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JOEL MEIROWITZ, RIGHT, a former judge for the City of Glen Cove, and Assemblyman Chuck Lavine, an attorney, were friends for many years. Meiorowitz died on Sept. 30.

Courtesy Gaitley Stevenson-Mathews

Former judge and 'waterman' dies at 75

By **LAURA LANE**
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The whale ensnared in a net at Robert Moses State Park had just been released by lifeguards when Joel Meiorowitz, also a lifeguard there, arrived with his son, Sam, and stepson, Noah Coons. The three immediately climbed into a lifeguard boat so they could swim with the whale.

The boys, 10 at the time, jumped into the water and gripped the side of the boat as the whale played with them, gently nudging their feet with its body, Sam said. Then the boys

CONTINUED ON PAGE 2

Resource program for students focuses on academic goals

By **ROKSANA AMID**
ramid@liherald.com

While on maternity leave in 2021, Jasmine Rivero, a former bilingual kindergarten teacher at Deasy Elementary School, reflected on her family, motherhood, and her time at the school from 2015 to 2018.

The time she spent reflecting on her life led to the creation of her now one-year-old program, Creative Enrichment Services LLC, an academic resource for Spanish-speaking students, and students who may need access to resources outside of a school setting.

Rivero, a first-generation

Cuban on her father's side, understands the struggles many students face. Her program was highly influenced by her family's hardships when they immigrated from Cuba to the United States. At the time, her father, an English as a Second Language student, was removed from school when he was 13 for behavioral problems.

Rivero's grandmother worked many hours as a factory worker, and couldn't provide the academic support Jasmine's father needed to grow. He was eventually sent to a trade program, in which he flourished, and he was able to create a career for himself in construction.

Working with Ms. Rivero makes me more motivated to work hard in school.

SHAO ONG
sophomore,
North Shore High School

"I believe those kinds of programs really saved his life," Rivero said.

Although her new program is still gaining traction on the North Shore, it focuses on stu-

dents' personal as well as academic goals. The program is a tool for ESL students in the Spanish speaking population of the North Shore, but also serves those who face other types of academic and personal hardships. The Academic Resource and Success Program, a subset of Creative Enrichment Services, has a 10-week curriculum.

In Rivero's program, students learn habit-forming strategies, and how to pursue careers that align with their interests. It will focus on creative problem-solving, communication strategies, and even exercise and nutrition. The students' caretakers will also be involved in resource meetings, in which Rivero will

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Glen Cover had a zest for life and helping others

October 13, 2022 — GLEN COVE HERALD

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watched in awe as their dad swam with the whale.

Joel Meirowitz, 75, of Glen Cove, who died on Sept. 30 of a heart attack, was known to have an insatiable zest for life. Referred to by his younger brother Bruce as a “waterman”— someone who knows and loves everything ocean-related, Joel was a lifeguard for roughly 30 years at Robert Moses and was a snowboard and ski instructor too. Equally, he loved his family and community and tried to help either in any way he could.

“I heard from so many people how kind and caring he was at the funeral home,” his wife, Patricia said. “I know I had a good man but didn’t realize how many people felt that way.”

Meirowitz had been an elementary school teacher at Archer Street in Freeport in the early 1970s. He always wanted to be an attorney. When accepted to Suffolk University Law School in Boston, he moved there. He worked as an elementary school teacher during the day and attended school at night. Meirowitz received his Juris Doctorate in 1975, rated among the top 18 percent in his class.

Bruce said his brother never wanted to be a big corporate lawyer. He was born in Massapequa to a middle-class family who couldn’t afford to go on vacations. The boys looked forward to days at the beach and Boy Scout camp each summer instead, Bruce said.

Helping others was of the utmost importance in the Meirowitz household. Bruce said it was fitting that his brother decided to become a general practitioner in Glen Cove, where a diverse community needed his skills. He moved to Glen Cove with his first wife, Sue, and Sam, who was two years old in 1976, opening his law practice in the city’s downtown on School Street.

“Joel started his life helping people in Freeport as a teacher and ended his life helping anyone who needed help,” Bruce said.

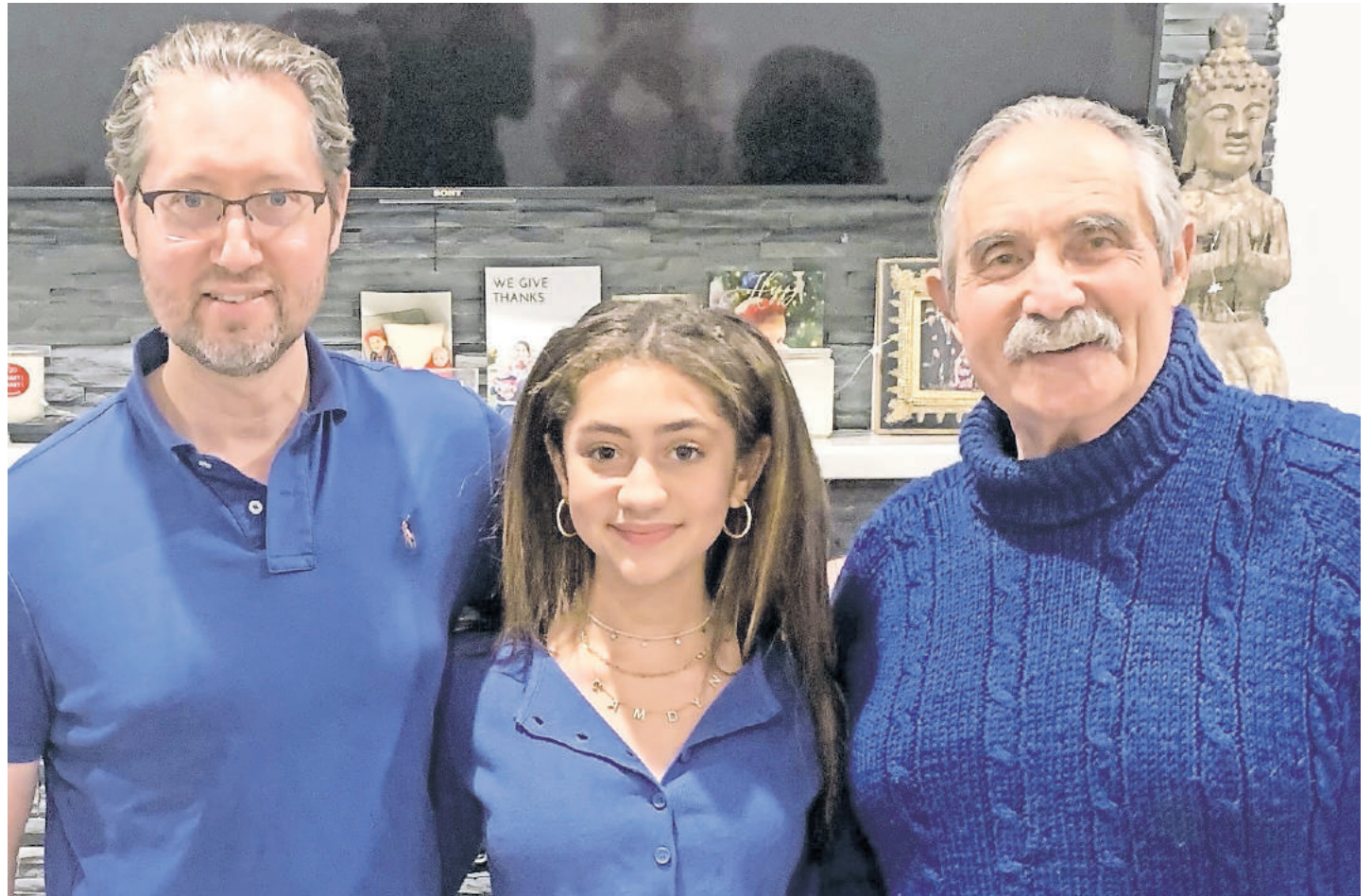
Meirowitz, who had separated from Sue, first saw Patricia in 1982 at a soccer game that Sam and Noah were playing. Joel was smitten.

“The boys were 7,” said Patricia, who was divorced at the time. “When the game was over, he followed me to where my car was parked and copied down the license plate. A friend gave him my number.”

They were a couple for 14 years prior to marrying for 26 years. But in 1996, right before they were to be wed, Meirowitz, who was 48, suffered a stroke which left him paralyzed on his right side. He told Patricia that they probably shouldn’t marry but she disagreed. “I could see what kind of man he was,” she said. “He was very involved in his son’s everything. He was a family man.”

By then Meirowitz, had been a city councilman and the city’s attorney during U.S. Rep. Tom Suozzi’s time as Glen Cove mayor, from 1992 to 2001. Suozzi had appointed Meirowitz as a city court judge a year before he had the stroke.

Although it didn’t take away his mental capacities Meirowitz had to relearn how to process information, speak and write.



Courtesy Sam Meirowitz

JOEL MEIROWITZ, ABOVE right, in 2020 with his son, Sam Meirowitz, and granddaughter, Camdyn.

Sam said his father was popular at the hospital. “No matter where he was, he made friends,” he said. “I just got an email from a speech pathologist who said she was a friend. When she lost a family member my dad comforted and supported her. He even matched her up with the man who she ended up marrying.”

Stuart Jablonski met Meirowitz in 1997 when he returned to the bench. Jablonski wanted to start his own practice. Meirowitz, now using a cane, told Jablonski he needed someone to help him, offering him a space in his office in exchange.

“I learned the definition of courage from him,” said Jablonski, who is now a Glen Cove City Court Judge. “He had great knowledge of law. But occasionally he’d struggle with a word, and I’d give it to him. And then everything would come out.”

Sometimes Meirowitz represented people who were unable to pay. Once, Jablonski said, Meirowitz represented an artist who struggled with credit card debt. “He got her out of it, and she cut them all up and made a collage for him,” Jablonski said. “That was Joel’s payment. He always helped people, but he never mentioned it.”

Noah Coons, who described Meirowitz as a second father, said he always marveled at how hard he fought.

“What impressed me most was his stubbornness to be independent and overcome his extremely difficult disabilities,” Coons said. “Every day he wouldn’t ask for help with the little things and came up with his own ways to do things. He had a cutting board that he hammered nails into from the bottom to the top so he could put his steak through a nail and then be able to cut it himself.”

Judge Richard McCord, a Glen Cove City Court Judge, said Meirowitz was his first colleague when he was elected in 1995. He admired him.

“His entire right side was paralyzed, and he continued working. He never complained to me,” McCord said. “He fought the fight. He faced a challenge a lot of us don’t have to face.”

Meirowitz continued to serve as a judge until 2006. Then he told Suozzi, who was county executive for Nassau County, that he didn’t want to be a judge anymore. In 2007, Suozzi found a spot for Meirowitz — as the deputy attorney for the county’s Office of the Physically Challenged where he felt well suited.

Meirowitz joined the Garden City law firm Wexler Burkhart Hirschberg & Unger; LLP in 2015. Then, in 2019, he underwent a triple bypass.

Assemblyman Chuck Lavine, an attorney living in Glen Cove, met Meirowitz in 1980 when they were opposing council on a family court case.

“He was a wonderful, wonderful lawyer,” Lavine said. “Custody was rarely given to fathers back then and he presented an extra compelling case, and the father got it.”

Lavine said he had just seen Meirowitz a month ago outside a grocery store.

“We always remained friends,” Lavine said wistfully. “Joel always looked out for the Glen Cove community and was a fierce defender of Glen Cove.”

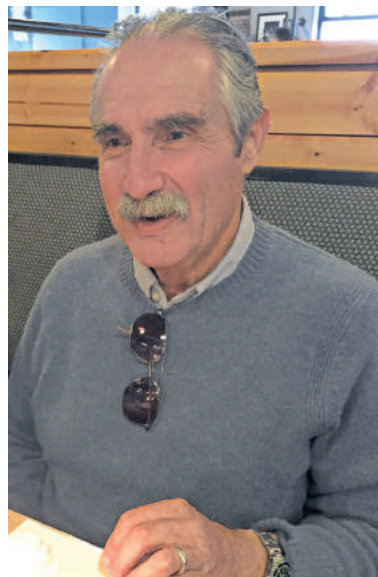
Suozzi also had a great deal of respect for Meirowitz. “Joel was a wonderful, thoughtful and capable man with a big heart and an indomitable spirit,” Suozzi recalled. “He was a good friend.”

Bruce and Sam searched for a way to honor Meirowitz, looking for something that would exemplify his spirit. The beach came to mind.

“What I remember most about Dad was him saving lives at the beach,” Sam said. “He was a superhero. We’d hear the whistle and then watch him jump off the lifeguard stand and dive into the ocean. He was a guy you could count on to save lives and was there for other lifeguards too.”

They decided to go to field six at Jones Beach to search for seashells but didn’t find any. Undeterred, Bruce and Sam went to field two at Robert Moses, where Meirowitz had been a lifeguard.

“There were shells all over the beach. Then we went to field three, four and five also where Joel worked and there were shells there everywhere too,” Bruce said. “We brought a big bag of shells home and I put one in Joel’s casket and Sam did too. At the cemetery everyone was given a shell. It was all quite special.”



MEIROWITZ CELEBRATED HIS 71st birthday with his family.



Roksana Amid/Herald

RICH HICKS, MANAGER of engineering, Melonie Pernice, associate executive director of hospital operations, and Alfonso Lafemina, the hospital's engineering director, said they feel the employee wellness program is important. It inspired them to join in at the 5K race.



ELISA AND MILTON Briones, one of GCH's certified nurse assistant, traveled to Glen Cove from Flushing, Queens to participate.

Glen Cove Hospital celebrates centennial with 5K race

By **ROKSANA AMID**

ramid@iherald.com

Glen Cove Hospital celebrated its centennial with a 5K race at the Glen Cove High School on Sunday, with 100 percent of all the proceeds designated to frontline worker wellness.

The wellness program incorporates a holistic approach that focuses on mental health, emotional and spiritual and physical well-being, as well as their employee action program that assists with programs such as the hospital's childcare program.

"Hospital workers are still suffering from the traumatic aftereffects of working through Covid-19," Sue Rassekh, senior director of the hospital's patient customer experience said. "And we really want to give back to those people who cared for us."

The need for a hospital in Glen Cove became apparent in 1919, during the influenza epidemic. Glen Cove Hospital was initially a small three story 19-bed facility on Glen Street. Originally named Glen Cove Community Hospital it opened in 1922. As Glen Cove was developing, the Morgans, Pratts and other leaders in industry made Glen Cove their home, building sprawling mansions during the early 20th century. Banks, a railroad company and mail service followed, but Glen Cove Hospital is the city's first health care facility, and the final milestone ensuring that the city would become a year-round community. It soon outgrew itself and was moved to a new building on Saint Andrews Lane, where it is today.

"We anticipate being here for another 100 years," Rassekh said.

Over the 100 years it has been around, the hospital has gained a reputation as the place to go for acute rehabili-



DENISE MANCILLA, LEFT, Mario Solis and Natalie Barlevy said that they take any opportunity they can to participate in 5K races, and wanted to support their friends who work at the hospital.

tation programs, head and neck surgery and women's surgical care. Glen Cove Hospital received "America's Best Physical Rehabilitation Centers 2022. The honor places the hospital among the leading acute inpatient physical rehabilitation programs in the country, and one of the top nine in New York state. It is the only program on Long Island that has been recognized for the award.

The 5K run had 179 participants, including Mayor Pamela Panzenbeck, who was born at the hospital. Earlier this year she was honored for volunteering at the hospital for at least 10 years as a member of the hospital's



DR. BARBARA KEEBER, left, a family medicine doctor who has been at the hospital for 40 years, was with Vincent Marchese, who works security at the hospital participated.

auxiliary board after she retired from teaching.

"We love having the hospital here," Panzenbeck said.

Eric Sieden, director of food and nutrition, has been with the hospital for seven years. Sieden said he's happy that funds raised from the event will also go towards the hospital's employee fitness area.

Participants of the race were split into categories by sex and age, but the overall winners were Brandon Eagle arriving at the finish line at 17 minutes and 26 seconds, and Samantha Siler finishing at 17 minutes and 37 seconds.

Santos commits to protecting American dream

By LAURA LANE

llane@liherald.com

This isn't George Santos's first bid for a congressional run. He ran unsuccessfully in 2020 against Tom Suozzi to represent the third district, which includes the north shore. This time Suozzi won't be running, having lost the Democratic primary for governor.

Born and raised by immigrant parents, Santos decided to keep his base in his hometown, Queens. His grandparents, who were Jewish, fled persecution in Ukraine settling in Belgium. They fled persecution again during World War II, moving to Brazil. Santos's mother and father were both born in Brazil. And they both immigrated to the United States.

Part of the reason he's running, Santos said is because of his past. "I am running to protect the American dream," he explained. "I'm a product of it and my parents came in search of it."

Another reason is because fresh ideas and new leadership are needed in Washington. The next generation needs representation, he said. They need to have the same opportunities Americans have had in the past.

"I have a moral obligation to run," he said. "I need to protect the dream."

He'd like to make it possible for young people to live in New York, where the cost of living alone makes it hard for them to stay.

"One party rule is a problem," he said, referring to the Democrats. "There is no American dream when crime is rampant as it is in the state of New York. A dream shouldn't be scary."

His lament is a familiar one. When asked what he can do that other elected leaders haven't tried he answered quickly. "Most of the people who have represented the



George Santos

Party: Republican

Age: 34

Town: Whitestone, Queens

Profession: Finance

third district in the last two decades were career politicians," he explained. "I'd be the first one who isn't."

A Wall Street financier and investor who has focused on capital markets and real estate, Santos said he gets things done. And he's able to think outside the box. "I want to

bring that skillset to Congress and make sure that New York state is held accountable for defunding the police and high taxes," he said. "I'm not an empty suit with words. I came from nothing and built my career from scratch."

He's interested in discussing real issues, he added, like inflation and the skyrocketing cost of gas and home heating fuel.

"Legislative bills should hold states accountable on how they tax," he said. "There are careless budgets in all school districts. They refuse to clear out the redundancies."

If it were up to Santos, superintendents would be responsible for more than one school district, which would be a great savings, he said. And the school board could step in to lead the district.

"We need to reduce government from the local level to the top," Santos said. "Making government smaller would reduce taxes. People are getting hit over the head with taxes."

If elected, on day one he will hit the ground running with a plan to set the tone for Congress. He'd introduce a bill that mandates a 100 percent ban on congressional members and their families from trading individual stocks. This would take self-interest away, he explained.

His second plan as a congressman would be to end the war on energy reasoning that the cleanest place to extract oil is in the United States.

"We need to restart the Keystone Pipeline construction," Santos said. "It will bring jobs back. Forty thousand direct and indirect jobs were lost with the stroke of a pen from Biden's decision."

And he said elected leaders should be committed to their constituency. "People run for office and win, and they become the hardest person to get a hold of," Santos said. "I want to be so accessible people get sick of seeing me. That's the only way to represent them."

School crossing guard hit by SUV in critical condition

By ROKSANA AMID

ramid@liherald.com

A crossing guard is in critical condition after he was struck by a sports utility vehicle on the morning of Oct. 6 near Deasy Elementary School in Glen Cove.

A car traveling south on Dosoris Lane hit Carlos Vasquez near Maple Avenue just before 9 a.m., while he was helping students cross the road. A Glen Cove resident, Vasquez, 58, has been a crossing guard with the Glen Cove City School District since April 2021.

Kit Raper said she saw Vasquez 10 minutes before he was hit. There was a lot of

traffic, and several children were walking toward the elementary school. She heard about the accident after receiving an automated call from the school district.

"I was more shocked and saddened than anything," she said. "The first thought is, were there any children hurt. And the second thought is we hope he's OK and our thoughts are with him."

Glen Cove Mayor Pamela Panzenbeck said the area is often busy during school drop-off and pick-up times.

"This is just a very sad day for Glen Cove," Panzenbeck said. "We're just not used to seeing things like this here."

Vasquez, who suffered head injuries,

was airlifted to North Shore University Hospital in Manhasset.

The driver of the SUV, an 82-year-old Bayville resident, remained at the scene. The accident is currently under investigation and the driver has not been charged

at this time.

"My daughter and I see (Vasquez) every morning on our way to school," Rafia Chodhry, a Glen Cove parent said. "I'm wishing him a full recovery. He and his family are in our prayers."



Herald file photo

A CROSSING GUARD, who is in critical condition, was hit by a car near Deasy Elementary School in Glen Cove on Oct. 6.

GLEN COVE

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Rivero committed to creating success through community

CONTINUED FROM FRONT PAGE

discuss topics like raising school-age children.

“Working with Ms. Rivero makes me more motivated to work hard in school,” said Shao Ong, a North Shore High School sophomore. “She helps me set goals and gives me ideas on how to reach them.”

Ong said that working with Rivero is about more than just schoolwork. Rivero helped Ong sign up for driving school and a permit test. She also found a biology program, and Ong now takes weekend lab courses. “I’ve learned a lot about myself,” Ong said.

Melanie Arfman, the principal at Deasy Elementary School, is a consultant for the Academic Resource and Success program. Arfman said that there are many Hispanic families on Long Island that have trouble acclimating to school curriculums, and she believes that Rivero has a deep understanding of what those families need to succeed.

“It’s hard for them to get into our society, in our culture, and realize that they have a voice — and how to use their voice so they can advocate for their children,” Arfman said.

Arfman added that Rivero is mirroring an educational planning approach called Understanding by Design, the practice of looking at personal and academic outcomes to design curriculum, classroom instruction and performance assessments.

Rivero is also partnering with local businesses and organizations so students can interact more in the communities in which they live, as well as gain networking opportunities after graduation.

She is a new member of the Hispanic Chamber of Commerce, and hopes to use her connections there to network with professionals who can assist students struggling in the community. She wants students to have a clear path after graduation and be part of businesses in



Courtesy Spiro Tsirkas

JASMINE RIVERO, FOURTH from left, at the Glen Cove Youth Bureau, celebrated Thanksgiving dinner in 2017 when she was a volunteer counselor there. She is working with the bureau again to establish connections with organizations in the North Shore community to enhance her academic success program.

their own communities.

“Academics are important,” Rivero said, “but the kids who don’t want to go to college, the ones where school isn’t working out for them, they’re building community relationships and getting internships in trade.”

Spiro Tsirkas, executive director of the Youth Bureau, worked closely with Rivero before the Covid-19 pandemic, when she volunteered as an academic counselor at the Bureau. Tsirkas, a consultant for Rivero’s Academic

Resource and Success program, introduced her to organizations such as the SAFE Glen Cove Coalition, where Rivero will be working with the parent Spanish program.

Tsirkas said that he is confident that Rivero knows the needs of the North Shore community, and understands how families struggle to support school-aged children.

“A lot of these parents are working two and three jobs trying to make ends meet,” Tsirkas said, “and there just isn’t time to sit on top of their kids.”




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In their own words

Survivors help themselves by supporting others through diagnosis, treatment and recovery

By Lyn Dobrin

For over 40 years, the Adelphi NY Statewide Breast Cancer Hotline & Support Program has been a vital resource for Long Islanders — and all New Yorkers — coping with breast cancer.

The more than 100 highly trained volunteers offer comfort, guidance and referrals, all free. Social work staff provides professional services.

Before the pandemic, throughout the pandemic and in the redefined post-pandemic “normal,” Adelphi’s dedicated volunteers and staff remain committed to meeting the challenges and needs of patients and survivors. In addition to the hotline, locally the program offers support groups, individual and family counseling, plus educational forums and workshops. Hotline staffers are readily available to respond to everyone who has concerns about breast cancer. “You are not alone” is their motto.

Many local survivors are longtime hotline volunteers. They contribute their personal insights in their ongoing effort to help others; sharing their message that it is possible to get through this — and even thrive — as you find your own way on this unanticipated journey. These survivors have turned their encounter with the disease into an opportunity to better themselves and those around them.

Cindy Kaye-Fink East Meadow, Hotline volunteer for four years



I was diagnosed with breast cancer, when I was 36. I had a lumpectomy, radiation and chemo. Again in 2010, I had a mastectomy and chemo.

The most difficult part of my journey both times was getting through the chemo treatments. I was very sensitive to the medications and became extremely ill, requiring hospitalization several times. During my first bout of breast cancer, I was so young and knew no one who had to deal with this illness before. I felt very alone and scared, so I reached out to the Adelphi Breast Cancer hotline. I was recommended to their newly diagnosed, young women’s support group, which met in person.

I found that experience to be extremely valuable, so much so, that a small group of us continued to meet every month after the formal group was over. We met for 26 years until Covid stopped our in-person get-togethers. Three of the four of us moved to Florida and I winter down there, so now we can continue to meet.

This same group of ladies truly helped me get through my second bout of breast cancer as well, offering advice on everything from how to get through side effects of the meds, how to deal with mastectomy and reconstruction, to how to handle the emotional ups and downs of this life-threatening disease.

I retired four years ago from a 30-year career as a Senior Court Reporter in Nassau County Court. Upon doing so, one of my goals was to give back to the Adelphi Breast Cancer program by volunteering in any way that I could. After training with the program, I began by working with their outreach team, helping out at various community fairs, endeavoring to teach women about breast health and the importance of mammography and early detection. Because I am bilingual, I also worked with Adelphi’s Sisters United in Health program reaching out to Hispanic women on Long Island. This was all very rewarding.

When Covid hit in 2020, the in-person activities ceased. In 2021 I began to answer calls weekly on the Adelphi Breast Cancer Hotline, which I am still doing currently. I love being able to help counsel women on a peer-to-peer basis, giving them the support and advice that I so desperately needed when I first called this amazing organization.

Besides the Adelphi program, I relied on my incredible family and close friends for support during both breast cancer episodes. My husband and two daughters are and have always been my rocks and my salvation. They kept me positive through all the treatments and illnesses and still do to this day. I realize how lucky I am to have this built-in support system at home. I am now 12 years in remission and I know that I am not only a survivor, but a thriver, living my best life and appreciating every minute of it!

Pat Emma West Hempstead, Hotline volunteer for seven years



In 2015, I was diagnosed with breast cancer at the age of 67. I was seen at Mt. Sinai and then Memorial Sloan Kettering. It was at MSK that I had a single mastectomy with

reconstruction. It took months to prepare my body for the implant and then another surgery. During that time my oncologist discussed a clinical trial and I decided to take a leap of faith and join it. I was randomized and did not receive chemotherapy or radiation, but required a hormonal medication against estrogen

which needed to be taken for seven to 10 years.

There were lots of prayers and petitions during my recovery. I leaned on my family and friends and church community who were there to help support me. I didn’t know that the textured implant I chose would eventually be taken off the market because it could cause...cancer! The textured implant stayed in my body for seven years. After thinking and talking about it, I had another surgery five months ago to remove the questionable implant and use my abdominal fat to form a new breast. It was an extensive surgery. There are so many decisions to make along the way, and you just hope that you’re making the right ones.

I knew that I wanted to become involved with the Adelphi Breast Cancer Support Program. I got trained and started volunteering on the hotline and other events.

In these past seven years, I’ve shared my experiences with many other breast cancer survivors. We laugh and cry together. We share stories and information. The Adelphi Program is a wonderfully cohesive group of women who help and support other women (and men) in all phases of breast cancer and treatment.

During this journey, I sought nutrition counseling, social worker sessions, and got involved in a writing program called Visible Ink. The writing became an outlet to express feelings about my experiences. Again, my support was my family, friends, my writing, physical therapists (who specialize in treating breast cancer patients), and my new friends at Adelphi Breast Cancer Support Center.

Judith Cohen Oceanside (now retired to Fulton, Md.), Hotline volunteer for five years



I was 60 when diagnosed in 2005 and again at 74 in 2020. My treatment the first time was estrogen blocker and radiation; the second time estrogen blocker again but I stopped

because of side effects.

My mother and a close friend died of breast cancer, which made my situation very emotionally difficult. However, my early diagnosis and good prognosis kept me hopeful along with excellent medical care.

For five years I volunteered for the Adelphi Breast Cancer Program, mostly outreach. I am grateful to the program for kindness, insight and ongoing support.



Knowledge is power

Stay vigilant and know the facts

Breast cancer is the most common cancer diagnosed in women (excluding skin cancer) and second only to lung cancer as a cause of cancer death in women. About 1 in 8 women will be diagnosed with breast cancer in her lifetime and 1 in 833 men.

- In 2022, an estimated 290,560 new cases of invasive breast cancer are expected to be diagnosed in the U.S., along with 51,400 new cases of non-invasive breast cancer. An estimated 43,780 people will lose their lives to metastatic breast cancer.

As of 2020, there were 2.26 million global cases of breast cancer, making it the most commonly diagnosed cancer in the world. 685,000 of those diagnosed have died.

- Breast cancer death rates have dropped by 41 percent since 1989, as a result of earlier detection through increased awareness and mammography screening, as well as advances in treatments. Despite this drop, Black women are 40 percent more likely to die of breast cancer than white women overall and are twice as likely to die if they are younger than age 50.1
- The five-year relative survival rate for breast cancer that has not spread to the lymph nodes or other location is 99 percent.
- There are more than 3.8 million breast cancer survivors in the U.S.
- The average risk of a woman in the U.S. getting breast cancer during her life is about 12 percent.
- About 15 percent of women with breast cancer have a family member with this disease.
- Evidence is growing that regular physical activity reduces breast cancer risk, especially in women after menopause. Exactly how physical activity might reduce breast cancer risk isn’t clear, but it may be due to its effects on body weight, inflammation, hormones, and energy balance.

Courtesy American Cancer Society

Anything is possible

By Denise Albert

I've interviewed everyone from Hugh Jackman, Jada Pinkett Smith, Nicole Kidman, Jennifer Garner to Kevin Hart and Amy Schumer to Michael Jordan, produced David Blaine's ABC television specials and his new residency at Resorts World (Las Vegas) and lived in jail for a total of 10 days as Deborah Norville's producer for a series about women incarcerated. I created, produced and hosted three mom-focused fashion shows at Fashion Week at Lincoln Center. I was the subject of an Oprah special and appeared with her to talk about living with my ex-husband, his wife, her ex and all of our kids for six months during the pandemic!

I truly believe anything is possible with hard work, passion and dedication and love every job I've had and every thing I've been able to do. But there's nothing I'm more passionate about and nothing is more meaningful than my latest venture, My Cancer Family.

Just about seven years ago, I was diagnosed with early stage but aggressive breast cancer just three months after a "normal" mammography. I felt a pain and lump in my left breast and listened to myself and the change in my body. Though I was quick to act, it had already spread to my lymph nodes.

At the time, I was the host of "The MOMS" on SiriusXM Stars and co-founder of my company The MOMS. I decided to share my story publicly and in doing so, on air, online and on



social media, something really magical happened. I started to hear from people all across the country. Other people on cancer journeys, other survivors, people who had experienced what I was going through. Hearing their wis-

dom, feeling their love, learning their "cancer hacks," or what nonprofits they found helpful to keep me positive and going. My "cancer family" helped save my life.

My treatment was almost two years and

aggressive. I had a lumpectomy, six months of three different chemo infusions at one time, six weeks of daily radiation, and another year of two immunotherapy infusions every six weeks. I had a lot of side effects, rashes, lost my hair, eyebrows and lashes (all of which didn't grow back well), developed Rheumatoid Arthritis, and unrelated, I think, am monitoring a thyroid tumor — and broke my back last summer.

My journey inspired me to create a health and wellness tech platform and community to support all cancer patients and their families in every way that's non-medical (we love doctors and nurses, but they can't do it all). My Cancer Family recently launched as a newsletter and we're growing and building every day. Sign up at mycancerfamily.com.

I'm proud to be hosting #LightUpMBC Live, a virtual benefit to shine a light on the importance of funding metastatic breast cancer research (Stage 4) on Oct. 13, at 9 p.m. The event includes Beyonce's dad, Matthew Knowles, Daphne Rubin-Vega, Miranda McKeon, Lionel Richie, and an exclusive tribute to Nightbirde from American Idol.

I'm also so proud to be the first ever honoree of American Cancer Society's Making Strides in Central Park! Come walk with me and join My Cancer Family on Oct. 16!

Denise Albert is a special contributor, CEO and Co-Founder My Cancer Family

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Melissa Natoli, RN
Clinical Nurse
MSK in Commack

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HEALTH MEMO

UHF Honors Parker Jewish Institute's Chief Medical Officer Igor Israel, MD, as a Quality Improvement Champion

Parker Jewish Institute is proud to announce that Chief Medical Officer Igor Israel, MD, was honored recently by United Hospital Fund as a Quality Improvement Champion. Dr. Israel was recognized for his efforts to improve quality of care, patient safety, and the patient experience at Parker.

The fourth annual Tribute to Excellence in Health Care event was held in person at Cipriani 42nd Street in New York City, after two years of virtual events due to the Covid-19 pandemic. Dave A. Chokshi, MD, former Commissioner at the New York City Department of Health and Mental Hygiene, gave the keynote address.

Dr. Israel and his fellow honorees — physicians, nurses, physician assistants, pharmacists and a broad range of other health care workers — were each selected by a senior executive at their institution. They represent New York City, as well as Long Island, Westchester, the Hudson Valley, New Jersey, Connecticut, and Rhode Island, and were drawn from hospital systems, long-term care facilities, home care organizations, independent practice associations, federally qualified health centers, medical groups, and behavioral health organizations.



Parker Senior Vice President of Patient Care Services, Colleen Ariola; Senior Vice President of Nerken Center for Research Lorraine Breur; President & CEO Michael Rosenblut; Chief Medical Officer Dr. Igor Israel; Vice President of Corporate Engagement Lina Scacco; and Associate Medical Director Dr. Arpan Philip at the Tribute to Excellence in Health Care event.

"Today's celebration of health care excellence is part of UHF's broader work to build an effective and equitable health care system," said UHF president Anthony Shih, MD, in his

opening remarks. "We have some of the best health care institutions in the world, many represented in this room, but we all recognize that we must relentlessly continue to improve

quality." The tribute was created to recognize and nourish this essential work, he said.

"Parker Jewish Institute is so proud of Dr. Israel, whose guidance, expertise and empathy complement our mission at Parker, where our team members are inspired every day to provide top-quality health care with dignity and compassion to our residents and patients," said Michael N. Rosenblut, Parker's President and CEO.

"I am honored to be recognized by the United Hospital Fund as a Quality Improvement Champion along with my esteemed peers in health care," Dr. Israel said. "Together, we are making a difference in the region."

Cary A. Kravet, a UHF board member and trustee of Northwell Health, was the event chair, and TD Bank was the Lead Sponsor of the Tribute.



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HEALTH MEMO

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

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

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

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

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



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

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

accommodates stretchers, and offers valet parking.

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

About Parker Jewish Institute for Health Care and Rehabilitation

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



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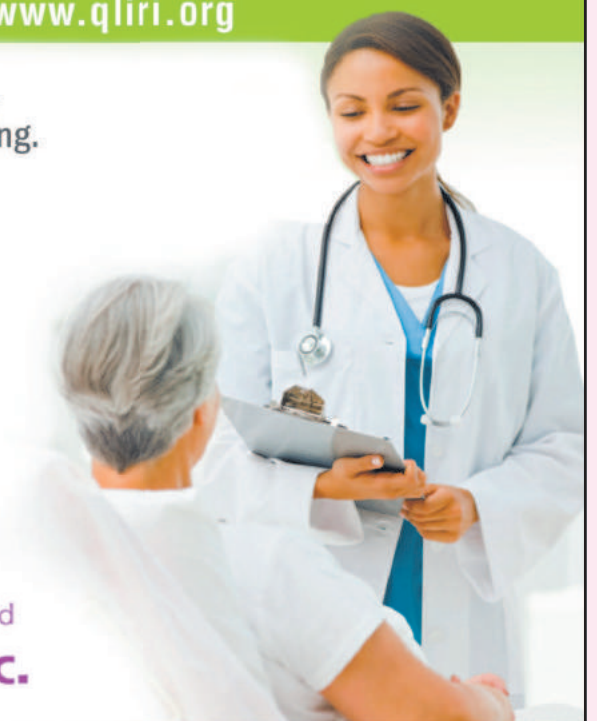
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Abortion looms large at Gillibrand town hall

By **KYLE CHIN**

kchin@liherald.com

It's been nearly four months since the U.S. Supreme Court essentially overturned *Roe v. Wade*, leaving the decision on whether to allow abortions back to the states. Yet, women's reproductive rights remain a primary issue for a number of voters, including those who visited Hofstra University last week to hear from U.S. Sen. Kirsten Gillibrand.

It was certainly on Francene Friedman's mind.

"Having survived two ectopic pregnancies many, many, many years ago, I would like to know what would happen if, God forbid, my granddaughter decides to go that way," the Cedarhurst resident said. "How would she be able to survive?"

Gillibrand, one of the state's two Democratic representatives in the upper chamber of Capitol Hill, characterized the court's decision in *Dobbs v. Jackson Women's Health Organization* as a broader attack on personal decisions.

"The challenge we have is that the *Dobbs* decision said that women in reproductive years do not have a right to privacy," Gillibrand said. "Which is a shocking decision."

A pregnancy is considered ectopic when a fertilized egg is prevented from entering the uterus, which could damage nearby organs and even threaten the life of the would-be mother. Such a condition could require dilation and curettage, Gilli-

brand said — removing tissue from inside the uterus to help clear a path.

Yet, such a procedure "might be considered an abortion in some state laws' analysis," the senator said.

"You might have to go to court to get your D and C. Well, you'll be dead by then."

While those advocating to maintain reproductive rights established through *Roe v. Wade* are disappointed by the court's reversal, Gillibrand did acknowledge the decision has rallied more voters behind the Democratic Party ahead of the crucial midterm elections where Gillibrand's party hopes to retain control over both the U.S. House and the U.S. Senate.

Still, the senator encouraged voters at her town hall to make their voices heard on the issue.

"I think for both of your grandchildren, their rights and privileges are at risk," she said. "We should fight for those rights and privileges back."

But should Congress hold the U.S. Supreme Court more accountable? That's something Hofstra student Nicholas Isaacs asked Gillibrand, especially since a number of justices who voted for *Dobbs* told senators during their confirmation hearings *Roe* was watertight precedent.

"I think that the Supreme Court justices did lie," Gillibrand said. "I think that they intentionally misled the senators in these hearings to believe that they would not overturn precedent."

"They should be held accountable. The only way we can do that is through



Tim Baker/Herald

JOHN DURSO, CHATTED with U.S. Sen. Kirsten Gillibrand about a number of issues, including whether U.S. Supreme Court justices should have term limits.

impeachment, which would take too much time and is not the priority of the American people. I don't recommend that, but I do think the House can do an investigation and publish all the statements so people know for sure that these men and women were not honest."

Gillibrand also is for exploring term limits for Supreme Court justices, although such a move would likely require a Constitutional amendment.

"I think that the idea that Supreme Court justices and all other judges who are appointed to life will make them non-political just isn't true," Gillibrand said. "Now they're appointed to life and they're 100 percent political. That idea that they deserve a lifetime appointment, I think,

should be discontinued. I just don't believe it."

Gillibrand also fielded question about the economy, mental health care, and the upcoming midterms. She also received a thank you from representatives of Moms Demand Action for the passage of gun reform legislation over the summer.

Like other lawmakers on both sides of the aisle, Gillibrand says she finds town halls like the Hofstra one as a crucial part of democracy.

"I think this is one of the most important things I do as a senator: Listen to my constituents," Gillibrand said. "Hear what's on your mind. Answer your questions."

"It allows me to do my job much better."

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STEPPING OUT



Anthony Rapp's one-man show returns, showcasing his seasons of love and loss

By Michael Hinman

Through the late, great Jonathan Larson, we learned how much can happen over the course of 525,600 minutes. So, one can only imagine what Anthony Rapp must have been up to over the past 4,730,400 minutes, when the actor and singer last performed on the Adelphi University Performing Arts Center stage.

We'll find out Sunday, Oct. 16, when Rapp returns, ready to bring his memoir, "Without You," to life at the very school Larson once attended.

It's a story that begins in 1994. Although he'd already made a name for himself as a teen actor in film hits like "Adventures in Babysitting" and "Dazed and Confused," Rapp found himself making ends meet working at Starbucks when he got a chance to audition for a rather unusual play.

It was a modern take of "La Bohème" called "Rent"—and it would change Rapp's life forever. With a little help from R.E.M.'s "Losing My Religion," Rapp won the role of struggling filmmaker Mark Cohen squatting in an apartment with his friends in East Village's Alphabet City.

But Larson would die suddenly just shy of his 36th birthday—when "Rent" was about to begin Off-Broadway previews. It turned Rapp's world upside-down.

"Sometimes, we would talk to each other," Rapp later told NPR's Jeff Lunden. "But sometimes, we would just sit in silence and shock and, like, there was sort of nothing to say. We would cry."

Rapp would finally find the words in his 2006 memoir "Without You," that not only detailed those early days on the "Rent" stage, but also shares his grief over losing his mother, Mary Lee Rapp, from breast cancer a year after Larson's death. Never forgetting his ties to the stage, Rapp turned the book into a one-man show not long after, mixing songs from "Rent" along with some of his own musical creations.

"Without You" feels more personal than one might expect from such a production, but that's because it is personal. It took Rapp years to perfect the book it's based on simply because of how personal the material is.

Even the title has special meaning, pulled straight from the "Rent" score. Because without you, the ground thaws. The flowers bloom. The breeze warms. Yet, "life goes on, but I'm gone. 'Cause I die, without you."

Rapp has resurrected his show from time to time, and brings it to Larson's alma mater on the very stages he himself had performed while a student there. Larson's presence is still felt to this day, especially with Adelphi's annual Larson Legacy Concert Series, which features many of the recipients of Jonathan Larson Grants from American Theatre Wing.

Those winners have included future Pulitzer Prize winner Michael R. Jackson, as well as Benj Pasek and Justin Paul, who created "Dear Evan Hansen" and the music for the Hugh Jackman film "The Greatest Showman."

But Sunday, it will be a bit of a quieter affair, even with a five-piece band.

"It's like holding up a mirror to the experience of what it means to be alive," Rapp told Playbill's Raven Brunner earlier this year. "In everyone's case, at some point or other, you're going to lose someone very close to you. It's not just a piece of sorrow. It's also a piece of joy and love—and connection."

Anthony Rapp takes the stage at the Adelphi Performing Arts Center in Garden City, Sunday, Oct. 16, at 2 p.m. For tickets, use promo code "Herald5" to get a \$5 discount.

Without You



Want to see 'Without You'?

'Without You,' Anthony Rapp's one-man musical, returns to the stage at the Adelphi Performing Arts Center, 1 South Ave., in Garden City, on Sunday, Oct. 16 at 2 p.m.

- Tickets are \$60 for adults and \$58 for senior citizens, \$55 for Adelphi University alums and staff members, \$45 students, and \$10 for Adelphi students.
- Get \$5 off when buying tickets online by using promo code "Herald5."
- For more information, visit Adelphi.edu/pac, or call (516) 877-4000.



Jeff Beck

Jeff Beck is joined by Johnny Depp on his current tour. Depp and Beck will highlight songs from their newly released musical collaboration, '18,' which debuted at No. 10 on both the Billboard Top Albums and Top Current Albums charts. This marked the first top 10 for both Beck and Depp on the 31-year-old Top Album sales chart. The legendary guitarist found a kindred spirit in the actor-musician when the two met in 2016. They bonded quickly over cars and guitars and spent most of their time together trying to make each other laugh. At the same time, Beck's appreciation grew for Depp's serious songwriting skills and his ear for music. That talent and their chemistry convinced Beck they should make an album together. Depp agreed and they started in 2019.

Friday and Saturday, Oct. 14-15, 8 p.m. \$149.50, \$99.50, \$79.50, \$59.50. The Paramount, 370 New York Ave., Huntington. (800) 745-3000, Ticketmaster.com or ParamountNY.com.



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From re-imagining the classical masters and romantic greats, to sharing contemporary commissions, the world-class musicians of the Scottish Chamber Orchestra are passionate about playing: and with inspirational young conductor Maxim Emelyanychev at the helm, these live performances are anything but predictable. The SCO is joined by superstar Scottish violin virtuoso and long-time collaborator, Nicola Benedetti, who will delight the audience with Bruch's ever-popular violin concerto, when the renowned orchestra visits Long Island on its 10-day U.S. tour. Their program also includes Anna Clyne's Beethoven-inspired work, 'Stride,' and Mendelssohn's evocative 'Scottish Symphony,' inspired by the composer's travels around Scotland.

Sunday, Oct. 16, 4 p.m. \$79, \$59, \$44. Tilles Center for the Performing Arts, C.W. Post Campus, Route 25A, Brookville. (516) 299-3100 or TillesCenter.org.

THE SCENE



Oct. 28

Linda Eder

The versatile songstress-musical theater star brings her powerful voice to NYCB Theatre at Westbury, 960 Brush Hollow Rd., Westbury, for her latest cabaret turn, Friday, **Oct. 28**, 8 p.m. A best-selling recording artist with 14 solo albums to her credit, Eder brings a diverse repertoire spanning Broadway, standards, pop, country, and jazz. When Eder performs live in concert, audiences are awed by the ease of her transitions between

genres, effortlessly displaying the full range of her incredible vocal gifts. For information/tickets, visit TheTheatreAtWestbury.com or LiveNation.com or call (516) 247-5200.

Author talk

Meet journalist Joe Calderone, author of "Don't Look Back," a thriller that takes readers into the hearts and minds of a FDNY family who lost their son during 9/11, and set out on a mission to find out what really happened to him and the other 342 firefighters who perished, Wednesday, **Oct. 26**, 6-9 p.m. Hosted by Tony Cancellieri and Mike Sapralcone, at the Coral House, 70 Milburn Ave., Baldwin. For information, call (516) 672-3205.



Mini Mart

Head to Sea Cliff to enjoy Mini Mart, a one of a kind street fair full of hand made artisanal goods and live music, Saturday, Oct. 15, 10 a.m. to 5 p.m., in downtown Sea Cliff. It marks the first Mini Mart held since the Covid-19 pandemic began. Free parking is available at Tappen Beach, with a free shuttle bus to drive people from the Tappen parking lot into the village.

Oct. 16

Psychic Fair

Visit the original oldest psychic fair on Long Island, Sunday, Oct. 16, 11 a.m.- 5 p.m., at the Comfort Inn, 24 Oak Drive, Syosset. Tarot, angel cards, animal communications, astrology, clairvoyants, clairaudients, and mediums. For more information, call (516) 781-4954.

Oct. 19

Reception at La Selva

Visit an Olmsted Brothers-designed private estate near Planting Fields Arboretum, Wednesday, **Oct. 19**, 5-8 p.m. for a special reception in celebration of Planting Fields Foundation's Olmsted 200. The event kicks off a two-day symposium featuring a keynote presentation by John Dixon Hunt, Professor Emeritus of Landscape Architecture at University of Pennsylvania. Register at PlantingFields.org.

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Nov. 1

Art talk

Join Nassau County Museum Director Charles A.

Riley II, PhD, for a Director's Seminar, Tuesday, **Nov. 1**, 4 p.m. He'll discuss "The Persistence of Surrealism," which highlights the drama and poetry of the Surrealist movement, along with masterworks of painting and sculpture. Participation is limited; registration required. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.

Harvest Festival and Food Drive

Celebrate fall at the Bayville Free Library's Harvest Festival and Food Drive for L.I. Cares, Saturday, Oct. 22, 10 a.m. to noon, at 34 School St., Bayville. Enjoy music by Willie Steel and Jim Uhl, balloon twisting, pumpkin painting, fall craft stations, and a goat visit. Please bring canned food to donate to the L.I. Cares/Harry Chapin Food Bank. Registration is required, and can be found at BayvilleFreeLibrary.org.



Pumpkin Decorating

Students from grades 6 to 12 are encouraged to visit the Gold Coast Public Library, Saturday, Oct. 15, 11 a.m. to noon, at 50 Railroad Ave., Glen Head. Bring a small pumpkin to decorate, with supplies provided by the library. All pumpkins will be donated to The Regency Assisted Living Facility in Glen Cove, and students will receive an hour of community service for their donation. Registration is required at GoldCoastLibrary.org.



Open House

Join Friends of the Glen Cove Library for their open house, Thursday, **Oct. 20**, 4-8 p.m., 4 Glen Cove Ave. Learn about Friends mission, with refreshments, a slide-show of Glen Cove history, tours of the Library's History Room; also a 'Meet the Author' event featuring Glen Cove author Belinda Celis Basaca, who will discuss her book, "Mom, I Wanna Be a Fighter."

St. Luke's Fall Bazaar

Visit St. Luke's Episcopal Church, located at 253 Glen Avenue in Sea Cliff, and take part in their annual Fall Bazaar from

Oct. 15

11 a.m. to 4 p.m. Their Country Kitchen will be offering home made jams, jellies, marmalades, pickles and infused oils, all made in the church's kitchen by the women of St. Luke's. There will also be other favorites like Vermont cheddar, fruit pies and homemade barbeque sauce. The event will also feature lunch, a raffle, seasonal crafts and a White-Elephant Sale. To preorder go to saintlukes-seacliff.org, online pickup is 11 a.m. to 2 p.m. that day.



Spish Splash...Animal Baths

Hang out once again with some of Long Island Children's Museum's "residents," Saturday, **Oct. 15**, noon. Join an animal educator in the Yellow Studio in the Feasts for Beasts Gallery to learn what goes into the care of LICM's beloved animals. Observe animal bath time. Long Island Children's Museum, Museum Row, Garden City. (516) 224-5800 or LICM.org.

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.

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Blakeman reluctantly supports 'safe zones'

By **MICHAEL MALASZCZYK**

mmalaszczyk@liherald.com

The U.S. Supreme Court has weighed in on a number of controversial topics as of late. But while a lot of attention is paid to the overturn of *Roe v. Wade*, another salient issue has seemingly been overshadowed: gun rights.

The court ruled last summer to expand access to concealed carry permits in a case originating here in New York, declaring unconstitutional laws they say could impede on Second Amendment rights — like people being required to show proper cause before they could carry a gun in public.

This latest case — *New York State Rifle & Pistol Association v. Bruen* — loosened restrictions on concealed carry permits, ruling that both the Second and 14th amendments guarantee the rights to carry firearms publicly.

But Gov. Kathy Hochul and state lawmakers responded to that ruling with new laws requiring permit renewals, firearm safety training courses, and most of all, the creation of “safe zones” — places where firearms are not permitted at all.

Here in Nassau County, Bruce Blakeman says he'll enforce laws, but only until they are ruled unconstitutional.

“We are very concerned about the restrictions that might make law-abiding citizens who choose to carry into criminals,” the county executive told reporters



Michael Malaszczyk/Herald

NASSAU COUNTY EXECUTIVE Bruce Blakeman, flanked by Nassau County Police Department Commissioner Patrick Ryder and Tatum Fox, the deputy county executive, pledged to support New York's new gun laws while still hoping they are ultimately overturned, during a news conference last week.

during a news conference last week.

“You can't carry in government buildings. You can't carry in places of worship. We have churches, synagogues and mosques in Nassau County where law-abiding citizens want guns for their own safety and the safety of their religious institutions.”

Blakeman believes the state's new laws

won't stop dangerous individuals from carrying and using illegal guns, but rather will stop ordinary people to legally carry them.

Yet, Blakeman says he's also not for a completely unrestricted Second Amendment, either.

“We would do background checks, regardless of what the state law requires,”

the Republican said, if such actions were left strictly up to local governments. “We certainly want to see if someone has a propensity for criminality or violence. We would do social media checks as well.”

But not everyone inside the county government agrees with Blakeman's stance. County Legislator Kevan Abrahams praised Hochul's new law, saying it protects anyone who doesn't want to be near guns in public spaces. The Democrat also believes it makes the job of police easier.

“I don't think anyone is infringing on anyone's Second Amendment rights,” the minority caucus leader said. “The Supreme Court just allowed them to enhance those rights. The state law is just saying that there should be safe zones, where I couldn't imagine why anyone would want to bring a gun unless their goal was to inflict harm.”

Abrahams named churches, malls and parks as places where he couldn't imagine the need for a gun, and added he trusts law enforcement's ability to protect the public from danger in those kinds of places.

“Removing safe zones makes the police's job, which is already one of the toughest jobs in the country, even harder,” Abrahams said. “The safe zone legislation is, to me, just common sense.”

A federal judge last week put a temporary halt on the law — including a part it that would ban weapons in New York City's Times Square — while legal challenges to that legislation proceed.

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Entrance of Glen Cove's Cactus Café struck by car

By **ROKSANA AMID**

ramid@lherald.com

A 2005 Toyota Prius barreled into the Cactus Café, affectionately referred to as “Tex Mex” by locals, on Oct. 3 after 11 p.m.

The driver had a valid license, and Glen Cove police said no drugs or alcohol were involved. He was issued a summons for an uninspected vehicle, which is being tested for brake functionality.

Police said the driver was a 26 year old male from Brooklyn. The car's passenger was also a Brooklyn resident.

No one was injured, although the restaurant's security footage indicates that there were two patrons sitting at the window inside the restaurant just before the accident. They were hit by the window's frame and a broken bench but did not sustain any injuries. According to co-owner Kayli Ruank, there were 10 people in the restaurant, half of whom were patrons.

Ruank, who was in the restaurant the evening of the accident said she didn't

speak to the driver. Her concern was her customer's safety.

“The police took him quickly into their own little corner,” Ruank said. “And then he was removed. (He) came back for his belongings afterwards, but we didn't have any interaction with him.”

Ruank said she repeatedly told patrons and employees that if they needed anything to let her know.

“I've been with the company for 16 years,” she said. “So, we've seen a lot of stuff happen and you just got to keep calm and just make sure everything's okay and keep your internal peace going on.”

The accident broke the front windows and entrance to the restaurant. Everyone inside had to wait an hour for the glass to be removed, as well as the car before they could exit the restaurant.

“I was there until one in the morning trying to board everything up the best we could,” Ruank said.

The next day, city inspectors came to make sure the building was structurally

sound. After it was deemed safe, Cactus Café reopened at 5p.m.

“We're doing business as usual,” Ruank said. “Obviously, we can't see who's coming in because we're boarded up. We just have to go through insurance and get everything taken care of and the whole front of the building and the bricks have to be replaced.”

After the temporary fix, Ruank went to Sherwin Williams and bought spray paint to tag the front of the store to indicate to customers that they're still open. Ruank said she has no plans to redecorate. “We'd like to keep it as a little dive-in, the way it's always been,” she said. “If it's not broke, don't fix it, except for when it is.”

The restaurant's popular Facebook account has been highly active and added an element of humor to their posts.

“Nothing is gonna stop us from National Taco Day! Our Glen Cove location will be closed for lunch but open for dinner later today,” the post said. “In the future, remember your cars can't come with you

into the store.”

The restaurant has been in business for 23 years and is popular among many residents of the north shore.

“Cactus Café was the first restaurant we ate at when we moved here 20 years ago,” Karen O'Mara Swett, of Sea Cliff, said. It feels like just yesterday.”

Cactus Café currently has three locations, one in Glen Cove, Port Washington, and Medford. The restaurant has been nominated for best burritos and best Tex-Mex restaurant in the Best of Long Island 2023 awards sponsored by Bethpage Federal Credit Union.

Ruank said she and the other co-owners, Paul Hansen, and Stan Najarro, have discussed the possibility of expansion to a fourth store, but no final decisions have been made.

“We're just really glad everybody was safe,” said Ruank. “It's really nice to see just how much of a community we have in Glen Cove and how supportive everybody was of us. It just like feels like a family.”

Local libraries commit to give back to communities

By **WILL SHEELINE**

wsheeline@lherald.com

Libraries across Nassau County are preparing for another year of the Great Give Back, a community service initiative in which Long Island libraries collect everything from school supplies and socks to dog food and donate them to assist those in need. The initiative, which began in 2017, is an opportunity for libraries to make a difference in their communities, serving not just as repositories of knowledge, but also as community centers.

The Great Give Back was created by the Suffolk County Public Library Directors Association and the Suffolk Cooperative Library System, in conjunction with the Nassau Library System, to encourage library patrons to get involved in service-oriented experiences. Those experiences vary from library to library, and North Shore libraries have each come up with their own themes for donations. Some, like the Bayville Free Library, partner with local charities and nonprofit organizations like the Long Island Cares Harry Chapin Food Bank.

Libraries in more than 50 counties around the state now take part in the Great Give Back. The Oyster Bay-East Norwich Public Library has been involved since the event was founded in 2017, according to head librarian Stacie Hammond.

“Libraries — we talk to each other, you know,” Hammond said. “We share ideas and information all the time, and when we got flyers from the Nassau Library System, we thought, hey, we might want to get on board with this. So every year we come up with some way to contribute, something that will help.”

Libraries do their best to not repeat projects from year to year. Some, such as the Sea Cliff Village Library and the Bayville facility, collect canned and other non-perishable foods to donate to community food banks, while others, like the Gold Coast Public Library, are planning to decorate pumpkins for residents of the Regency Assisted Living Facility in Glen Cove.

According to Phyllis Grazios, a librarian at the Glen Cove Public Library, some libraries schedule a main event on Oct. 15, the Great Give Back's official date,

while others collect donations throughout the month. Some, like Glen Cove, which is collecting donated winter clothing for local families in need, do a little of both, collecting throughout October while also holding a small event on the 15th.

“During the whole month of October, we have two huge boxes in the library, which the kids are going to decorate ...,” Grazios said. “The donations are going to go on through the whole month of October, and then, also, the kids will earn extra community service as they bring in new donations.”

Overall, the event gives libraries, patrons and children an opportunity to come together to make a difference in their communities. Camille Purcell, director of the Sea Cliff library, explained how this yearly event is beneficial not only to those in need, but also to the libraries themselves.

“We're always trying to be a part of the community,” Purcell said. “It's great when we can do something like this to show that we're more than just books and stuff like that.”

Participating libraries

Bayville Free Library

Harvest festival and food drive
Oct. 22, 10 a.m. to noon

Glen Cove Public Library

Get kids ready for winter
Oct. 1-31

Gold Coast Public Library

Pumpkin decorating
Oct. 15, 11 a.m. to noon (grades 6-12)

Locust Valley Library

Beach cleanup
Oct. 2

Oyster Bay-East Norwich Public Library

Socks for veterans
Oct. 9-15

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THE WEEKLY LIST:

KEEP KIDS HEALTHY & ENGAGED WITH LONG ISLAND'S BEST IN HEALTH & ACTIVITIES

Check out the November 24 issue to see who made the Top 5! Visit www.lichoiceawards.com and vote for your favorites.

BEST PEDIATRICIAN:

Matthew S. Cohen, MD, FAAP
272 W Park Ave, Long Beach
(516) 543-5000
www.matthewcohenmd.com

Dr. Cohen's office strives to provide optimal healthcare options with the latest and state-of-the-art facility and techniques within a warm and caring environment. Dr. Cohen has information available so people can understand medicine, science, treatments, care dosages and so much more within the pediatric world. Open seven days a week with 24-hour on-call services, the practice specializes in general pediatrics with emphasis on well-child and urgent care issues. They offer a number of tests, treatments and care services all within their office.

BEST DANCE SCHOOL:

Hart and Soul Performing Arts and Dance School
1032 Broadway, Woodmere
(516) 295-2800
Find us on Facebook

From tap, ballet and jazz to hip-hop, musical theatre or lyrical dance – get moving and feel the beat at Hart & Soul. There are plenty of classes for children of all ages at whatever level or taste in dance style. It's a fun and active way to get social and express yourself. There are also classes for adults as well. Dance is welcomed at any age and can be an amazing way to release inner tension and keep your blood pumping.

BEST MUSIC SCHOOL/CLASSES:

School of Rock
197 N Long Beach Rd, Rockville Centre
(516) 569-5909
locations.schoolofrock.com

Kids get to rock out and shine in a comfortable and safe environment that makes you feel like a rockstar. Children are taken seriously within lessons, and the combination of one-on-one in person or virtual and group band practices makes for a unique and well-rounded educational experience. They are also given the opportunity to perform live shows, develop their skills in a supportive, encouraging and learning environment.

BEST PEDIATRIC DENTIST:

Yehuda Marciano, DDS
Five Towns Pediatric Dentistry
932 Broadway, Woodmere
(516) 295-3733
www.ftpediatricdentistry.com

Dr. Marciano is passionate about providing the best treatment and care using cutting edge techniques. He wants to create positive memories for children so they associate the dentist as being a good place that they look forward to going to or feel at ease while getting dental work or cleanings. The goal is to encourage healthy oral hygiene and take care of their needs so they maintain their bright smiles.



BEST KIDS SPORTS LEAGUE:

Hewlett Lawrence Soccer Club
1 Johnson Pl, Woodmere
(516) 342-0760
www.hlsc.org

If your child is interested or enjoys soccer, building their skills through intramurals or travel teams can be a great choice! It's a way to improve sportsmanship and teamwork skills, building strength physically and mentally and creating friendships. The Hewlett Lawrence Soccer Club is a not-for-profit community soccer club that has been serving the Five Towns area of Long Island since the 1970s.

BEST ART SCHOOL:

Hue Studio
326 Sunrise Hwy, Rockville Centre
(516) 226-0430
www.huestudioarts.com

Adults, teens and kids can explore their creative minds at Hue Studio. Kids classes are for children ages five and up and include a variety of projects with different mediums. They will learn the basics of drawing and how to use different techniques as well as mixing their own paints, designing and sculpting 3D models with clay and much more! New innovative fine art projects are performed each month. Teen programs are for tweens and teens looking to advance their skills and create unique pieces that apply to each lesson they learn.

BEST MARTIAL ARTS:

Warren Levi Martial Arts & Fitness
136 Washington Ave, Cedarhurst
(516) 569-0808
www.warrenlevikarate.com

Martial Arts is excellent for children who need a supportive, educational and fun activity that grants your kids the gift of learning life-long skills such as personal success and growth, discipline, self-defense and overall confidence. What is learned within the dojo can be applied to outside work such as physical and mental strength, valuable social skills and positive reinforcement among many other important lessons and skills.

BEST GYMNASTICS CENTER:

All American Gymnastics
2755 Merrick Rd, Bellmore
(516) 409-0300
www.icangymnastics.com

All American Gymnastics offers a myriad of classes as well as totnastics! From Mommy and Me classes to Pretot and onward, All American Gymnastics allows children to not only stay active but develop a sense of community as they become self-sufficient, confident in their techniques and broaden their social skills. Classes are made up of five to seven children per instructor so classes are close knit and personal.



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THE GREAT BOOK GURU

Crisis averted?

Dear Great Book Guru,
There is a fun-filled Sea Cliff weekend coming up. The rained out, much beloved Mini Mart has been reinvented on a smaller, more intimate scale for this Saturday at Roslyn Park in conjunction with the St. Luke's Fall Bazaar. What fun, but I am always looking for something good to read even during the busiest of times! Any suggestions?

—Fall Festival Fan

Dear Fall Festival Fan,

I just finished a compelling, albeit terrifying, novel by Celeste Ng: "Our Missing Hearts." Unlike Ng's earlier, very popular novel, "Little Fires Everywhere," this is a truly dystopian tale. Narrated in part by the twelve-year old boy Noah, or as he is sometimes called, "Bird" and by his mother, Margaret, the novel is set slightly in the future after a crisis — an economic and societal breakdown — has occurred. To keep peace and end the violence, a common

enemy is identified, families are cautioned to educate their children in the new ways, books are banned, and those that question the draconian laws are mysteriously sent away. Bird's mother had been identified as a dissident

because of her poetry, and to protect her family, she flees their Boston home leaving behind Bird and his father, Ethan, a linguistics teacher at Harvard.



**ANN
DIPIETRO**

Much of the novel recounts Bird and Margaret's quest to reunite, but the most disturbing part of the story is the indifference shown by much of the population to the extreme injustices that

around. Interestingly, libraries are shown as beacons of enlightenment and a continuing means to right society's wrongs. Highly recommended!

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

Future of snow days yet to be determined in G.C.

By **ROKSANA AMID**

ramid@iherald.com

For many residents on the north shore, a snow day announcement creates a youthful sense of excitement. The resulting buzz is less about postponing a day of school or work, and more about the rarity and suddenness of unplanned, unexpected free time. As snow covers everything in sight like a fluffy white blanket it makes for picturesque scenes for people to appreciate.

For some New York school districts, snow days have become a casualty of the coronavirus pandemic. It completely shifted the way teaching can be accomplished. Online platforms such as Zoom, Google Classroom and Blackboard have proven, to an extent, that schools can extend their reach outside of in-class teaching.

The practice of turning snow days into remote days gained renewed attention after chancellor of the New York City Department of Education, David Banks, said virtual learning eliminated the need for snow days, no matter how beloved the tradition is.

Banks told anchors on Fox 5's "Good Day New York" on Sept. 6 that city schools no longer have snow days built into their calendars.

"With the new technology that we have, it's one of the good things that came out of Covid," Banks said. "We want to make sure our kids are continuing to learn, so, sorry kids, no more snow days, but it's going to be good for you."

Dominick Palma president of the Nassau County Council of School Superintendents for the 2022-2023 school year, said that the decision to keep emergency days is up to each school district.

"Each district will consider if having snow days versus virtual days is in that district's interest," he said.

In a statement to the Herald Maria L. Rianna, superintendent of the Glen Cove City School District, said that there are snow days built into the current calendar. "When we begin scheduling the calendar for 2023-24, it will be a consideration," she said. The district has not yet decided on continuing to implement snow days for next year's calendar.

By state law, students must attend class 180 out of 365 days. By switching to remote learning on bad weather days, it makes it easier for schools to meet the mandate.

Most Long Island schools have built in at least one snow day for this school year calendar. A few districts that used the remote option in snowstorms during the pandemic are switching back to giving students their traditional snow days back.

Amy Goldin, a retired educator and Glen Cove resident, said the pandemic has shown that remote instruction is a poor substitute for in-person education and prefers to avoid it when possible.

She taught both private and public schools, and also worked as a university adjunct teacher where she taught undergraduate and graduate teacher education.

"As a teacher for many years I know that no matter what we learned during Covid, it's still not so easy or smooth to just say 'OK, today

we'll have online learning."

Goldin said It's easier to leave everything as is for a day and continue lesson plans the next time school is open, rather than suddenly try to pivot lessons.

"Even though we know a lot more about virtual learning than we did before Covid, my vote is to keep the snow days on the calendar."

Jeanne Whelan, a Glen Cove parent, has two children in grades 8 and 12. She's skeptical of the advantages of remote learning, and feels there is no evidence that it's beneficial to a student's learning. Whelan said that remote days are good for saving the holidays if the district uses up their built-in snow days.

"Actual snow days have wonderful advantages," she said. "Kids get to play in the snow, help shovel and work, and learn how to chip in and help in an emergency."

Whelan said she feels that snow days are wonderful opportunities for family days which shouldn't be replaced by online lessons. Tanya Shohov-Bianchino, of Sea Cliff, said that at age 50, she fondly remembers lying in bed looking out her window at the snow covering her backyard, and praying for the fire whistle to blow. "Snow days are some of the most magical days of childhood," she said.

HERALD 1013 PUBLIC NOTICES

LEGAL NOTICE
CITY OF GLEN COVE
ZONING BOARD OF
APPEALS
NOTICE OF PUBLIC
HEARING
PLEASE TAKE NOTICE
that a PUBLIC HEARING
will be held by the Glen
Cove Zoning Board of
Appeals on Thursday,
October 20, 2022, at 7:30
p.m. at the Council
Chambers, City Hall, 9
Glen Street, Glen Cove,
New York, when all
interested persons will
be given an opportunity to
be heard.

Application of Drew
Chandler, residing at 10
Putnam Avenue, Glen
Cove, NY who seeks
Variances from Sections
280-30 (A), 280-58 (B)
(10) & (12) of the Glen
Cove Zoning Code to
construct a new 1,110.42
sf two story addition on
an existing single-story
dwelling and for interior
renovations to the first
floor. Applicant is
proposing a lot coverage
of 25.88% when
20 % is the maximum
permitted and proposing
an interior floor area of
2,589.88sf when 1,725 sf
is maximum allowed.

The subject property is
located in the R-3A One
Family Residence District
and designated on the
Nassau County Land &
Tax Map as Section 21,
Block 256, Lot 12
The above application is
on file at the city offices
located at 9 Glen Street,

Glen Cove, NY where it
may be seen during
regular business hours of
the usual business days
until the time of the
hearing.

Dated:
September 6, 2022
BY THE ORDER OF THE
ZONING BOARD OF
APPEALS OF THE CITY OF
GLEN COVE
THERESA MOSCHETTA,
CHAIRPERSON
134717

Place a notice by phone at
516-569-4000 x232 or email:
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LEGAL NOTICE
CITY OF GLEN COVE
ZONING BOARD OF
APPEALS
NOTICE OF PUBLIC
HEARING
PLEASE TAKE NOTICE
that a PUBLIC HEARING
will be held by the Glen
Cove Zoning Board of
Appeals on Thursday,
October 20, 2022, at 7:30
p.m. at the Council
Chambers, City Hall, 9
Glen Street, Glen Cove,
New York, when all
interested persons will
be given an opportunity to
express their views.

The hearing will be on the
application of Spiro
Platanias residing at 4
David Court, Glen Cove,
NY 11542 who seeks a
Variance from Sections
280-56 B (1) and 280-56
B (3) of the Glen Cove
Zoning Code to convert
existing 2 car garage to
living space along with
new 263 sf one story

addition and second floor
interior alterations.
Applicant is proposing
existing lot of 18,819 SF
when 20,000 SF is the
minimum required and
existing lot width is 62
+/- when 100 feet or the
prevailing lot width,
whichever is greater, is
required. The property is
located within the R-2
Half Acre Residence
District and designated
on the Nassau County
Land & Tax Map as
Section 23, Block 037, Lot
28.

The above application is
on file at the city offices
located at 9 Glen Street,
Glen Cove, NY where it
may be seen during
regular business hours of
the usual business days
until the time of the
hearing.

Dated:
October 5, 2022
BY ORDER OF THE
BOARD OF ZONING
APPEALS OF THE CITY OF
GLEN COVE
THERESA MOSCHETTA,
CHAIRPERSON
134716

LEGAL NOTICE
CITY OF GLEN COVE
ZONING BOARD OF
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NOTICE OF PUBLIC
HEARING
PLEASE TAKE NOTICE
that a PUBLIC HEARING
will be held by the Glen
Cove Zoning Board of
Appeals on Thursday,
October 20, 2022, at 7:30
p.m. at the Council

Chambers, City Hall, 9
Glen Street, Glen Cove,
New York, when all
interested persons will
be given an opportunity to
express their views.
The hearing will be on the
application of Michele
Burzo residing at 8
Valentine Avenue, Glen
Cove, NY 11542 who
seeks a Variance from
Section 280-30 A of the
Glen Cove Zoning Code-
Conditions Governing
Non-Conforming Uses- to
enlarge the existing
second floor by 194.9 sq
ft and for interior
alterations to both first
and second floors. The
subject property is
located at 8.5 Valentine
Avenue within the B-2
Peripheral Commercial
District and designated
on the Nassau County
Land & Tax Map as
Section 21, Block 81, Lot
324.

The above application is
on file at the city offices
located at 9 Glen Street,
Glen Cove, NY where it
may be seen during
regular business hours of
the usual business days
until the time of the
hearing.

Dated:
October 5, 2022
BY ORDER OF THE
BOARD OF ZONING
APPEALS OF THE CITY OF
GLEN COVE
HERESA MOSCHETTA,
CHAIRPERSON
134715

To Place A Notice Call 516-569-4000 x232

OBITUARY

Monique E. Bell

Monique E. Bell, 61, of Glen Cove, N.Y., died on Oct. 7, 2022. Beloved sister of Margaret, Doretha, Ernest and Johnny Giles. Loving aunt of many nieces, nephews and cousins. Cherished soulmate of Norman Dearing. Special friend of Pat Thurmond. Arrangements entrusted to Dodge-Thomas Funeral Home, Glen Cove. Service at Dodge-Thomas Funeral Home. Interment is private.

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OPINIONS

Hurricane Ian is another sign of things to come

Hurricanes are the world's costliest natural disasters, and they're intensifying because of climate change. Eighty-five percent of all hurricane damage is caused from Category 3, 4 and 5 storms. A hurricane with 150-mph winds has the potential to do 250 times the damage of one with 75-mph winds. As the Earth's climate warms, there has been



ALAN SINGER

a substantial increase in the proportion of Category 4 and 5 storms.

And wind isn't the only problem. The National Oceanic and Atmospheric Administration projects that the rainfall these storms produce will increase by about 15 percent by the end of the

21st century, leading to more disastrous flooding.

When Hurricane Ian slammed Cuba, it was a Category 3 storm, with top winds of 125 mph. The island's entire power grid collapsed, leaving people without electricity and trapped in deadly floods. The following day, Ian struck the west coast of Florida with even more destructive force, having picked up strength from warmer ocean water. The Caribbean Sea is now about 1.8

degrees Fahrenheit warmer than in the past. On Sept. 28, Ian was a Category 4 storm, with winds reaching 150 mph, just below Category 5. In the past 30 years, only two Category 5 hurricanes had made landfall in the U.S.

Meteorologists report that before it hit Cuba, Ian became 67 percent stronger in under 22 hours, and it was further turbocharged as it headed from Cuba to Florida. It was one of 30 Atlantic tropical storms since 2017 that gained so much destructive power in less than a day. Climatologists predict that this phenomenon will become more frequent as the oceans and the Earth continue to warm.

According to University of Albany hurricane scientist Kristen Corbosiero, "This season could be a harbinger of sorts of what is to come." Over the past 10 years, there were about 25 percent more rapidly intensifying storms in the Atlantic and Eastern Pacific than were recorded 40 years ago.

Millions of people were forced to flee from Hurricane Ian, well over 100 people died, and according to a spokeswoman for the Insurance Information Institute, insurance modelers estimate that the damage it inflicted will total between \$20 billion and

\$40 billion.

Even less intense hurricanes have devastating impact. In 2012, Superstorm Sandy left over \$50 billion in damage, making it the second-costliest hurricane in U.S. history up to that time. At its peak, Sandy was

"only" a Category 3 hurricane, and when it made landfall in New York City, its wind speeds had dropped to tropical storm force. The wind and the rate of rainfall were moderate for a hurricane, but flooding was extensive because a number of factors lined up: the size of the storm, its slow speed, its path from east to west and the fact that it made landfall during a full moon at high tide.

In May 2020, Cyclone Amphan struck India and Bangladesh, forcing the evacuation of over 2 million people. Four months later, the western Ionian Islands of Greece were battered by Cyclone Ianos, which flooded streets, destroyed crops just before harvest, tore down buildings and caused millions of dollars in damage. Before the 1990s, hurricane-like cyclones in the Mediterranean, known as medicanes, happened rarely, because the climate there is generally dry.

In recent decades, the average speed of Atlantic hurricanes has slowed by more than 15 percent, making them more

destructive. In September 2020, Hurricane Sally stalled over the warm waters of the Gulf of Mexico, absorbing warm water and gaining strength, and then flooded coastal communities in Florida, Alabama and Mississippi.

In Greek mythology, Cassandra was a priestess who rejected a liaison with the god Apollo and was condemned by him with the gift of true prophecies that no one would ever believe. Explaining the threat of climate change to Republicans like Florida's Gov. Ron DeSantis is like being cursed with the power of Cassandra.

In a press conference last year, DeSantis dismissed scientific recommendations for addressing climate change as "a bunch of left-wing things" and announced that in Florida "we're not doing any left-wing stuff." He warned Floridians that if climate mitigation or adaptation policies were put in place, "gas would be six or seven bucks a gallon," and his job was to make sure "people are able to have affordable energy."

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

Like this one, more storms gather more destructive power in less time.

There's no escaping the division, in every arena

Why do you have to make everything a political issue? some readers ask, and then they sign off with, "[Expletive] Biden!" It's too late for false indignation; everything is political, from the books in our schools to the vaccines we get, from abortion and contraception to who we marry, who we are, what we eat,



RANDI KREISS

where we live, whether we worship and how.

MAGA and the extreme right have hyper-politicized American life. Their movement is fueled by hypocrisy — most recently, when it comes to women's rights, most particularly women's reproductive rights.

The GOP led the charge to overturn *Roe v. Wade*, setting up the end play by recruiting several ultra-conservative justices, named to the Supreme Court by former President Donald Trump.

Most Republicans proudly take responsibility for this new restriction on women's lives. The story takes a cynical twist, however. In the upcoming election, the GOP is backing former football player Herschel Walker for the Senate in Geor-

gia. Walker was anointed by the former president, and touted a radical anti-abortion position. Then, in an inconvenient turn of events, a woman came forward, saying Walker had paid for her abortion and asked her to get a second one, which she refused to do, according to *The New York Times*.

Walker disowns the proof, hospital receipts and a personal note allegedly written by him and made public by the former girlfriend.

I wouldn't spend the ink on this except for the galling hypocrisy. How does Walker, a clearly unqualified candidate who is morally challenged and intellectually naïve, still enjoy the support of most Republicans? They say one thing and they do another. They pose as righteous, but they put forward candidates like Reps. Marjorie Taylor Green, Lauren Boebert and Matt Gaetz, extremists who pander to racists and antisemites.

The GOP embraces life except when it comes to supporting the lives of single mothers or early-childhood programs or many of the other social welfare initiatives that give people a helping hand. That is the living, breathing definition of hypocrisy.

The worship of the former president

is, we know, a kind of psychological contagion. The self-appointed morality police in the mostly far-right GOP are actively supporting a corrupt, misogynistic man who should have been barred from public office years ago. Like you, I heard him on

tape in 2016 saying he could grab a woman's private parts because he was a celebrity. That was enough for me; the mystery is why the hypocrites are sticking around for a second act.

We are in October, Breast Cancer Awareness Month. That is a women's issue, too. Every year, some 264,000 cases of breast cancer are diagnosed in the United States. The political piece is the laws deciding who gets access to screening and the best therapies.

In 2019, according to the Centers for Disease Control and Prevention, 625,346 abortions were performed in U.S., meaning that more than twice as many women who get breast cancer will seek an abortion. Both breast cancer and abortions are significant health issues in women's lives, and are best viewed through the lens of what is healthiest for the women. The deciders should be the women and their doctors, not politicians.

As president, Trump turned out to be

worse than we feared, an unprepared and erratic man who undermined our peace of mind and peace in the world. He triggered a political lurch to the extreme right. At one point he threatened to defund Planned Parenthood, which, among its services, offers basic breast cancer screenings. He launched a renewed attack on women's reproductive rights.

We live now in a political environment that feels increasingly hostile to me as an American woman. Breast cancer is, almost exclusively, a woman's disease. It affects our morale, our confidence and our appearance. It brings us face to face with our own mortality.

Abortions are, exclusively, performed on women.

Breast Cancer Awareness Month is a good time to renew the fight for women's rights, and access to decent health screenings and care.

People ask why get political, but politics has already saturated the fabric of our lives. Women's rights have been politicized, not by women but by morality police who want to tell them who to be and how to be and if or when to have children. In the Herschel Walker case, the extremists are keeping two sets of rules, one for Walker and one for everyone else.

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HERALD EDITORIAL

Churches need to see more of the faithful

In the days of ancient Rome, philosopher Seneca the Younger said that “every new beginning comes from some other beginning’s end.” And that’s exactly what Valley Stream Presbyterian Church is facing as it says goodbye to its longtime pastor, the Rev. Kymberley Clemons-Jones.

It’s not that it’s simply a time to move on for the good pastor. Instead, she feels she has no other choice.

“My salary, you know, is a hit to the congregation,” Clemons-Jones said. “It’s just something that we have to worry about every two weeks.”

Eliminating her salary would give the South Central Avenue church a little room to breathe financially, but it also means losing a pastor who, over the course of nearly 15 years, increased the size of the congregation four times over.

Yet, the Presbyterian church’s woes are hardly unique. While Covid-19 has exacerbated a lot of these issues, religious institutions have been under significant financial strain in recent years. Churches and synagogues have been sold, congregations scattered or merged with other communities, staff cut.

While there are a number of factors involved in all of this, the one that stands out the most is also the one that

might be the hardest to fix: Many just aren’t joining their faithful brethren seeking to visit houses of worship.

Last year, for the first time in its 80-year history, Gallup found that more people didn’t belong to a church, synagogue or mosque than did. Just 47 percent of those polled frequented a religious institution in 2020, according to researchers, compared with 50 percent in 2018 and a whopping 70 percent in 1999 — a number that had remained mostly consistent since 1937.

Church membership has dropped because the number of people expressing no religious preference has been on the rise, Gallup found. The portion of Americans who didn’t identify with any specific religion grew from 8 percent in the late 1990s to 1 in 5 today.

Yet waning faith isn’t the only culprit here. That same Gallup poll also revealed a significant drop in church membership even among those who *did* identify with a faith. Between 1998 and 2000, three-quarters of religious Americans belonged to a church, synagogue or mosque. In the years leading up to the pandemic, that number had fallen to 60 percent.

That ultimately leaves churches like Valley Stream Presbyterian in the

lurch.

“People are still afraid to come out,” Clemons-Jones said. “Our tithes and offerings have taken such a huge hit.”

Valley Stream Presbyterian has served parishioners for nearly a century. Church leaders are scrambling to make the transition from having a pastor to not having one as smooth as possible, but it won’t be easy. While religious institutions offer their communities a range of services and activities — from youth outreach to food pantries to other charitable work — the spiritual leader still remains the central focus of each of them. Without that leader, an already struggling institution inches that much closer to non-existence.

The beauty of America is that it’s a country where all of us are free to believe, or not believe, what we want. But for those who do still believe — a segment of our population that is still in the majority — let’s not forget the very institutions that are the bedrock of our faith.

Valley Stream Presbyterian may very well pull through this, just as it has past challenges. So many houses of worship aren’t so fortunate, yet we can create a new beginning from some other beginning’s end simply by showing up.

LETTERS

Supports Senator Kaplan

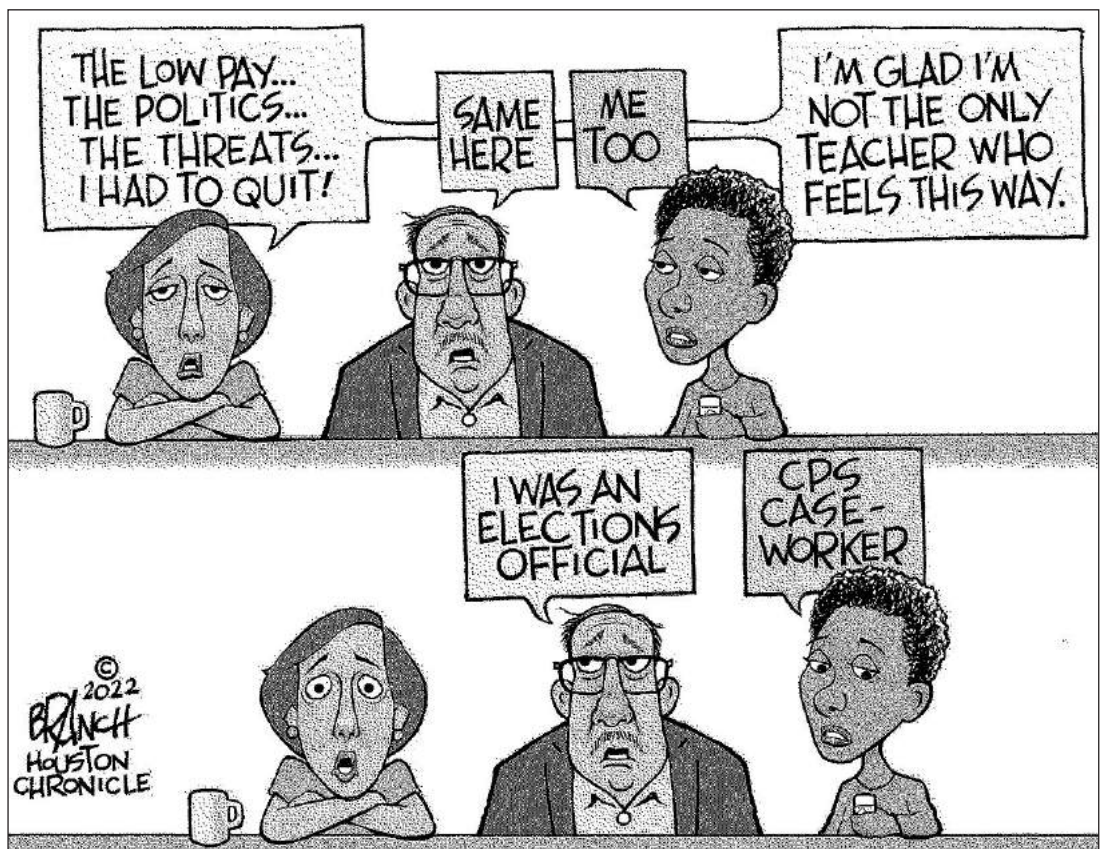
To the Editor:

As a little girl, I was one of the few children who was not allowed to own a water gun.

My mother opposed not only toys that were “representative of guns,” but also violent cartoons and video games. She believed that the sale of such paraphernalia marketed to children led adolescents and adults to perpetrate gun violence. Unfortunately, my mother was ahead of her time. While I didn’t understand her reasoning at the time, and believed that she was setting me up to be bully bait, she couldn’t have been more spot-on in her beliefs. As many other millennials did in 1999, I sat on my mother’s bed, scared, as we watched the news coverage from Columbine High School in Colorado.

These experiences led to my support for candidates who support common-sense gun legislation. As such, I’m proud to support State Sen. Anna Kaplan’s campaign for re-election to the State Senate in District 7.

We have experienced an unprecedented and unacceptable rise in gun violence over the last two decades. Since 2009, there have been 279 mass shootings in the



United States. Every day, 12 children die of gun violence in America. When a gun is present in a domestic violence situation, a woman is five times more likely to be killed.

In addition to the staggering statistics above, it is a sad fact that the Republican party has

been in the pocket of the National Rifle Association for far too long, and we cannot stand on the sidelines and allow these extremists to make our communities less safe. It is past time that we take serious action to hold gun lobbyists accountable and stop these preventable

OPINIONS

The battle against antisemitism continues

With the Jewish High Holy Days and Yom Kippur behind us, we in the Jewish community look forward to all that is to come in the new year, 5783 on the Hebrew calendar.

The Jewish people look to Israel and all the wonderful events, like the Abraham Accords, widening Israel's circle of peace and the innumerable contributions Israel has made to the world. We also acknowledge the contributions of American Jewry to our wonderful country and the place we have in the tapestry of America's multicultural landscape.

However, we cannot ignore the problem of antisemitism and all forms of hate in America. Hate crimes have skyrocketed for many of America's diverse communities. Barely a week goes by when there isn't a violent attack on an identifiably Jewish resident in Brooklyn. The Asian-American community has

experienced a similar disturbing phenomenon.

On Long Island, for the most part, we have been spared a large uptick in hate, but there have been a number of disturbing incidents. Nazi swastikas and other symbols of hate continue to appear in public spaces from time to time. While these actions cannot be minimized and cause real harm to the Jewish community and all those of good will, it is often the work of adolescents who want to do something mischievous, but have no clue about the hate these symbols represent. Thankfully, these children can be educated, and are not inculcated to hate.

We have seen the Proud Boys, a far-right, neo-fascist group that spews hatred and advocates violence toward many minority communities, brazenly march in several towns. We saw antisemitic flyers by the so-called Goyim Defense League this summer in several Nassau County communities. One person, under the cover of night, drove around the South Shore, leaving antisemitic leaflets

espousing the notoriously antisemitic libel of the Protocols of the Elders of Zion, and suggesting antisemitic tropes about Jewish power and control.

We are thankful that elected officials and community stakeholders have come together to denounce these acts as unacceptable and antithetical to the values of our counties and towns, and that law enforcement agencies are doing everything they can to protect Long Island's Jewish community.

In addition to remaining steadfast in denouncing these acts, Nassau and Suffolk County and 10 towns and villages have adopted the International Holocaust Remembrance Alliance Working Definition of Antisemitism. It is widely acknowledged as the authoritative definition by the U.S. government, most states, including New York, and dozens of countries. The definition is a non-legally binding tool to identify antisemitism, whether in its traditional forms, or the new antisemitism, which demonizes and attempts to delegitimize the State of Israel or holds Israel to double standards to

which other countries are not held. We encourage other towns to follow suit.

Twenty-two Long Island municipal leaders have also signed on to the American Jewish Committee's Mayors United Against Antisemitism Campaign, along with over 700 leaders nationwide, in a partnership with the U.S. Conference of Mayors. This campaign is a pledge to identify and properly deal with antisemitism if it appears in a municipal leader's jurisdiction.

So, yes, at this holy time of year, the Jewish community acknowledges the wonderful freedoms America has afforded us. Many American Jews will agree that, to date, there has been no better place and time to live as a Jew than in America right now. But this is a tenuous statement, one that relies on every elected official, religious leader, community leader and resident to stand up to antisemitism and all forms of hate.

We wish those who celebrate a Happy New Year, and we thank all our non-Jewish neighbors for your friendship and everything you have done and will do to make sure Long Island remains a place for all to worship and live in harmony.

Eric Post is Long Island director of the American Jewish Committee.

On Long Island, no surge in hate, but several disturbing incidents.

LETTERS

tragedies.

Senator Kaplan secured \$1 million for gang violence prevention programs on Long Island, wrote landmark legislation to keep ghost guns out of our community, and helped pass the Red Flag Law, which keeps guns out of the hands of those who might be a danger to themselves or others. Everyone deserves to feel safe on their street, in their school and at their place of business.

No legislator has a better track record of keeping our community and our families safe than Senator Kaplan. Please join me in voting to re-elect her on Nov. 8.

MARY GRACE "GRACIE"
DONALDSON
Glen Head

Stop blaming Columbus

To the Editor:

Democratic socialist Assemblywoman Marcela Mitaynes has introduced legislation to abolish Columbus Day. The famed Italian explorer has been honored for centuries, like many other 15th and 16th century explorers, for his brilliant navigational skills and bravery in helping Spain's coloniza-

tion of the Americas.

Now, centuries later, Columbus has become the target of leftist revisionist historians judging his actions by 21st century morals and values.

Mitaynes's family originates from Peru, home of the Shining Path, and her major endorsements come from the Democratic Socialists of America and the leftist Working Families Party. So we should not be shocked that she and her fellow leftists always seem to focus their attacks mostly on Anglo-Euro people when it comes to the colonization of the New World. Their bias and prejudice are more than obvious in the targets they choose.

They intentionally attempt to erase the historical fact that it was the Catholic Spanish crown that destroyed the Maya, Aztec and Inca civilizations in the early 16th century. That it was they who murdered, tortured, enslaved and decimated the indigenous populations. It was Spain that officially introduced the African slave trade in South America.

The biggest mass murders of that time were not Christopher Columbus, but the conquistadors, Cortez, Pizarro, Alvarado, Balboa and several others.

Time to separate fact from hateful propaganda as concerns history.

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