau extermination camp in Poland, and later

transferred to Auschwitz I. On May 5, 1945, American forces liberated the camp.

In 1955, Reich married and emigrated to the United States. Eventually he worked as an industrial engineer and executive for major corporations. Werner and his late wife, Eva, were married for 61 years. She was very ill at the end of her life, and he spent much of his time taking

CONTINUED ON PAGE 7



Courtesy Reich family

WERNER REICH
DIED at age 94.

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Courtesy Jimmy Mejia

THE YOUTH BUREAU'S Green Team worked on a mural at the City Stadium.

Glen Cove Youth Bureau getting kids to work

By **KEPHERD DANIEL**

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The Glen Cove Youth Bureau is offering young teenagers, most of whom have never worked before, the opportunity to get first-hand work experience. The program is designed to teach them what they'll need to have successful careers such as punctuality, teamwork, and community involvement.

The Summer Youth Employment Program started with the Youth Bureau in 1981. The program began as the Green Team, which are groups of teenagers, ages 14 and 15, who start beautification projects throughout the city. They also paint murals throughout the city, work with the city's museums and schools and maintain the community garden.

The program has since expanded to include internship and employment programs. Internship Program interns are ages 16-18, and many come after participating in the Green Teams. After months of training, which encompasses resume writing, interview techniques, and work etiquette, guest speakers and interns apply for positions offered within Glen Cove Departments, non-profit organizations and local business partnerships, and are able to work in a paid internship position through the summer.

With the lack of opportunities for young high school students to find employment, SYEP offers them the ability to be ready to find a job while they are still in high school and be employment ready for the future.

Among the places within the city where teens can work is at the City Stadium concession stands. Spiro Tsirkas, the executive director of Youth Bureau, and the city's Recreation Department, has been with the Youth Bureau since 2008.

"The concession stands are an amazing opportunity where kids learn everything from running a business, cleaning, ordering, purchasing, what sells and what doesn't sell, customization, and pricing," Tsirkas said. "They've had a lot of good opportunities, and the program just continues to give the kids incredible summers and great opportunities."



THE YOUTH BUREAU'S Green Team works on upgrading Glen Cove through beautification projects and working in the community garden.

The Employment Program not only helps students find employment in high school but also after they graduate. Jackie Yonick is the Youth Program Coordinator and has been involved with the Summer Youth Employment Program since 2003. He said the Youth Program has had a lasting impact on teenagers after they graduate.

"Some of our college kids that come back would like to work here in the city, whether they work at the gatehouses, the beaches or become seasonal laborers with the Parks and Recreation Department, Parks Department, Beautification Commission," Yonick said. "It's nice in our Glen Cove community to have this kind of relationship with the city and other departments, and allows the kids to really feel a part of their community."

The SYEP has partnerships with some of the local businesses. Some have had teenagers working there for years. Anthony Aguilar, 20, who began as part of the Green Team is now a supervisor for the Green Team program. He went through the SYEP internship program and got a

job working at SIDS all American, an eatery in Glen Cove. Aguilar attends Penn State College. When he comes home during the summer he work at SIDS. He is also a supervisor for the Green Team program.

"It's my first year as a supervisor, but I've been involved with the Youth Bureau for close to seven years," Aguilar said. "I came back for the summer and Jackie (Yonick) said, 'I have this opportunity for you to be a supervisor for the program.' I thought this was another great opportunity to get some type of experience and also work with kids."

Szymon Frye was 14 when he joined the Youth Bureau's Green Team. Now 21, and attending Saint Anselm College in New Hampshire, he is in his third year as a supervisor.

"You have a little bit of time off being a college student, so it's good to come back," Frye said. "Jackie has always helped me out and the youth bureau has been great to me. Through them, I've been able to work everywhere. I've worked at the ballpark, I've worked at the mayor's

office and I worked on her campaign all through the Summer Youth Employment Program."

The Youth Bureau has a variety of other programs for children too, from their Drop-In Center to after-school programs. The advantages of the Green Team and the employment program is it allows for teenager at the high school level to build their resumes, learn labor skills and have a place to be while being paid. Tsirkas believes it's an experience they will always remember.

"Through this program, kids realize it's not only about the money, but it's also about what you can learn, and what you can view and it leads to career paths," he said.

"Trying to find younger people who want to do things and giving them the opportunity to do it, you're building their portfolio and you're building their business," Yonick added, "They're starting to become aware of their community and proud of where they live, and their part in it."

Mangano ordered to pay \$10M in restitution

Former Nassau County executive Ed Mangano is on the hook for \$10.6 million he will have to deliver to a pair of Connecticut insurance companies.

U.S. District Court judge Joan Azrack ordered the restitution last week in connection with his bribery conviction from earlier this year that will cost him the next 12 years behind bars. In that case, a jury found Mangano used his position as county executive to influence the Town of Oyster Bay to guarantee loans for a concessionaire in exchange for several bribes, including a \$450,000 “no-show” job for his wife Linda, along with free meals, vacations, luxury chairs, and flooring for the couple’s bedroom, as well as a \$7,500 watch for one of their sons.

“The trial evidence was unambiguous that Ed Mangano had zero involvement in these loans and was unaware of their existence,” said Mangano’s attorney, Kevin Keating, in a statement. “We look forward to addressing those issues on appeal.

Mangano is scheduled to begin his prison sentence July 27, unless the

judge allows him to remain free pending his appeal. His wife also seeks to remain free while she appears a 15-month sentence for lying to the FBI.

Mangano will be required to pay \$25 every three months while he is in jail — accounting for just \$1,200 if the 60-year-old serves the full sentence — and 10 percent of his gross monthly income after he is released.

Prosecutors claim loans were made with two insurance companies — Phoenix Life Insurance and PHL Variable — by Purchase-based NDH Capital Corp. Both claimed to the court they lost \$10 million after the loans defaulted.

A jury found Mangano pushed for \$20 million in loans for Harendra Singh, a longtime Mangano friend and a former restaurateur. Singh became the star witness for the prosecution after pleading guilty to bribery, conspiracy and tax evasion. He testified he had lavished the Manganos with gifts in exchange for favored treatment by the county executive.

—James Bernstein



Courtesy Tab Hauser

THE SHOPPE BY Trubee Hill has opened at 100 Village Square offering an array of specialty goods. Caron Siegel, left, joined her son, Ian, his husband Adam and Lindsey Walsh, for the big day.

The Shoppe by Turbee Hill, an upscale gift shop opens in G.C.

The Shoppe by Trubee Hill received an enthusiastic welcome on Saturday during its ribbon-cutting ceremony. The latest addition to downtown Glen Cove, located in the newly renovated Village Square, The Shoppe by Trubee Hill, owned by Glen Cove residents Ian Siegel, and his husband Adam, offers customers an array of specialty goods, from its signature candles to candies, needlepoint pillows to cutting boards. Less than two

years old, the brand was born out of the pandemic, and has grown beyond its founders’ dreams.

“People have been telling us how grateful they are that we’re here,” Adam said. “And every item in our store has a story, from the name of the candles to the products we sell, and the store is designed after our own home. Our philosophy is, we only carry what we truly believe in.”

CRIME WATCH

Arrests

- A 42-year-old Hempstead man was arrested for rape in the 3rd degree on July 12.
- A 41-year-old Glen Cove man was arrested for criminal contempt on Valentine Avenue on July 13.
- A 27-year-old Glen Cove man was

arrested for criminal obstruction of breathing, criminal contempt 1st degree, aggravated family offense, and obstructing governmental administration 2nd degree on Smith Street on July 14.

■ A 46-year-old Smithtown male was arrested for criminal contempt 2nd Degree on Pratt Blvd on July 15.

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



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A first look at Shore Road improvements for S.C. and G.C.

By WILL SHEELINE

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Preliminary concepts for the much-maligned Shore Road were made public at a meeting held at Glen Cove City Hall on July 12. Although the concept-art is the first step to fixing Shore Road, residents agree that it is a step in the right direction.

Since 2018, residents of the street in Sea Cliff and Glen Cove have banded together to combat what they see as the dangerous driving culture of Shore Road. The Shore Road Neighbors Group has been fighting for a redesign of the thoroughfare, arguing that its design, lack of stop signs and regulations means drivers treat it like a highway, encouraging speeding.

The preliminary designs for Shore Road were presented by Commissioner Kenneth Arnold of Nassau County's Department of Public Works and Chris Laberty, an associated traffic engineer assigned to the project. They discussed the design at length, fielding questions about the proposed design and acknowledging where further improvements could be made. Neither could be reached for comment after the meeting.

The design featured several notable improvements to the road's structure, including the addition of speed monitors, stop signs and lights. The county is not adding speed bumps because it no longer builds them due to the damage they can cause to vehicles' suspension. The design included changing some multi-lane sections



Will Sheeline/Herald

UPGRADES TO SHORE Road will also include improvements to the drainage system, because the road is close to the water and floods frequently during foul weather.

of the road into single lanes, to further reduce traffic.

Sea Cliff Village Administrator Bruce Kennedy claimed the preliminary drawings showed a lot of promise for the residents who had been a part of the five-year struggle to update Shore Road. Kennedy said the speed monitors would show drivers that they are driving over the speed limit in real time.

"There is a significant efficacy to these signs in that when people recognize the fact that they are traveling over the speed limit, usually around 80 percent of people imme-

diately hit the brakes," Kennedy asserted in a later interview. "While the sketches were preliminary, they showed a lot of the meat and potatoes we were hoping for in this redesign."

Shore Road resident Lora Cusumano from Glen Cove, one of the first to take up the torch for this project and a founder of the Shore Road Neighbors Group said she and others who live on the street will continue to take an active part in the ongoing discussions regarding future improvements.

She plans to survey fellow residents

about further changes they'd like to see. She will send the results to Nassau County Legislator Delia DeRiggi-Whitton, of Glen Cove, who has been working directly with the SRNG since 2019 to get this project done.

"[The survey] is just to get a more general consensus of some of the things the residents are looking for, because some of the things that we would like to see would be a wider sidewalk along one side of the road, and possibly parking on only one side as well," Cusumano said. "The goal is to lessen traffic on the road and make it more residential. We want it to be safer for people to enjoy it by being able to walk and ride their bikes."

DeRiggi-Whitton said although Shore Road construction has not yet started, the preliminary concept plan provides a framework showing residents that the county is taking their wishes seriously. She said it is still a work-in-progress and she is excited about the potential improvements this will bring to the residents of Shore Road.

"The whole idea is to remind people that they're driving through a neighborhood, and to be cognizant of the fact that there are kids there, people walking their pets, and just to be as careful as possible of their speed and awareness," DeRiggi-Whitton said. "I also would hope that some of the trucks might also think twice before coming on Shore Road, not only because of the noise but also because the scale of usage is difficult for a community like this to withstand."

GLEN COVE HERALD - July 21, 2022

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— Richard J. Skelly, Blues Music Magazine

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Will Sheeline/Herald

LOCAL WATERWAYS, LIKE Cold Spring Harbor, can be susceptible to outbreaks of harmful algal blooms — more commonly known as ‘red tides’ — during the summer months.

Summer’s in bloom, but ‘red tide,’ too?

Harmful algal blooms threaten marine life, but is preventable

By **WILL SHEELINE**

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The summer season is well underway, and with it comes sun, heat, visits to the beach, and harmful algal blooms.

These blooms, more commonly referred to as “red tide,” are caused by the unchecked growth of certain types of algae, according to scientists, which can poison sea life and prove debilitating — in some cases even fatal — to people, as well.

Blooms are created when algae colonies clump together and grow out of control, usually fueled by a large amount of nitrogen in the water, causing the algae population to spike uncontrollably. Normally algae, a simple plant found in salt and freshwater, is harmless and actually provides an essential source of nutrients and energy for the aquatic ecosystem.

The blooms occur predominately during the summer, when the water is warmest and provides a fertile breeding ground. According to a University of Connecticut study, the Long Island Sound water temperature is rising roughly 33 degrees Fahrenheit per decade. That’s four times faster than the Atlantic Ocean, which also suffers from more of these harmful algal blooms.

A number of local conservation groups have made an effort to study and track the water quality and toxicity levels of Long Island Sound, especially when it comes to “red tide” blooms.

“We want some algae in the water since it’s necessary for a healthy Long

Island Sound, environmentally speaking,” said Peter Linderoth, director of water quality for Save the Sound. “However, a large algal bloom can have detrimental effects on the ecosystem, whether it’s considered ‘harmful’ or not.”

The effects of these blooms can vary — in the best case, merely causing minor inconveniences to marine life. However, blooms can kill off a large number of invertebrates like shrimp and crabs, even dolphins and turtles. While people can still swim in such blooms, they can suffer from skin irritation and stomach issues such as nausea and vomiting.

A large algal bloom can have detrimental effects on the ecosystem, whether it’s considered ‘harmful’ or not.

PETER LINDEROTH
Director,
Save the Sound

Many blooms are quite visible, so any public beach blooms are found will often be shut down before any swimmers are put at risk. Despite that, people living near the water are still at risk, as blooms can affect shellfish such as oysters, mussels and clams.

Luciana Santoferrara, a biology professor at UConn, says that it’s this danger of ingesting contaminated shellfish which poses the greatest risk to people living near the water.

“Usually the problem for humans doesn’t come directly from contact with the water, but from contaminated seafood,” Santoferrara said. “The risk is related to specific toxins, as these microscopic organisms that can cause red tide produce toxins that can harm different parts of the body, from the liver to the brain.”

Yet, scientists say many of these blooms are ultimately man-made, and largely preventable. High nitrogen levels



Courtesy Alex Derr

HARMFUL ALGAL BLOOMS — more commonly known as ‘red tide,’ like this created under the Astoria Bridge in Oregon in 2008 — can cause a number of ecological issues, from killing nearby marine life to creating problems for swimmers.

in the water are often caused by runoff from human waste and produce infecting water ways along Long Island, ultimately making their way to the sound.

This extra nitrogen typically comes from poorly maintained septic systems and cesspools, which leak into the soil and corrupt rivers and other waterways that feed the sound, scientists have said. Fertilizer runoff is another major issue, exacerbated by what are otherwise picturesque golf courses near the water, that typically require thousands of tons of fertilizer.

But with just a little effort, Long Island could easily identify — and maybe even eliminate — some of these environmental threats. At least according to Michelle Lapinel McAllister, programs director

and environmental monitor for the Coalition to Save Hempstead Harbor. Understanding what causes nitrogen buildups, and implementing methods of prevention can go a long way in protecting not only swimmers and shellfish-eaters, but also the sound itself.

“Any efforts to reduce nitrogen help,” McAllister said, “from maintaining septic systems and cesspools so that they’re not leaking into the ground and making their way into the water ways, reducing or eliminating fertilizer use, picking up after your pet after they go to the bathroom outside, (and) upgrading treatment plants.”

“Any of those are going to be a benefit to reducing nitrogen from entering the waterways.”

Reich told, and retold, harrowing story

CONTINUED FROM FRONT PAGE

care of her, before she died in 2016. He is survived by their sons David and Mikal; a daughter-in-law, Andrea; four grandchildren, Ben, Brooke, Violet and Olive; a niece, Karen Ziegler; and a nephew, Robert Romano.

Werner began public speaking 25 years ago, after the birth of his first grandchild. He felt that it was important, when this new life came into the world, to get his message out. So he gave many talks about his experience, to fulfill what he saw as his commitment to helping prevent history from repeating itself.

He delivered talks to audiences on Long Island and around the world. He spoke to gatherings at schools throughout the school year. He spoke as often as 10 times a week, and roughly 100 times a year, at middle schools, high schools, colleges and festivals.

Reich also traveled around the world, to England, Germany, Israel, Portugal and China. "He did more traveling between the ages of 90 and 94 than I've done in my lifetime," his daughter-in-law, Andrea Reich, said.

"The message of many of Werner's talks, among sharing his experiences, was urging people to be kinder to their fellow men and women," Andrea said.

"Yes, he talked about his experiences. Yes, he told everybody about the horrors and the atrocities of the Holocaust. But he had an overriding message of being nice to people, being good, and anti-bullying."

Those who knew him said that Werner had a great sense of humor, and always felt that a bad situation could be made better by being happy instead of sad. "He always tried to look on the bright side," Andrea said. "We would ask him, how can you always be so positive, because of all the horrible things that have happened to you in life? He said that he'd been blessed because he survived, he met his wife, with



Courtesy Reich family

WERNER REICH WITH his family at his 94th birthday party.

whom he was in love and raised a family, and had very good grandchildren."

An avid cook, Werner had a taste for European cuisine and loved experimenting. He made schnitzel, goulash, apple strudel and his family's favorite, potato pancakes.

"He could meet somebody at the supermarket and start chatting with them, and the next minute they're in his kitchen and he's showing them how to cook a special dish," Andrea recalled.

Reich was a member of the International Brotherhood of Magicians and the Psychic Entertainers Association, and he continued to practice magic tricks throughout his life,

after learning his first trick in a concentration camp.

He is remembered for his positive, uplifting attitude. "They'll remember him as a very fine, loving man, a very welcoming person and a very positive person," David Reich said. "When people would first meet him, they felt like they were his best friend."

"Even though he went through a lot of adversity, and it was definitely a horrible experience, he managed to make, like, a very positive happy experience and his message, we hope, will resonate forever," Andrea Reich added. "You can't forget the atrocities. But something good could come out of it."

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Returning to LIIFE on the big screen

Bellmore Movies hosts 25th year of Long Island International Film Expo

By **JORDAN VALLONE**

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A tight-knit community, of neighbors supporting neighbors means everything to independent filmmakers. That feeling was abundantly clear last week at the Bellmore Movies & Showplace with the Long Island International Film Expo.

Now in its 25th year, the expo returned to the 107-year-old cinema on Bellmore's Pettit Avenue on July 13, having already established itself as a well-respected festival in the independent film community.

The expo — more commonly known as LIIFE — was co-created by Debra Markowitz and Henry Stampfel from the Long Island Film/TV Foundation, along with Stampfel's wife, Anne.

The Stampfels own Bellmore Movies as well as a sister theater, Malverne Cinema.

Nassau County officials sponsor the expo each year, prompting Markowitz to thank not only County Executive Bruce Blakeman, but also Richard Kessel from the county's Industrial Development Agency.

"We're so proud of what we put together," Markowitz said, "and how it's grown."

The expo featured more than 120 films — some produced by Long Island filmmakers — as well as many more from across the country and around world. Films and documentaries of all genres were shown through July 16.

The expo has been hosted at various venues since its inception at Hofstra University, Nassau Community College, and even Malverne Cinema on Hempstead Avenue. For the past 15 years — with the exception of 2020 because of the coronavirus pandemic — Bellmore Movies has hosted the expo.

First opened in 1915 at 222 Pettit Ave., Bellmore Movies boasts a single screen with a stage, proving a cozy venue for filmmakers to interact with audiences during post-screening Q-and-As. Directly north of the Bellmore Long Island Railroad station, film buffs travel in from New York City and other parts of the island just to attend, Markowitz said.

The expo also attracts celebrities — actors from films and television series who are not only supporters of LIIFE, but filmmakers themselves. Lukas Hassel, best known for his role as Elias VanDyke on NBC's "The Blacklist," was in attendance this year, speaking about the importance of movie festivals like LIIFE.

"Filmmaking is hard," he said. "It's one thing if you have a studio backing you with \$200 million and celebrity actors, but independent filmmaking is really hard. It's all about reaching out to your colleagues, to your friends, to your community. This festival — the Long Island International Film Expo — is an example of how important it is to build a community."

For filmmakers like Michael Scully — who created the dramedy "Montauk 77" with his 15-year-old daughter Michayla — being back on Long Island was the perfect way to wrap up nearly a year's worth of



Tim Baker/Herald photos

BELLMORE MOVIES & Showplace hosted the 25th year of its Long Island International Film Expo, attracting filmmakers and audiences from across Nassau County and beyond.



HENRY AND ANNE Stampfel, owners of the Bellmore Movies & Showplace — and co-creators of the Long Island International Film Expo — said they were grateful to see the event come together once again.

festivals. Scully, who lives in Levittown, says he's been making short films for nearly 20 years, and was encouraged by his daughter to take the plunge into creating a feature film — which they ended up writing and starring in together.

"Montauk 77" — featuring Michael as a "down-on-his-luck" ride-hailing driver, and Michayla has his snarky teenaged passenger — premiered last October at the New York Long Island Film Festival in Lindenhurst.

"What I've learned over the last year is that you need communities like this to reach out and put these events together," Scully said. "They're very important to young artists. And older artists like myself."

Filming during the pandemic was a challenge, Scully noted, but it was his neighbors and friends that helped bring the film together.

"We had a lot of community members come out, businesses saying, 'Sure you

can shoot it at our diner, you can shoot it at our bank, you can shoot it at our town library,'" he said. "We're here for the 25th anniversary — back home on the island. It means so much for us — and our film — to be here."

The Stampfels, who say they work nearly every day of the year to plan the expo, were grateful to host it once again in a building many moviegoers have come to love.

"It's not an official historic site, but it is to us," Henry said. "This takes an entire year. When we're done with this, we take a break for like 30 days, and then we go back to plan on our next one. This is the 25th year, and we hope to go another 25 years."

DEBRA MARKOWITZ, CO-CREATOR of the Long Island International Film Expo, said she was thankful for the support the program receives annually from sponsors.

How you can watch 'Montauk 77'

'Montauk 77,' a dramatic comedy by Michael and Michayla Scully, was picked up by Gravitass Ventures, an independent film distributor, and will be released Aug. 30 through video on demand as well as streaming platforms like iTunes and Amazon Prime Video.

To learn more about the film that was featured at the recent Long Island International Film Expo, visit Montauk77Film.com.

Anyone interested in submitting a film to be considered for next year's festival, visit LongIslandFilm.com.

—Jordan Vallone





THE WEEKLY LIST:

LONG ISLAND'S BEST BARS, BREWS, BURGERS & BBQ

Visit www.lichoiceawards.com to view all winners and finalists of the 2021 Herald Long Island Choice Awards presented by PSEG Long Island. Check back September 1 to nominate your favorite businesses for 2022.

BEST SPORTS BAR:

Michael's Billiards
4310 Austin Blvd, Island Park, NY 11558
(516) 548-7707
www.michaelsbilliardsny.com

Pool, darts, food, drinks, and big screens – all the ingredients for a good time. Michael's Billiards is the perfect location to catch the game or be a part of one by joining an APA league or dart team. You can even start your own league with friends or family and make it a tradition. Have a classic night and make great memories!

BEST PUB:

Shine's Bar
55 California St, Long Beach, NY
(516) 432-9248
www.shinesbar.com

Shine's has been around since 1912, continuously serving its customers. Considered the oldest bar on the beach, Shine's is a part of the stunning Long Beach community and treats everyone like family. This family-friendly pub welcomes all for laughs, drinks, and food. Participate in one of the many events they host such as toy drives. Stop in, grab a beer, snatch some Shine's merch, and relax.

BEST PLACE TO BUY BEER/BEVERAGE CENTER:

McBreen's Beverage
79 Sunrise Hwy, Lynbrook, NY 11563
(516) 887-7658
www.mcbreensbeverage.com

Located on the Lynbrook and Rockville Centre border, this is your one-stop-shop for all your liquor, beer, wine, and more! With so many selections, you'll find something to suit everyone's taste and with great discounts and prices, you'll be able to stock up. They also offer delivery and curbside pickup for your convenience. Whether you're looking to fill the cooler for the beach or hit the club with a bottle, McBreen's has got you covered.

BEST BREWERY:

Barrier Brewing Co.
3001 New St, Unit A2, Oceanside, NY 11572
(516) 594-1028
www.barrierbrewing.com

South Shore's Barrier Brewing Co. made their first batch in June 2010 and since then have grown to produce numerous brands and styles of beer available in cans, bottles, or draft. Plus, they offer specialty releases exclusive only to the brewery's tasting room. Discover the art of brewing beer with each sip, and admire the incredible, colorful artwork that goes with each label. The beer garden, and 3rd Rail Food Truck is open from Wednesday to Sunday; but Barrier Tap Room is open daily for curbside or takeout.

BEST BAR/BEST HAPPY HOUR:

Brixx and Barley
152 W Park Ave, Long Beach, NY 11561
(516) 544-4511
www.brixxandbarley.com

Established in 2014, Brixx and Barley is the gastro-pub dream turned reality for Frank and Rich Cammarata and Anthony Millwater. Brixx represents the brick oven used to make pizza and barely represents craft beer, which is in constant rotation to accommodate each guest's differing preferences. Try Brixx and Barley's high-end healthy pub food, come in for lunch, dinner, brunch, or the bar and pizza – open late. They also have a full vegan menu, support local farmers and sustainable seafood year round.

BEST LONG ISLAND CRAFT BEER:

Bright Eye Beer Co.
50 W Park Ave, Long Beach, NY 11561
(516) 543-5736
www.brighteyebeerco.com

Long Beach's first craft brewery and taproom, Bright Eye Beer Co., has been happily serving the community since 2020! They host fun events such as live music, beer releases, tie dye nights and so much more in addition to their tasty craft brews. View their art gallery with delightful works of art available for purchase. Order online and pick up Tuesday-Sunday during select times so you can take the fun home!

BEST BBQ:

Backyard Barbeque
300 Woodcleft Ave, Freeport, NY 11520
(516) 771-4227
www.bbqonthemile.com

Specialty summer frozen lemonade cocktails, BBQ, and blues, the Backyard Barbecue is a place for adults to wind down, have fun, and enjoy this wild ride we call life. Fresh ingredients, house-made pickled products, and a whole lot of love, passion, and dedication goes into their home-style cooking. Come in for events, happy hours, sports viewing, or just for a good time and great food.

BEST PRETZEL:

Philly Pretzel Factory
2647 Jerusalem Ave, Bellmore, NY 11710
(516) 679-3000
www.phillypretzelfactory.com

Fluffy, salty, warm pretzels, with cheesy sauce, but that's not all! They've taken a fun twist on American classics: Philly Pretzel Factory offers mini cheeseburgers and minidogs, wrapped in their buttery pretzel dough. Get dippin' in spicy mustard, nacho cheese, honey mustard and more; or to satisfy that sweet tooth try buttercream or brownie batter dip. What better combo than pretzels and beer, so grab a tray for your parties or summer gatherings.

BEST BURGER:

American Burgers
326A Sunrise Hwy,
Rockville Centre, NY 11570
(516) 766-2227
www.americanburgersrvc.com

For over 22 years, family-owned American Burgers of RVC hasn't changed their burger-style that the community has grown to love. The old school ambiance of the restaurant takes you back in time, admiring the celebrity photos and car license plates from each U.S. state. When they first opened in 1998, there were four kinds of burgers; now, there are over 50 different styles of burger to choose from – with vegetarian options on the menu as well such as veggie burgers and more!



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 PSEG LONG ISLAND

Growing good eats in the neighborhood

Cornell Cooperative Extension wants to expand local agriculture

By MALLORY WILSON

mwilson@liherald.com

Fresh food is important not only to health, but also the local economy — something leaders of the Cornell Cooperative Extension of Nassau County are committed to making available to everyone.

The cooperative extension, with its main office at Eisenhower Park and a farm located on Merrick Avenue, focuses heavily on selling goods produced by locals all over Long Island. It even runs farmers market every Saturdays through October in Eisenhower Park, kicking off the latest season just a couple weeks ago.

The farmers market is a part of the cooperative extension's food systems and agriculture program, something Cornell University upstate has championed through this century-old nonprofit located in every county and every New York City, with more than 50 offices statewide.

Working with county, state and federal officials, the Cornell Cooperative Extension also leads programs involving 4-H, as well as allowing young people to explore areas in science, technology, engineering, and math. The cooperative extension also focuses on health, wellness and nutrition, offering education workshops and information about food-related topics.

The organization also spends time on natural resources, providing knowledge on sustainable energy and horticulture, like that at the East Meadow farm, creating gardens that teach people how to properly grow their own goods.

The cooperative extension also runs a mobile market — a van of fresh produce services — that makes its round to senior citizen and community centers.

And then there's the Taste NY market, located at the Long Island Welcome Center, between exits 51 and 52 on the east-bound side of the Long Island Expressway. The market opened in 2016, selling goods from vendors all over Long Island and New York state.

It's "an extension of Cornell University, so obviously, we're really proud of that, to take the research and work that's been done at the university level and put it to work for the residents here in Nassau County," said Greg Sandor, the executive director of Nassau's cooperative extension.

Established in 1914, the Nassau cooperative extension has always had a farm stand, which moved to Eisenhower Park in 2020.

"There were a couple of guests vendors and it was small, but it was a great way to get in touch with the community," said Jennifer Hochuli, who coordinates the office's food systems and agriculture. "It was an all-hands-on-deck with staffing."

And that's a big need in Nassau, Sandor said — build a local sustainable food system.

"In Eisenhower Park we're trying to create more access to fresh grown produce," he said. "Eisenhower Park has high visibility, and you've got all different



Katrina O'Brien/Herald photos

THE CORNELL COOPERATIVE Extension of Nassau County hosts its farmers markets on Saturdays in Eisenhower Park. It features fresh produce from a number of vendors across Long Island.



walks of life coming around here on weekends. It's a great mix of community members, and you never know why they're swinging by Eisenhower."

The farmers market accepts cash, credit/debit, along with Supplemental Nutrition Assistance Program cards and coupons from those who are a part of the Farmers Market Nutrition Program.

"Everybody should have access to fresh food, it's so good for you and your body," Hochuli said. "Supporting locally grown food, locally grown produce, as well as local businesses — it's good for the economy, it's good for your area, and at the end of the day, I like to think that it'll come back and help you out."

Dara Myers is spending her first year at the farmers market. She sells fresh juices and tea from her store, Jolistic Organics Health Store in Baldwin, which opened last month.

"This has been something I've wanted to do since 2017, but I put it on hold because of Covid," Myers said. "My mom passed away from lung cancer, and ever since then, I wanted to steer away from Western medicine and more toward natural ingredients."

If the community wants farmers to be a part of the economy, Sandor said, then it's something they must invest in.

"We were seeing a trend toward not supporting local agriculture and farmers, and it's really tough for farmers to stay in business," he said. "But during Covid, we saw an uptick, so we saw people coming out and supporting this."

But going to the farmers market doesn't mean you have to drive by the local grocery store. It also can help teach



FRESH PRODUCE, LIKE these from Schneider's Farm in Melville, is available to anyone who stops by farmers markets like the one the Cornell Cooperative Extension of Nassau County hosts in Eisenhower Park. All goods sold at the farmers market are from local businesses, and the variety changes throughout the season.

THE FARMERS MARKET like this one at Eisenhower Park is open to public, and is just one of the pillars of Nassau County's Cornell Cooperative Extension.

people how to grow their own produce at home, too.

"Your garlic is so big, how can I do that? How can I grow lettuce like that in my yard? And just learning about how their food is grown is something that people are interested in," Hochuli said. "Part of the history and the reason and the significance of farmers markets is that people can find that information out."

Residents at odds with Roe v. Wade overturn

By **ROKSANA AMID**
Correspondent

The decision to overturn Roe v. Wade came after 50 years of the established right to protect abortion. The landmark ruling by the Supreme Court has highlighted a growing rift among Long Islanders.

In New York, abortion is legal up to 24 weeks of pregnancy and if pregnancy poses a health risk to the mother or child. In 2019 there were 5,656 abortions on Long Island with 2,996 from Nassau and 2,660 in Suffolk.

Reactions to the Supreme Court's decision are divided, with the possibility of reconciliation from either side doubtful. On the North Shore many argued their perspectives were a matter of deep principle.

Some said they are afraid, agitated and are mourning the loss of what they consider to be a constitutional right. "I have a 21-year-old daughter, and she now has less rights than I did, and that is distressing." Rose Ventura, of Glen Cove, said. Ventura fears limiting abortion restricts bodily autonomy and safety for women. And she worries about a world that offers fewer options for her daughter. "Overturning Roe isn't going to stop abortion. It's going to stop safe abortion," she said.

Those supporting the overturn of Roe are grateful, saying there will be a decrease in what it considers to be an act of violence and dehumanization. The Diocese of Rockville Centre, who oversee religious guidance for the 1.4 million Catholics on Long Island, believes the overturn of Roe has rectified decades of injustice, devastation to families, and returned the dignity of women, and culture.

The office of John O. Barres, Bishop of Rockville Centre, issued the following statement: "Just as we look back now with approval at Brown v. Board of Education, which reversed the wrongly decided, longstanding precedent on racial segregation, we pray that one day the good sense

behind overturning Roe v. Wade will be acknowledged with the same universal respect."

The reason why Locust Valley resident Lawrence Allen doesn't support the reversal of Roe is because he worries about enacting personhood on a cellular level.

"That makes absolutely no sense to me on biological grounds, philosophical grounds, ethical grounds or legal grounds," the retired lawyer said. The decision to nullify Roe is one of the worst decisions the Supreme Court has made, he said, and it was done for purely ideological reasons. "I think society is heading in a terrible place and we're going to regret this, because now what we're doing is letting the government make decisions

about the most personal aspects of our human life."

Longstanding pro-life advocates like Marie Coyle, of Glen Cove, worried that when Roe was the law that that the potential for human life was dismissed. She said use of the term "fetus" places distance on a devastating situation.

"Killing something is not the answer," Coyle said. "If you disrespect life at its earliest time, you then essentially disrespect it anytime."

She added that she credits her perspective to her life experience, personal anecdotes and partially to her Catholic upbringing.

North Shore residents supporting the overturn were least likely to speak publicly of their views, often expressing fear of community backlash.

"If the culture of your state doesn't match your particular values you have the freedom to move from one state to another." Irene Chivilly, of Bayville, reasoned. "If we lived in one country where everyone has the same values and the same culture, we'd have less freedom to think independently."

Many residents like Chivilly said they think the federal government should not have jurisdiction on what they consider to be a state right.

Killing something is not the answer. If you disrespect life at its earliest time, you then essentially disrespect it anytime.

MARIE COYLE
Glen Cove



BRUCE A. BLAKEMAN
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THE SCENE

JULY 22

Antigone Rising

The all female, alt-country rock band is ready

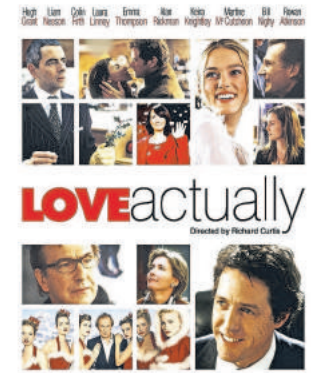
to entertain their audience with soaring three-part harmonies and vivacious show, Friday, July 22, at 8 p.m., at Harry Chapin Lakeside Theatre, Eisenhower Park, East Meadow. Catapulted into the national spotlight in 2005 with a groundbreaking major label debut that landed them in the top 20 on the Billboard Heatseekers chart, the ladies have boldly staked their place as a rock/country force. As always, bring seating. For information, visit NassauCountyNY.gov/parks.



JULY 24

Seasonal Sounds

Enjoy the glorious grounds of Old Westbury Gardens and listen to some stirring sounds with the duo of guitarist Christopher Gotzen-Berg and cellist Suzanne Mueller, Sunday, July 24, 3 p.m. They present an eclectic program of classical and contemporary duets and solos. Free with Gardens' admission. The Barn at Orchard Hill, Old Westbury Gardens, 71 Old Westbury Rd., Old Westbury. For information contact (516) 333-0048 or visit OldWestburyGardens.org.



Love Actually

Visit the Gold Coast Public Library from 2 to 4 p.m. on July 22 for a showing of "Love Actually." This romantic comedy follows eight couples whose lives intersect shortly before Christmas. The library is located at 50 Railroad Avenue in Glen Head. For more information, call the library at (516) 739-8300.



Summer pop-ups

Visit the Bailey Arboretum, located at 194 Bayville Road in Locust Valley on July 22, for a self-guided, scavenger hunt style nature exploration. Each pop-up will focus on a different nature-based topic and is best suited for children ages 4 and up. No pre-registration is required.



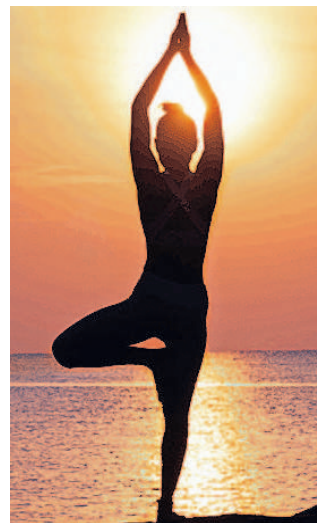
Half Step

Stop by Still Partners in Sea Cliff from 8 to 11 p.m. July 22 and enjoy a performance by Half Step. Enjoy the classic music of this Grateful Dead cover band, from "Sugar Magnolia" to "Uncle John's Band." Still Partners is located at 225 Sea Cliff Avenue, Sea Cliff, and admission is free.



Precious Pollinators

Bring the kids to Long Island Children's Museum to learn about the pollinating so important to our natural world, Saturday, July 23 12-2 p.m. Among the fascinating facts to be discovered: More than 75 percent of flowering plants and 150 varieties of common food crops on on pollinators. make a beautiful garden scene, complete with a busy pollinator of your own. Long Island Children's Museum, Museum Row, Garden City. (516) 224-5800 or LICM.org.



Yoga series

Head to the Bailey Arboretum, located at 194 Bayville Road in Locust Valley, for an outdoor yoga class with Practice Oyster Bay from 9:30 to 10:30 a.m. on July 23. All classes are weather permitting, and interested parties can register online.



Felted beach scene

Adults are invited to come to the Bayville Free Library at 10 a.m. and sign up to paint a summer beach scene with wool. Needle felting on an embroidery hoop is an easy and relaxing craft. Kits will be created and supplied by Pop Up Art School, a female-owned business in Weymouth, Massachusetts. The kits will be available for pickup at the library, located at 34 School Street in Bayville, on August 22. In person registration runs from July 22 until August 12. For more information, contact Kristy Fumante at (516) 628-2765.



Mindful mornings

Practice the "art" of looking at art at Nassau County Museum of Art, Wednesday, July 27, 10:30-11 a.m. Mindful looking invites you to observe and calmly reflect in a relaxed and supportive environment free of distraction. Join an educator for a new opportunity to experience and enjoy the art in the galleries or sculpture garden, together. Registration required. Also Aug. 3. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.

Dancing Dream

The music of ABBA will be featured when Dancing Dream plays at the 2022 Downtown Sounds Concert Series at the Glen Cove Village Square Plaza at 7:30 p.m. Known as the world's most authentic ABBA tribute band, Dancing Dream performs all of the greatest hits of the legendary supergroup from Sweden. For more information, contact Patricia Holmes at (516) 759-6970.



Having an event?

Items on The Scene page are listed free of charge. The Herald welcomes listings of upcoming events, community meetings and items of public interest. All submissions should include date, time and location of the event, cost, and a contact name and phone number. Submissions can be emailed to thescene@liherald.com.

Identity theft

Stop by the Oyster Bay-East Norwich Public Library, located at 89 East Main Street in Oyster Bay, for an in-person presentation at 7 p.m. July 25. Veronica Ferrero of Emigrant Bank will discuss identity theft and how to prevent it.

JULY 26

Oyster Bay Cruise Night

Stop by Oyster Bay at 5:45 for the Oyster Bay-East Norwich Chamber of Commerce's Cruise Night Car Show. The streets of Oyster Bay will be filled with classic cars and spectators, surrounded by restaurants, shops, snacks and beverages.



Oyster Bay Market

Come to the Oyster Bay Market in the center of downtown Oyster Bay from 11 a.m. to 3 p.m. July 24, rain or shine. Take part in improving local food security, learning entrepreneurship skills, and support local producers, makers and businesses while enriching the cultural heritage of the community.

STEPPING OUT



CIRQUE DU SOLEIL glides onto the ice

By Karen Bloom

Cirque du Soleil is acclaimed for pushing the boundaries of performance. Now they're doing it on the ice, blending circus arts and ice skating. Their latest tour, which arrives at UBS Arena in Elmont this weekend — Thursday, July 21 through Sunday, 24 — is a first for Cirque du Soleil, which has been creating spectacles for over 40 years.

"Crystal," as the show is called, takes audiences on a journey into a whimsical frozen playground where skating mingles with acrobatics and aerial feats. The narrative follows the heroine — Crystal — who feels misunderstood and out of sync with herself, in this coming-of-age tale from Cirque's creative team, developed by Shana Carroll and Sébastien Soldevila.

"There are many layers within it," Artistic Director Rob Tannon says. "It's not an outcome where everything is happy, but it's fulfilling in that we go on a journey with her. There's a beautiful message within the show and at the same time, visually stunning, and if you're looking to be thrilled by the acrobatics and technical precision of the skaters, you will be."

It was a challenging production for the company, which began rehearsing in 2017, to translate the acrobats' movements from their usual surface to the ice, while adding skaters into the mix. "Our goal was to engage the Cirque people and cross over and bring in skating of all forms. And at the same time maintain our style," says Tannon. "We were going from our world on a hard floor to bring the same skill set on ice. And we did that to great success. We've been able to combine multiple genres and put on a show that has a lot of life and breadth."

All with Cirque du Soleil's trademark aesthetic: Extravagant visuals, costuming and a lively soundtrack that seamlessly blends popular music like Beyoncé's 'Halo,' U2's 'Beautiful Day' and Sia's 'Chandelier' with Cirque's signature sound.

The 43-person cast features 19 skaters, including former Olympians and extreme skaters. "There's much to enjoy on

multiple levels," Tannon adds. No matter how clichéd it sounds, he says, "it's a show for everyone."

Audiences experience what Tannon describes as many "hold your breath" moments throughout the two-and-a-half-hours: pole and trapeze acts, juggling, singles and pairs figure skating, fast-paced speed skating, and even some hockey action. "It all comes together with what Cirque does so well, playing with the sensation of risk," says Tannon. "It's a really action-packed, visually-packed, emotion-packed couple of hours."

For additional information and to purchase tickets, visit UBSArena.com.



Photos courtesy Matt Beard

Top left: Crystal, the eccentric heroine, sees a reflection of herself.

Top right: Wearing mics on their skates, four skaters showcase their technical prowess.

Bottom right: The jugglers are joined by groups of skaters and acrobats.



Toyuskanash: Bridges

Kids can make, view and talk about art all summer long with four Indigenous artists at Long Island Children's Museum. Toyuskanash, the Algonquin word for 'bridges,' brings together artists from the Shinnecock Nation to explore how they bridge traditional and contemporary culture and bridge gaps in history and knowledge with surrounding communities. The exhibit showcases the artwork of fine art photographer Jeremy Dennis, painter and tradition bearer Denise Silva-Dennis, beadwork appliqué and ribbon work artist Tohanash Tarrant and painter David Bunn Martine. Each artist's creative process is highlighted during two-week residencies including artist-led workshops and daily activities for visitors led by museum staff members.

Through Sunday, Sept. 4. Long Island Children's Museum, Museum Row, Garden City. For more information, call (516) 224-5800 or visit LICM.org.



Music of Impressionism

Join Maestro David Bernard and his virtuoso musicians for an art-inspired performance at Nassau County Museum of Art. They present works by Debussy, Ravel, Franck and other French composers who were part of the Impressionist group, often creating compositions with specific paintings in mind. The lush orchestral sound of these beloved works, performed outdoors (or in the tent if the weather does not cooperate) are the perfect complement to the colorful paintings inside the building. Also take the time to explore 'Other Worlds Than This,' the just-opened exhibition, and, of course, stroll the grounds, including the Sculpture Garden.

Sunday, July 24, 3 p.m. Free for members; \$20 for non-members, includes museum admission. Nassau County Museum of Art, One Museum Drive, (off Northern Boulevard), Roslyn Harbor. For information call (516) 484-9338 or visit NassauMuseum.org.



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THE GREAT BOOK GURU

Artful dodgers

Dear Great Book Guru,
This past weekend, I attended my first Progressive Dinner. What fun it was! Every fall the Sea Cliff Civic Association hosts this event. That is, until 2020, when the world changed, but with the idea of an all-outdoor event, Progressive Dinner BBQ came into being. With over 80 people participating, an array of beautiful gardens and patios and perfect weather, the event was a spectacular success. While at desert, someone mentioned a short, very funny book about the art world. Are you familiar with it?
—Progressive Dinner Devotee



**ANN
DIPIETRO**

ing to Berlin to meet up with his dying friend, Schmidt. The two men had met as students at Oxford while studying art history. They had noticed a cheap reproduction of a 16th century forgotten masterpiece, St. Sebastian's Abyss, in a textbook. Both men were transfixed by this fictional painting of the apocalypse. Their careers (20 plus books on the subject) were based entirely on this one painting.

The narrator attributes his two divorces to disagreements over the worth of the work and his wives' inability to share his passion. He and Schmidt have also been estranged because of the painting. As the two men meet and have their final debate, the reader is caught up in this comically passionate absurdity. Highly recommended!

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

Dear Progressive Dinner Devotee,

I am still laughing days after having read "St. Sebastian's Abyss," by Mark Haber. This very short (150 pages) novel deals with obsessions, friendship and art in a hugely comic manner.

We meet our unnamed narrator as he is fly-

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Mental health reset

Move forward and reclaim your emotional equilibrium

The Covid-19 pandemic has led to an uptick in depression, anxiety, stress and other mental health conditions. In a recent poll conducted by USA TODAY and Suffolk University, the vast majority of respondents reported feeling like the country is experiencing a mental health crisis.

As people grapple with how to manage this challenging environment, our mental health takes on new importance to overall well-being.

Start with the basics

You've heard it before, but we'll say it again: prioritizing our basic needs like eating, sleeping and getting physical activity is important for our mental health. Taking care of our bodies can improve our mood, stress levels, self-esteem and help reduce anxiety.

Go through "The Basics" checklist of food, water, sleep, air, and shelter. Often when these basic needs are unbalanced, we have a greater risk of escalating into a state of panic or feel negative health effects. Simply eating a snack, drinking a glass of water, or taking a nap, may be helpful to at least get you to a better baseline to approach any other challenges you may be experiencing.

Not sure where to begin? Here are a few strategies you can use to address the basics.

Sleep: Aim to get 7 to 9 hours of sleep each night. Turn down your thermostat to the optimal temperature for sleep: between 60 and 67 F. Set a timer on your phone as a reminder to start shutting down your electronics at least one hour before bed. It's time to correct the pandemic habit of being attached to our devices non-stop. Instead of scrolling on your phone, opt for relaxing activities like reading, journaling, coloring, yoga or listening to a meditation to help your body unwind.

Eating: Honor your hunger cues, and try to eat at least one meal distraction-free (that means no phones, no computers, no TV, etc.). If you find yourself feeling tired or hungry by the end of class, consider preparing snacks in advance to keep yourself full and focused. For example, a square of dark chocolate contains small amounts of caffeine that can help you stay alert.

Physical activity: Make physical activity more enjoyable by choosing activities that you like and are excited to do. Working out doesn't have to be strenuous or burn a lot of calories. Moving your body through walking, yoga or low-impact exercises is just as beneficial for your mental and physical health.

Express yourself with words or movement

If you like to write, journaling can be a great way to release thoughts that may feel like a burden. Keep a journal nearby and spend some time each week free writing. Your journal is just for you, so you can write whatever you want as a way to process things and increase your awareness. A quicker way to do this is to use the voice memo feature on your cell phone. Just record yourself talking and you'll be amazed at how great you feel afterwards. You can keep what you've written or spoken for later, or just tear it up or delete it. The main point is to safely and comfortably express your challenges and your joys so that you can move forward with greater awareness.

Spend time outdoors

Few things make us feel better than getting some fresh air outside and noticing our natural world. In addition to exercise, try to spend at least two hours outdoors each week and see if you can work up to 30 minutes of outside time each day — whether that is throwing a ball for your dog, sitting in your yard or a park, taking a walk in your neighborhood, or going on an outdoor adventure. You are guaranteed to feel better after you slow down, stay present and feel your senses taking in the world around you.

Connect with others

So sorely missed the height of the pandemic, this added to the stressors we've been dealing with since Covid turned our world inside out.

When we spend time with others, we often feel better because we turn the focus away from ourselves and prac-



tice listening, empathy, and care. So, set a regular date with your friends, family, community members or pets and have some fun together! It can be helpful to discuss your feelings to realize you are not alone, and to carve out time for individual and community self-care so your loved ones can embark on the intentional journey together.

Practice what you know

We live in a culture that emphasizes quick fixes and easy solutions. However, mental health is a complex issue, and it may take time, patience and practice to feel better. One important factor in working to improve your mental health is to stick with it.

For instance, if you know that going to bed early or disconnecting from the news is helpful for you, continue to do those things over an extended period of time.

Similarly, if you're in therapy, it's important to do the homework or exercises provided by your therapist. These are just a few examples of how you can put what you already know to good use. It's also important to know that there's no shame in looking for alternative strategies, but remember not to neglect the tools that already work for you.

Talking about mental health challenges needs to be as easy and normal as talking about physical health challenges and concerns. No one has to stay stuck in an endless loop of anxiety and stress.

By focusing on what's most important — you, your health and your loved ones — you can help prevent more serious mental health issues. If stress and anxiety begin to feel overwhelming no matter what you do, talk to your primary care provider. And always, if you or someone you know may be considering suicide, contact the National Suicide Prevention Lifeline at (800) 273-8255 or call 911.

Above photo: It might seem like anxiety has become the pay-to-play price for living in our Covid-19 altered world. It's a universal health condition many of us experience to varying degrees at varied times. However, anxiety and stress are tricky friends to manage — a little of either is okay, but too much can blossom into a host of unwelcome consequences.



Could it be depression? Your 'bad mood' may be something else

Being unhappy isn't the same as being depressed. Depression is a term often used loosely to describe how we feel after a bad week at work or when we're going through a breakup. But major depressive disorder — a type of depression — is much more complicated. There are specific symptoms that determine whether it's depression or the sadness we all sometimes experience in life.

Determining if persistent, unshakable dark feelings are a result of depression can be the first step toward healing and recovery.

Hopeless Outlook

Major depression is a mood disorder that affects the way you feel about life in general. Having a hopeless or helpless outlook on your life is the most common symptom of depression.

Other feelings may be worthlessness, self-hate, or inappropriate guilt. Common, recurring thoughts of depression may be vocalized as, "It's all my fault," or "What's the point?"

Lost Interest

Depression can take the pleasure or enjoyment out of the things you love. A loss of interest or withdrawal from activities that you once looked forward to — sports, hobbies, or going out with friends — is yet another telltale sign of major depression.

Another area where you may lose interest is sex. Symptoms of major depression include a decreased sex drive and even impotence.

Increased Fatigue And Sleep Problems

Part of the reason you might stop doing things you enjoy is because you feel very tired. Depression often comes with a lack of energy and an overwhelming feeling of fatigue, which can be among the most debilitating symptoms of depression. This could lead to excessive sleeping.

Depression is also linked with insomnia, as one might lead to the other and vice versa. They can also make each other worse. The lack of quality, restful sleep can also lead to anxiety.

Anxiety

While depression hasn't been shown to cause anxiety, the two conditions often occur together. Symptoms of anxiety can include:

- ✓ Nervousness, restlessness, or feeling tense
- ✓ Feelings of danger, panic, or dread
- ✓ Rapid heart rate
- ✓ Rapid breathing
- ✓ Increased or heavy sweating
- ✓ Trembling or muscle twitching
- ✓ Trouble focusing or thinking clearly about anything other than the thing you're worried about

Uncontrollable Emotions

One minute it's an outburst of anger. The next you're crying uncontrollably. Nothing outside of you prompted the change, but your emotions are up and down at a moment's notice. Depression can cause mood swings.

Getting Help

Recognizing that you're depressed is essential to getting the right help. Depression affects millions of people, but there are varying treatments available, from lifestyle changes to medications. No matter the path of treatment you choose, asking for professional help is the first step to getting back to feeling like yourself again.

Depression is a very treatable condition. Psychotherapy (talk therapy), medications or a combination thereof can be very effective in managing symptoms. Mental health professionals can work with individuals to find the right therapy based on symptoms and severity of the depression. Also, it may take some time to find the right medication or treatment; therefore, people are urged to remain patient and hopeful.

The sooner action is taken, the more quickly the condition can be addressed.

Above photo: It's normal to experience feelings of sadness and grief from time to time. But when these feelings are prolonged or interfere with daily life, it may be time to seek professional help.

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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.

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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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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.

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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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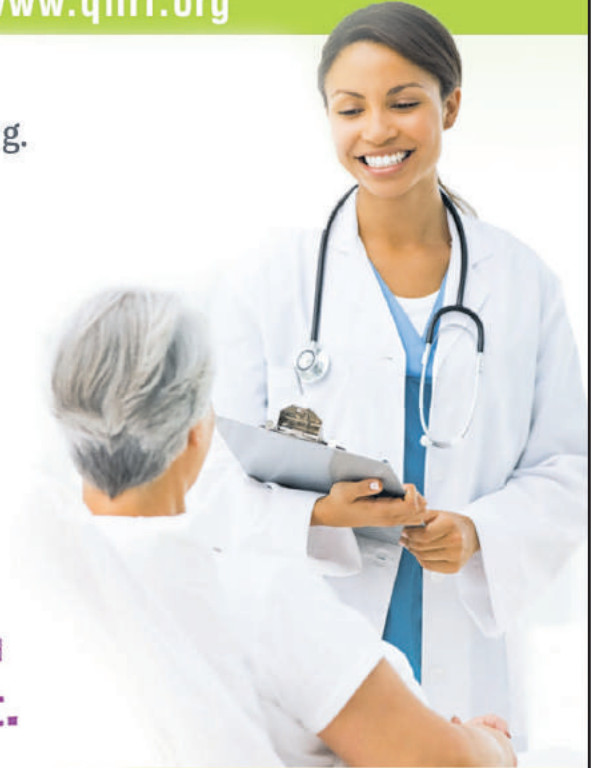
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North Shore Museum, a Glen Cove treasure-trove

By **KEPHERD DANIEL**

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The North Shore Historical Museum in Glen Cove is filled with local history. The museum, at 140 Glen Street in Glen Cove, listed on the state and national Register of Historic Places, is designated as a landmark building. Built in 1907, it was originally a courthouse — the Justices Court building. Those who visit will see that the jail-holding cell still exists because the building was once home to the Glen Cove Police Department.

Then in 1917, the building served as the infirmary during the big flu epidemic. The museum itself has even been used for movie sets. The movie “North by Northwest” filmed a trial scene in the courthouse.

The museum is open every Saturday and Sunday from noon to 4 p.m. and because it’s a nonprofit and volunteer organization, doesn’t receive funding from the city, county or state. Its main source of revenue is through donations, membership and programming fees.

The museum’s board are all volunteers, and many are founding members. Amy Tabor is the vice president of fundraising, a board member and founding trustee of the museum.

Tabor was part of the Business Improvement District at a time when it looked like the museum’s building would be razed.



Kepherd Daniel

THE MUSEUM FEATURED a sports memorabilia lecture, showcasing autographs from famed athletes.

“The gentleman who was the president of the board at the time, Brian Mercadante, who grew up in Glen Cove said, ‘we really need to preserve this building,’” Tabor said. “A group of us got together and applied to the State of New York for temporary use. We were able to save it and it’s been restored for the most part to its former glory.”

Tabor has been involved with the museum since the beginning, and knows that the museum is not just a preserve for Glen

Cove history but the entire North Shore. “We’re called the North Shore Historical Museum but a lot of people think because it’s in Glen Cove, it centers on Glen Cove history but it really doesn’t,” she explained.

Amy Driscoll, the executive director of NSHM, uses the museum’s courthouse to conduct a mock trial program for kindergarteners all the way to senior citizens. Each participant plays separate courtroom roles such as the defendant, prosecuting

attorney and defense attorney, and a sitting or retired judge presides over the trials.

The museum generally hosts two lectures a month. The latest lecture was on rare sports memorabilia presented by John Yoniack. He’s been collecting sports paraphernalia since 1964 and has amassed a number of notable signatures.

His lecture featured autographed memorabilia from Sandy Alomar, Rico Carty, Tito Fuentes, Joe Torre, Joe Namath, and a pair of boxer shorts signed by Muhammad Ali.

The museum features a variety of exhibits, each remaining anywhere from four to six months. The next exhibit will be in September on the automobile.

Currently, the museum features an exhibit on the Harlem Hellfighters, an all-Black infantry that fought during World War I. Over 30 were from the Glen Cove area.

As a result of a \$5,000 donation from Glen Cove City School District teacher, Irene Harris, admission to the museum is free for as long as that money lasts. “Irene would come in with her husband and would say the stuff here is so great and particularly with Covid, she thought, more people should see this,” Driscoll said.

And after her experiences leading the museum she has found that it to be a community resource. Driscoll said she’s thrilled that admission will be free for the foreseeable future.

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Glen Cove music teacher performs cabaret act

CONTINUED FROM FRONT PAGE

Primary third-grade teacher, who told her mother, "This little girl can sing."

Criblez's mother, JoTina DiGennaro, was a professor of physical education at Hunter College. Her father, Joseph, a professor at Lehman College, taught exercise, physiology, and health. Criblez said she appreciates their support for her artistic career, especially since it was so different from their own.

"I was always the one belting out 'Annie' at the top of my lungs," the 52-year-old said. "We had a lot of music playing at home when I was growing up, from Broadway to folk music. In fact, the folk music helped my brothers and I to develop harmonies."

She began performing with her younger brothers Joe and John DiGennaro in 2001, when they formed the folk music group Threes Harmony. They disbanded three years later when the harmonies dropped to two when Joe moved to California.

JoAnn and John formed the J Band in 2004, performing a variety of music including folk, classic rock, top 40 and show tunes. Although he moved four years later to New Hampshire, JoAnn kept the band going under the same name with the original musicians.

Donna Appell, of Oyster Bay, met Criblez when she was the choral director at St. Dominic's Catholic Church over 20 years ago. Appell's daughter, Ashley, who was 12 at the time, was in the children's choir. She has Hermansky-Pudlak Syndrome, a genetic metabolic disorder which causes visual impairment and a platelet



Courtesy JoAnn Criblez

JOANN CRIBLEZ, THIRD from right, taped a Christmas Concert special for the HPS Network with, from left, Jim Guarini, her sons Thomas and Daniel, daughter Juliana and Ed Norris at Rainbow Sound in Farmingdale in 2021.

dysfunction. It can cause lung disease, so Appell wanted her daughter to exercise her lungs to keep them functioning.

"We wanted her to sing and for her to be given breathing exercises," Appell said. "We took her to a vocal coach who said she wouldn't have the stamina to be a singer. When I told JoAnn she said, 'Give her to me.' Ashley got so much out of music."

Criblez has been giving Ashley, now 35, private lessons ever since. "It's been a beautiful musical partnership," Criblez said. "And the singing has really helped her lungs in the process."

Helping Ashley introduced Criblez to

the HPS Foundation, a nonprofit organization in Oyster Bay. The organization struck a chord with her and she wanted to help in any way she can.

"My commitment to HPS started with Ashley, but then every musician who played with J Band over the past 20 years fell in love with the whole organization too," she said. "We really wanted to make a difference for all of those afflicted with the disease."

J Band cut two albums, "Another Christmas," in 2005, and "A Very Merry Christmastime," in 2011.

All the proceeds from the album sales were donated to HPS.

The band performed the Christmas show at Oyster Bay High School Performing Arts Center each year beginning in 2002, a benefit for HPS Foundation. It was moved to the LIU Tilles Center in 2016 for five years and renamed "Jingles and Jazz starring JoAnn Criblez. The profits from the concerts went to HPS. Criblez raised \$500,000 for HPS over the past 20 years.

"She adopted our cause and spent so much time and effort for our organization," Appell said. "It's a rare disorder so JoAnn isn't getting any accolades. We don't have a treatment or cure, but have made progress with the disease. (The money) she raised was integral for research."

Over the years, Criblez performed at weddings and feasts, something she also enjoys. She said she's singing at La Busso-la because she decided to do something for herself and to sing what she likes to sing.

"What I like about singing is the way it makes me feel and how it makes other people feel when they hear it," Criblez said. "It's an instrument everyone is born with. To have a pretty one has served me in my life."

She will sing hits by Cole Porter, Rodgers & Hammerstein, Lerner & Loewe, Andrew Lloyd Webber, and Stephen Sondheim. Additionally, she will be joined by two guest singers who will perform duets with her. The songstress said she can't wait.

"I'm hoping that everyone who attends on July 27 walks away feeling like they got a little taste of Broadway in their backyard," she said. "Music is the gift that keeps on giving in my life."

ON THE ROAD WITH A TAKEOUT QUEEN

Trendy healthy takeout

If you're too impatient, lazy, tired or an incompetent to cook (as I am), this is our lucky month. We won't have to live on fast food fries because I found healthful, trendy dishes we can order in two new eateries and on new menus in favorite local restaurants. Takeout-lovers can order unique veggie and fruit filled meals ranging from luscious acai bowls to mahi mahi mango dishes.

So, if you're allergic to your stove, here are four places to pick up new, fun, nutritious meals.

■ **SoBol Glen Cove** (214 Glen Cove Ave., Glen Cove) This wonderful acai bowl and smoothie café just opened. Owner Alex Kostas told me, "We have fruit delivered every day that's cut fresh. We pride ourselves on it." I'm obsessed with the "green" bowl (it's blended spinach, mango, banana, kale and almond milk; topped with homemade granola, fresh fruit, coconut and honey). You'll

taste just a hint of spinach and kale since it's smothered with sweetness from the natural fruits. In fact, there's no sugar, powder, syrup or ice added to the acai-type bowls and smoothies in the shop. You can also pick up store made waffles, oat bars and muffins. A peach smoothie special is offered for a limited time, and a surprise bowl will make its debut later this summer.

■ **Gino's of East Norwich** (1027 Oyster Bay Road, East Norwich) Owner Joseph Donlon told me in his new pizza shop, "We try to separate ourselves from traditional Gino's because most of them, generally, have the same menu. We're a little more trendy and exotic than most pizzerias." I loved my Greek salad with a surprise: roasted tomatoes. There are six kinds of light, crunchy cauliflower pizzettas (the white

pepperoni cauliflower pizzetta is the biggest hit). There are three kinds of zucchini linguine dishes offered, plus zucchini linguine can be substituted for pasta on any dish. The big ta-daah is

Joseph's own creation: vodka sauce. Order it oozing over mini rice balls, garlic knots or pasta.

■ **The View Grill** (111 Lattingtown Road, Glen Cove) Jeanine DiMenna, chef and co-owner, recently added an incredible new section on her menu known as "Taste of the Islands." She told me, "I've been to Key West quite a few times and I love the tropical cuisine there. I love the different kinds of fruits and vegetables you can add to the dishes. It's feel-good food that transports you to a different place." The result is amazing menu choices such as mango tango lobster, and mahi mahi with coco-



CATHI TUROW

nut, macadamia nuts, Malibu rum and green chile glaze. Conk fritters rotate as weekday specials, too.

■ **The Calm Bar at Bridge Marine** (40 Ludlam Ave., Bayville) This gem of a seafood restaurant is hidden on a quiet neighborhood street and sits along the water. Practically everything on the menu can be served on top of a salad. On my "lobster salad on a salad," large morsels of fresh lobster were the stars of the show (instead of the dressing). Two seafood newbies are: From the Dock Sampler and the Seafood Sampler (which includes fried oysters). End your meal with the new coconut cloud cake. I Googled coconuts. They have vitamins and minerals.

So, those are my sort-of-kind-of-healthful takeout tips. See you next month!

Cathi Turow can be reached at: cturowtakeout@gmail.com.

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OPINIONS

Even Peter Benchley knew that 'Jaws' got it wrong

With all the media hype about sharks these days, our thoughts went to the late Peter Benchley, who wrote many books during his life, but who will be best remembered for his best-seller, "Jaws," about a series of shark attacks in the small beach town of Amity, whose residents became terrified of the big



**JAMES
BERNSTEIN**

fish. The film also frightened audiences around the world, becoming the blockbuster summer movie of 1975.

Benchley, who had quit his job as a speechwriter for President Lyndon Johnson when he was in his late 20s, became a millionaire after "Jaws" was published and became a movie starring Roy Scheider as Sheriff Martin Brody, a good guy who wants to warn the town about the roving shark, and Murray Hamilton as Mayor Larry Vaughn, who worries more about losing tourist revenue than about sharks.

Movie theaters were packed and sharks were the talk of that long-ago summer. Benchley became something of

a folk hero. The book sold more than 10 million copies.

What did Benchley think? He regretted writing the book.

In 2000, in an interview with the Animal Attack Files, Benchley said, "What I now know, which wasn't known when I wrote 'Jaws,' is that there is no such thing as a rogue shark which develops a taste for human flesh."

"No one appreciates how vulnerable they are to destruction," he added.

Benchley's shark-hunter character, Quint, is thought to have been based on the career of Frank Mundus, a Montauk-based charter captain who killed whales merely for chum and harpooned sharks, a practice that is outlawed today. In the last few years of his life, Mundus became a shark conservationist.

So did Benchley, who spent his later years trying to persuade people that sharks weren't necessarily out to get them, that they had a purpose in nature, and that, most of all, shark attacks were extremely rare, despite all the television broadcasts about them, which often borrowed the theme from "Jaws."

In another interview, Benchley said,

"For all their power, they are amazingly fragile. Sharks are no longer the villains. They are the victims."

According to Ocearch, a nonprofit that is dedicated to researching great white sharks and other large sea predators, the odds of dying in a shark attack are 1 in 3.7 million. Hundreds of sharks are killed each year, according to the organization.

Christopher Paparo, manager of the school of Marine and Atmospheric Sciences at the State University at Stony Brook, noted that there are more than 1,000 fatal car accidents in New York state per year. There is a better

chance of being injured in an auto accident, Paparo said, than of even seeing a shark.

Still, all the experts warn that sharks are not to be taken lightly. Beachgoers are warned to swim only in waters where there is a lifeguard, to always swim with others, to avoid wearing shiny objects in the water that may attract sharks and, if they see a shark, to stay out of the water until the shark passes.

"I wouldn't like to be bit by a shark," Paparo said.

There have been reports of several shark bites and sightings off Nassau County's South Shore.

The television and radio reports tend toward the dramatic.

In a paper in 2020 by Janey Sellars, a marine biology graduate from Exeter University, the media take a big hit for their coverage of sharks. "With recent technological advances," Sellars wrote, "the media is now able to reach more people and influence the relationship (between human and sharks) by framing stories and twisting the truth to give sharks a bad name."

"Once regarded as a valuable and elusive creature, they are now perceived as ocean monsters," Sellars added. "It is an issue that has only increased with time and is likely to continue as human and shark populations continue to overlap."

Benchley, who was the first-ever host of "Shark Week," Discovery Channel's celebration of the big fish, may have put it best:

"The shark in an updated 'Jaws' could not be the villain; it would have to be written as the victim, for worldwide, sharks are much more the oppressed than the oppressors."

James Bernstein is the editor of the Long Beach Herald. Comments? JBernstein@liherald.com.

We are drifting so far from the founders' ideals

The screams and cursing coming from the Oval Office on Dec. 18, 2020, were the sound track to an attempted coup. According to former White House aide Cassidy Hutchinson and other witnesses who have testified before the Jan. 6 congressional committee, various fringe Trump supporters,



**RANDI
KREISS**

including Sydney Powell, Rudy Giuliani and Michael Flynn, gathered to encourage the soon-to-be former president to keep contesting the election results, maybe commandeer the voting machines, maybe declare a national emergency.

Trump was all ears. White House aides, some of whom have testified, were appalled by the spectacle of screaming, foul language and bizarre conspiracy theories bouncing off the walls. Alcohol flowed. That was Dec. 18. A few hours later, when the meeting broke up, Trump tweeted about an upcoming gathering at the Capitol on Jan. 6 that promised to be "wild." According to published reports and testimony at the Jan. 6 hearings, Giuliani had to be escort-

ed out the White House to be sure he actually left.

Apparently when the president breaks all the rules, it gives others permission to exceed their power, cross boundaries, pander to violent fringe groups and traffic in disinformation. The Trump presidency was rotten, and the stench came from the top.

I think about the disgrace of it all, the absence of decorum and respect for the office of the president. I think, too, of the principled, high-minded individuals who have walked those halls and sat at the president's desk. Trump and his extremist pals have sullied the space in an unprecedented way. If their delusional and illegal suggestions had been taken, it could have brought down our government. It certainly has changed our America.

I think about all this from an Airbnb house in Maine, down the block from a small cemetery dating back to 1792. That was 16 years after the signing of the Declaration of Independence; the Revolutionary War had ended just nine years earlier. The Constitutional Convention took place in the summer of 1787, so in 1792, when people were settled in this area, the Con-

stitution was a freshly minted document, only 5 years old.

This area feels like early America, plain clapboard houses flying the Stars and Stripes, simple plantings and rock walls and stone boundaries. It isn't difficult at all to walk down this road and imagine how it looked over 200 years ago. I feel connected here to all that is basic and good about our beginnings.

It didn't take long, however, for news of the "unhinged" meeting in the Trump White House in December 2020, to reach me. We're on vacation, but I can't tune out the Jan. 6 hearings, which are investigating the attempted insurrection. It feels like a civic responsibility.

As witnesses come forward and speak to the misinformation, erratic behavior and unprincipled tactics of Trump's coterie, I realize it isn't just the rules and laws of democracy that are being undone — it is its very spirit.

The people Trump brought into the Oval Office to advise him in December 2020 are the misfits, the pardoned felons, the purveyors of disproved conspiracy theories. They are the dregs, and they sat where, over time, Churchill and de Gaulle

What might've happened on Dec. 18, 2020, if we'd been attacked?

and popes and the king and queen of England and Gorbachev and Rabin once sat. Other presidents sat there, too, some better than others, but no one as amoral and undignified as Trump. That the likes of Giuliani and Powell and Flynn could have access to a president is unconscionable. That they could proffer unproven conspiracy theories and advocate against a legitimately elected new president speaks to the unraveling of our democracy.

The "unhinged" Dec. 18 meeting in the Oval Office went on for hours, according to witnesses. I wonder what would have happened if, while theories of Venezuelan interference in the election were being discussed, our country had been attacked. What if a missile had taken out New York City or a cyberattack had brought down our electrical grid? What if our water supplies had been poisoned or a killer bug had been let loose in the subways? What if? Who would have made the decisions that would lead us in a moment of crisis? Who would have inspired the faith of the people and demonstrated the gravitas and good sense to find a path forward?

That Dec. 18 meeting was gross and shocking and dangerous in so many ways. I hope the Biden team cleaned the carpets and aired out the room.

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HERALD EDITORIAL

Films we thank for LIIFE as we know it

A road trip in a yellow Volkswagen Microbus so a young girl, played by Abigail Breslin, could compete in a beauty pageant.

The plight of a man looking for his wife's murderer, while unable to make long-term memories, in a story told in reverse, starring Guy Pearce.

What it was like to grow up in Texas, a story told over nine years, allowing its young protagonist, played by Ellar Coltrane, to literally grow up in front of the cameras.

Racial tensions at a fictional Ivy League school exposed, thanks to an extraordinary, can't-miss performance by Tessa Thompson.

We've seen, or at least heard of, all these films — "Little Miss Sunshine," "Memento," "Boyhood," "Dear White People." They have joined countless others that have not only provided a little bit of escape from our daily lives, but have stayed with us. And maybe even made us think.

But none of these films would have even been part of the conversation if it weren't for film festivals.

It's not Cannes or Sundance, but the Long Island International Film Festival — or LIIFE, as we all know it — is one of hundreds of such festivals across the

country and around the world that give filmmakers from all walks of life a chance to be seen. And maybe even to be remembered. And it's that very reason why it's important that we continue to support such festivals, not just with some of our county dollars, but maybe a few of our own, too.

You don't have to look any further than Michael and Michayla Scully, the father-daughter team that pieced together the dramedy "Montauk 77" with nothing more than \$30,000 and a dream. They put together a small crew to film the pair as a ride-hail driver and young teenaged passenger at the height of the coronavirus pandemic, and put together a film that delighted audiences at Bellmore Movies & Showplace last week.

Their dream is to have their film available on a streaming service near you (and they will) — something that wouldn't even be remotely possible if it weren't for film festivals like LIIFE.

American film studios produce several hundred movies every year, but when you include independent filmmakers who have nowhere near the financial resources of these behemoths, we get well over a thousand — maybe two. Each year.

Film festivals like LIIFE are labors of

love, with the only real reward to put productions on the screen we may not otherwise see. The hard work of people like Debra Markowitz and both Henry and Anne Stampfel can't be — and shouldn't be — ignored.

When LIIFE started 25 years ago, most filmmakers had to choose between making a run for theaters or going directly to DVD. Today the distribution model is wide, from streaming to cable to just about anything. And it's exciting.

In fact, one might say, why do we need film festivals when someone with something worth seeing could turn to something like YouTube to get exposure on their own?

But it's really not that easy. Even after the long hours, days, weeks and months that went into making a film are over, their creators are tasked with finding venue after venue to showcase their work, hoping they can poke their head above so many others seeking the same thing.

LIIFE is over for this year, but in just a few weeks, Markowitz and the Stampfels will be back at it again, planning for next year. And they'll be waiting for you — maybe with the next "Blair Witch Project." Or the next "Precious." Or maybe even the next "Montauk 77."

LETTERS

Littering has to stop

To the Editor

I moved from Locust Valley to Glen Cove 13 years ago. My boyfriend Mike Trotta and I bike a lot, across the country and near home. I am frequently appalled by the litter and remember when I was young there were at least Do Not Litter signs.

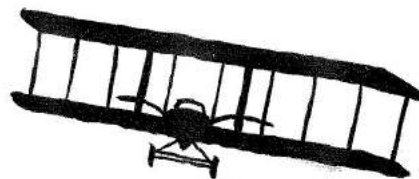
Yesterday after biking, we drove from Flower Lane down Dosoris to Lattingtown Road to Prybil Beach and stopped 30 times to pick up the roadside trash. It included fast food bags and cups from McDonald's, Wendy's, and Dunkin Donuts, a few water bottles, beer cans, masks, and gloves, especially near Glengarriff Rehabilitation and Healthcare Center and the Mansion. Out two full garbage bags included a half-eaten \$6 breakfast sandwich from a deli in Commack.

These litter people are slobs and inconsiderate.

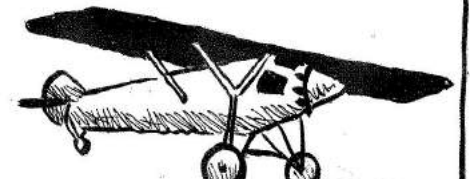
I think the fast food companies should put a barcode on each bag and connect it with the customer's license plate, so we can fine the litterers. There should be surveillance cameras everywhere because so many people are out of control. Imagine the beautification we could all enjoy without the litter. And the city could make much needed revenue.

Aviation Milestones

1903: Wright Brothers first flight



1927: Lindbergh crosses the Atlantic



2022:
Your flight
departs and
arrives on
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At very least, we need some "Do Not Litter penalty \$1000 fine" signs to remind people to be decent and clean up their act.

PAT DESOCIO
Glen Cove

Island Park Mayor Michael McGinty

To the Editor:

I write today to give an update on our Island Park Fire Department resiliency and hardening project. This important project was funded through the New York State Governor's Office

OPINIONS

Putting people first again at NUMC

Several years ago, the board of directors of Nassau University Medical Center approved spending nearly \$8 million to build new executive offices on the 19th floor of the hospital, with unobstructed views of the Manhattan skyline. Today, that infamous decision serves as a reminder that a hospital doesn't exist to serve politicians and executives.



MATTHEW J. BRUDERMAN

Everything we do must be focused on the needs of our patients, their families, and employees.

NUMC is Long Island's only Level One trauma center, and with that distinction comes a responsibility to serve the most diverse patient

population in our area. Our goal must be to ensure that everyone who walks through the doors of our facility is treated with the dignity, respect and care they deserve.

No matter what community or background patients come from, they should have confidence that NUMC will provide them with the best possible care. Everyone should be a VIP.

For too long the hospital's reputation suffered because of poor planning and decision-making. Our fantastic doctors

and exceptional staff have long needed better support. County Executive Bruce Blakeman selected me not just to lead NUMC but also to fix this critically important institution for our community. Together with CEO Dr. Anthony Boutin and our outstanding team, we're doing it. We're putting people and patients first again.

In just the past three months, we've begun plotting a new course for the hospital. We've reopened Long Island's only multi-chamber hyperbaric unit to treat burn victims, carbon monoxide poisoning and decompression sickness — the bends. The unit can also be used for wound management, bone infections, and radiation tissue damage. It was closed for years due to red tape, but was recertified, and it is again available 24/7 for emergency use as well as regular patient treatment.

Community members have asked for a cardiac catheterization lab at the hospital for some time now, and we should have some exciting news on that front soon. Cardiac catheterization services are critically important to our ability to handle emergency conditions and save lives. Their addition will be a significant benefit for the community.

NUMC cares for patients regardless of their ability to pay, but that doesn't mean

the hospital can't have cutting-edge technology and treatment. In May, NUMC hired neurosurgeon Dr. David Weintraub, formerly of Northwell Health, who will head a new department of neurosciences. This will be a major growth area for

NUMC, expanding our capabilities to include first-class treatments for spine, brain and nerve conditions.

Also, in the coming weeks, we'll begin renovating a number of key patient and visitor-facing spaces that have long needed upgrading. We are redesigning our emergency room entrance to improve access for ambulances.

We're going to do a better job of communicating with residents about our services and preventive care as well. Starting this summer, we'll be launching a social media campaign in both English and Spanish that will involve every department at the hospital to inform the public about living healthier.

We've named a new interim chief medical officer, Dr. Grace Ting, whose more than 30 years of experience will help improve patient care and better advocate for our physicians' needs. We're also putting a new emphasis on our extraordinary employees, working to attract outstanding new talent, and recognizing the care provided by our staff every day. Our

new employee recognition program begins this month.

Another way we are putting people first is by ensuring the hospital's long-term financial sustainability, with a comprehensive review of all financial standards and practices. In just its first week, our review uncovered more than \$12 million in outstanding revenue the county owed the hospital. County Executive Blakeman promptly presented us with a check that cut our previous budget deficit significantly. We will announce a new financial management plan shortly.

Our reviews have also uncovered potential fraud that led to the arrest of a former employee. While this kind of abuse is reprehensible, it underscored the need for a totally new approach to running the hospital.

We launched a national search for a new chief financial officer, and will be making new efforts to increase revenue. A sound financial future for NUMC will mean more resources to reinvest in the hospital, its facilities, services and personnel.

It's an exciting time for us. With priorities that truly put patients and their families first, we're going to make NUMC an even better, more modern medical center that people can trust for generations to come.

Matthew J. Bruderman is the chairman of the Nassau University Medical Center board of directors.

In just the past three months, the hospital has begun plotting a new course.

LETTERS

of Storm Recovery in the amount of a 1.65 Million dollar grant. The project includes the installation of an elevator, raising and updating the plumbing, and includes an addition of another Bay to the North. This is the first reconstruction and rehabilitation effort for the Island Park Fire Department since 1976.

My Board of Trustees stand with me, and stand with our community knowing the Island Park Fire Department is the soul of our great Village and I would like to thank Deputy Mayor Matthew Graci, Trustee Barbara Volpe-Ried, Irene Naudus, and Robert Tice for their valiant efforts on behalf of the Island Park Fire Department. Securing these grants has been an enormous and challenging effort. Super Storm Sandy changed the landscape for us, it was an absolute necessity to ensure our Fire Department had every resource possible which is vital to protect and serve our village and her residents. There has never been a time when the Island Park Fire Department didn't answer the call to serve and protect.

In keeping with protecting our residents with the most up to date equipment, we have retired the Lafrance pumper truck which was in service for almost 22 years. We have acquired a Pumper Truck

from Hendrikson, a leader in the field to ensure the immediacy and safety of our residents. Since Super Storm Sandy, we have replaced the full fleet of Departmental Fire Trucks. Always mindful of the bottom line, the initial truck has been paid in full, and the second truck has one final payment in late October. The Board of Trustees join me in saluting our First Responders. They are all everyday heroes! They knowingly put their own safety in jeopardy to serve and save. These outstanding brave men and women are the cornerstone of our community, and we thank them. God Bless and protect our dedicated Firefighters. God Bless our great Village. As I always remind our residents, the very best is yet to come. Stay tuned for one of the greatest revitalizations in the history of our Village, and a true renaissance continues. We are Island Parkers. We stand together!

Sincerely,

MAYOR MICHAEL MCGINTY

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