



Korean War vet shares his story Page 3



Nine Holers raise funds Page 4 NOVEMBER 17-23, 2022



She captured

Mrs. Obama

y place in

the world is

to paint. However

I have to do it, I'm

gonna do it.

on canvas

Glen Cove native Sharon

Sprung was chosen to paint the

official White House portrait of

then first lady Michelle Obama.

Sprung is one of a select group

City taking ferry survey for future Page 8

\$1.00



Honoring and thanking veterans

Veterans Howard Stillwagon, left, and Ron Oldenburg marked Veterans Day last Friday, joining elected leaders and residents at the Doughboy Monument in front of the Glen Cove Library. More photos, Page 16.

Area schools are in compliance with Holocaust education law

By LAURA LANE llane@liherald.com

There is a renewed emphasis on Holocaust education in local schools, thanks to a new state law signed in August by Gov. Kathy Hochul, requiring public school superintendents to attest in a survey that their schools are making the Holocaust part of classroom instruction.

The survey asks whether elementary, middle and high schools are providing instruction related to the Holocaust, how they are doing so and what type of training educators have received in the subject. The answers were submitted by Nov. 10.

It appears that the law was particularly timely. The nonprofit Conference on Jewish Material Claims Against Germany released the 2020 U.S. Millennial Holocaust Knowledge and Awareness Survey in September. The 50-state survey of millennials and members of Generation Z revealed a lack of basic Holocaust knowledge, with New York young people among the lowest scorers.

of women tasked with creating a White House por-

trait, but her journev began with a difficult childhood. Those experiences, however, helped to shape her ability to observe people beneath the surface and reveal their character through art.

By ROKSANA AMID

ramid@liherald.com

SHARON SPRUNG Sprung, 69, was born in Brooklyn. Artist and her family moved to Glen

Cove not long afterward. She grew up on Milford Lane, where she lived for 20 years with her family.

"I was a real Glen Cover," Sprung said.

Her mother, a Glen Cove High School guidance counselor, was widowed when Sharon was 6 years old, and raised two children on her own. In the years following her husband's death from leukemia, Sharon's mother

refused to talk about it, which created what her daughter said was a quiet household.

Sharon's mother threw out all of the photos of her father, leaving behind only whatever memories the young artist could conjure of her father's face. For Sharon, this naturally progressed to

a strong interest in art.

But her mother, who had a doctoral degree in education, wasn't supportive of her daughter's desire to earn a living as an artist, fearing she wouldn't be able to do so pursuing her passion. The disagreement led to a turbulent relationship

between the two. Sprung's mother never truly understood her daughter's passion for art before she died three years ago.

"I had a very strong will and I wanted to follow my passion,' Sprung said. "I just felt the stork delivered the baby to the wrong house, I disappointed her and she disappointed me."

After high school, Sprung attended Cornell University. She **CONTINUED ON PAGE 6**

CONTINUED ON PAGE 19



*Annual Percentage Yield. *\$500 Minimum Balance. *Certificates of Deposit.

39% APY 14-Month CD*

FIRST CENTRAL SAVINGS BANK

22 or 10-Month*

14-Month* 4.39% 4.34% 3.56%

o in

12-Month*

GLEN COVE 70 Glen St. (516) 609-3600

WHITESTONE 919 Francis Lewis Blvd (718) 352-7100

ASTORIA 35-01 30th Avenue (718) 204-7444

FLUSHING

72-76 Main Street

(718) 261-6360

myfcsb.com

RIDGEWOOD 58-02 Myrtle Avenue (718) 366-8008

DITMARS

37-28 Ditmars Blvd

(718) 932-6484

BAYSIDE 42-12 Bell Blvd. (718) 225-2650

06-Month*

FOREST HILLS 71-66 Austin Street (718) 261-5095

LYNBROOK 303 Merrick Rd. (516) 620-8440

3.30% 2.79%

03-Month CD*

MYFCSB.com Main Number 866 400-3272

eCDs online at myfcsb.com/cds No Hidden Gotchas! 1866-400-3272

*Certificate of Deposit (CD): The Annual Percentage Yields (APYs) are effective as of 11/14/2022 and subject to change at any time. To earn the APY, the account must be opened with and maintain a minimum balance of \$500. Stated APY assumes principal and interest remains on deposit for the term of the CD. Early withdrawal penalties apply. Fees may reduce earnings. Terms and conditions 🛱 apply. No brokered deposits accepted.



BERNARD FARNAN, SECOND from right, attended the dedication of the Landing World War II Monument in Morgan Park in 2020.

Roni Chastain/Herald

Korean War vet recalls life of service

By WILL SHEELINE wsheeline@liherald.com

hen Bernard Farnan known as Ben to his friends and family - returned to Glen Cove from the Korean War in 1953, there were no celebrations or parades for returning veterans.

When I re-turned home from Korea there was no fanfare," Farnan recalled. "Most people weren't even aware that I had been in Korea. As a matter of fact, I didn't know where Korea was when I was originally drafted.'

Often overlooked in history books focusing on World War II and the Vietnam War, the Korean War has been called America's Forgotten War. Times have changed, however, and in honor of Veterans Day, Farnan wanted to share his story of a life of service.

He was born in Glen Cove in 1930 to Irish immigrants Bernard Farnan and his wife, Sarah Gordon. His father had left his home in County Cavan at age 14 to work in the mines in Scotland to send money back to his family, which included his parents and 14 siblings.

The elder Farnan then fought in a regiment of Scottish Highlanders during World War I, after which he came to Glen Cove to work as a bricklayer. At a dance at St. Patrick's Church, he met Gordon, who had left her home in Galway to work as a

chambermaid for the Smithers family. Farnan spent his childhood in Glen Cove, his early teenage years overshadowed by World War II. In the meantime, he attended local schools, graduating from Glen Cove High School in 1948.

His life changed drastically four years later, in 1952, when he was drafted and

deployed to Korea. He spent roughly a year in the conflict, where he served in the scout section of the Third Infantry Division's Third Reconnaissance Company. He led patrols during combat with 90 percent of those patrols taking place at night.

During his time in Korea, Farnan also befriended John Eisenhower, son of the World War II general and president, who was the intelligence officer attached to the Third Reconnaissance Company. Farnan would also fight in two of the major battles of the war, at Outpost

Kelly in September of 1952 and at Jackson Heights in October of that year.

At the time, the United States military had a points system for sending soldiers home; by accruing enough points through serving on patrols or on the front, soldiers were able to return home in as little as nine months. Due to Farnan's role as a

member of an elite scout unit however, he stayed even after accumulating enough points within his nine months, and would only return home after the armistice was signed in 1953

When Farnan returned to Glen Cove in 1954, he attended college on the GI Bill and with a partial football scholarship. He

attended Adelphi University, where he got his bachelor's degree as well as a master's in education administration.

Farnan's first job after college, which he actually began while still a student, was as one of the first football and basketball coaches in the North Shore School District. He would spend the first 12 years of his academic career as a coach, teacher and administrator at North Shore before continuing on to work at other school districts in the area.

During that time, he met and married his wife. Joan Martin, known to friends, family and neighbors as Mitzy, a registered nurse who died in 2013. With Mitzy, Farnan had three sons in Glen Cove, Kelly, named after the battle his father had fought in, Grady and Logan.

In the early 1980's, Farnan joined the Glen Cove Veterans of Foreign Wars Post 347, and began dedicating more of his

time and energy to promoting and supporting his fellow veterans. He would even go on to serve as commander of the post for several years.

When the post burnt down several years ago, it was a double blow for him. His father, who had worked as a bricklayer, had actually helped build the post after first moving to Glen Cove in the early 1920's.

According to Fred Nielsen, a fellow member of VFW Post 347, Farnan has long served as a mentor and source of wisdom for his fellow veterans.

"Ben is truly a pillar of the community, and he has such a magnificent history," Nielsen said. "He was an educator, and because of that, his mind has been something we've all taken pride in and sought advice from.'

At the end of the day, Farnan still takes a deep pride in not just his own service, but in the service and sacrifice of all the men and women who have served since 1776. He said it was all worth it to defend the Constitution, keep Americans safe and keep the American Dream alive.

"I honestly believe that the experiment that our Founding Fathers had, to organize and develop a democratic republic, in order to be successful, needed a strong constitution to provide these freedoms," Farnan explained. "I believe this document, our Constitution, has stood the test of time.'

B en is truly a pillar of the community, and he has such a magnificent history.

FRED NIELSEN

347 member

Glen Cove, VFW Post



Looking for an Assisted Living or Memory Care Community?

Are you currently living in an Assisted Living and seeking a more affordable community?

There are options and I can help!

Give me a call to discuss

Angelina Stanco-Stone

Senior Living Advisor for Assisted Living and Memory Care Communities

516-779-9487 cna452@aol.com www.howcanihelpeldercare.com

My services are at no cost to you.



How Can I Help

Elder Care

NEIGHBORS IN THE NEWS



Courtesy Glen Cove Nine Hole Golf Leagu

DONNA STANZA, LEFT, Carol Cirina, Corinne Kaufman and Phyllis Satz, members of the Glen Cove Nine Hole Golf League, participated in the fundraiser for the Manhasset Women's Coalition Against Breast Cancer.

cer.

Nine Holers succeed in raising \$6,000 for breast cancer coalition

Women from the Glen Cove Nine Hole Golf League gathered on Oct. 6 for their annual fundraiser for the Manhasset Women's Coalition Against Breast Can-

The group raised a record \$6,000 for the organization, which offers support services for women who develop breast cancer.

'Birthday Babies' Enjoy Opera Performance at senior center

Legislator Delia DeRiggi-Whitton had a special surprise in store for some "birthday babies" during her visit at the Glen Cove Senior Center.

There was music in the air when she was joined by noted opera singer Michael Graziosi, who serenaded the celebrants.



HOW TO REACH

Our offices are located at 2 Endo Blvd. Garden City, NY 11530 and are open from 8:30 a.m. to 5:30 p.m., Monday through Friday.

MAIN PHONE: (516) 569-4000

WEB SITE: glencove.liherald.com

- E-MAIL: Letters and other submissions: glencove-editor@liherald.com
- EDITORIAL DEPARTMENT: Ext. 327 E-mail: glencove-editor@liherald.com
- SUBSCRIPTIONS: Press "7" E-mail: circ@liherald.com Fax: (516) 569-4942
- CLASSIFIED ADVERTISING: Ext. 286 E-mail: ereynolds@liherald.com Fax: (516) 622-7460
- DISPLAY ADVERTISING: Ext. 249 E-mail: rglickman@liherald.com Fax: (516) 569-4643

The Glen Cove Herald USPS 008886, is published every Thursday by Richner Communications, Inc., 2 Endo Blvd. Garden City, NY 11530. Periodicals postage paid at Garden City, NY 11530 and additional mailing offices. Postmaster send address changes to Glen Cove Herald, 2 Endo Blvd. Garden City, NY 11530. **Subscriptions:** \$50 one-time payment within Nassau County or \$60 outside of Nassau County or by qualified request in zip codes 11542, 11545, 11547, 11548 or 11579 **Copyright © 2022** Richner Communications, Inc. All rights reserved.

Community Newspapers DO YOU LIVE IN THE SEA CLIFF/GLEN HEAD AREA?



To join our team, please email your resume to rglickman@liherald.com

Must have a car.

5



Please come out to VOTE on Tuesday, December 6, 2022

The Glen Cove Teachers' Association supports the proposed Bond Referendum of the Glen Cove City School District for much needed repairs & renovations focusing on student and staff safety

Proposed High School Projects

- Science Room Reconstruction
- Cafeteria/Kitchen Reconstruction
- Corridor Door & Hardware Replacement
- Exterior Door Replacement
- Toilet ADA Reconstruction
- Courtyard Curtain Wall Replacement
- HVAC Reconstruction
- Corridor Locker Replacement
- Tennis/Basketball
- Tennis Court Replacement
- Tennis Parking Lot, Curb & Walkway Replacement
- Tennis Court Building Reconstruction
- Handball Court Reconstruction
- Main Parking Lot Asphalt, Curb, Sidewalk Replacement
- Athletic Field Reconstruction
- Track/Turf

Other Projects

- Installation Smoke Doors Interior Stairwalls
- Upgrade Building Incoming Electrical
- Admin Lot Asphalt, Curb, Sidewalk Replacement
- Public Address System Replacement
- District Classrooms, Office Doors & Hardware Replacement

Please VOTE Tuesday, December 6, 2022 at your assigned polling place

Thank you!

Paid for by Glen Cove Teacher's Association

She painted Michelle Obama's portrait

GLEN COVE HERALD CONTINUED FROM FRONT PAGE

2022

17.

lovember

dropped out after being discouraged that she found it impossible to balance her art and academics.

"It's not that I didn't enjoy taking the other classes," Sprung said. "I just didn't have enough time to develop the craft that I knew I was going to have to develop."

After leaving Cornell in her 20s, Sprung started showing her work at the Harbor Gallery in Cold Spring Harbor in the 1970s. Then she began studying at the Art Students League of New York City where she teaches today.

Sprung is not a stranger to Washington D.C. Throughout her career she has painted other notable figures like Jeannette Rankin, a congressional representative from Montana, who was the first woman to hold federal office in the United States. Sprung also worked on a portrait for Patsy Mink, a former representative from Hawaii, the first woman of color elected to Congress and a recipient of the Presidential Medal of Freedom.

Sprung's experience as a portraitist caught the attention of the White House in 2016. She received a letter from the curator of the White House identifying her as one of the top candidates to paint the first lady. Initially Sprung felt overwhelmed by the request, but as time passed, she had a change of heart, given her tremendous respect she had for the

1193266



SHARON SPRUNG CREATES many of her portraits at Manhattan's Art Students League of New York. Once a student there, she became an art teacher after 20 years of membership.

first lady.

The portrait, created in her Brooklyn based home-studio, took Sprung nine months to complete. During those months she meticulously studied Obama, surrounding herself with images from her early childhood up until her time at the White House.

"I really think that I gained a good sense of who she was," Sprung said. "Even if I couldn't describe it in words."

Michael Hall, executive and artistic director of the Art Students League of New York, where Sprung teaches, said she has a forensic approach when selecting color pallets, expression and body language in her works. Hall emphasized that Sprung went so far as to keep the first lady's dress in her studio. The light-blue chiffon dress designed by Jason Wu and donned by the former first lady was the most difficult section of the portrait, given the vibrant color.

"She humanizes Michelle really well," Hall said.

"But also shows a level of seriousness while showing warmth."

The result of Sprung's labor encompasses a soft but bright depiction of the former first lady in her blue dress, while sitting on an embroidered red couch in front of a muted pink wall.

Since the Kennedy Administration, the White House Historical Association has commissioned portraits. Traditionally, they're unveiled in a public East Room ceremony within a few years of the president leaving office, though the Trump administration skipped that formality. leading to both Obama's portraits unveiled on Sept. 7, six years after the Obama's left the White House.

Sprung said she enjoys the challenges that come with being an artist, describing the process as a puzzle that she has become addicted to.

'My place in the world is to paint," Sprung said. "However I have to do it, I'm going to do it."

ATTENTION: Business owners

You could be missing out on tax credits of **up to \$26,000 per employee**.

Our team of accountants and lawyers has helped businesses of all sizes maximize their Employee Retention Tax Credit (ERTC)-even when they've previously been told they do not qualify.

Schedule your free, no obligation call with one of our ERTC experts today!

\$1,000 BONUS! Free advertising offer with **Herald Community Media*** Use reference code LIHERALD-2022

EasyTaxCredits.com
• Phone: 1-234-CREDITS (273 - 3487)



ional offer: some restrictions apply. To qualify for promotional offer, business must enter into an agreement with Easy Tax Credits, LLC, and be eligible to receive ERTC funding *Promotional offer furnished by Herald Community Media; Easy Tax Credits, LLC, not responsible for fulfillment of promotional offer



GLEN COVE HERALD - November 17, 2022

Kick off Holiday season with us!

The Mansion

December 4th, 2022 8am - 2pm Breakfast with Santa Adults \$40* Kids \$25*

3pm - 4:30pm Gingerbread House Crafting \$30* per house

4:30pm 25 ft Christmas Tree Lighting Free Admission

516 751 5623 | THEMANSION



Adult \$79* Kid \$40* (Age 3-10) *Price is exclusive of tax and service fee

516 751 5623 | THEMANSIONATGLENCOVE.COM

BRIDAL Showcase

FREE

DECEMBER 8, 2022 6PM - 9PM 200 DOSORIS LANE, GLEN COVE, NY 11542

THE MANSION

- Event Space
- Food Sampling
- Signature Drinks

VENDORS

- Event Planne
- DJ / Live Bar
- Decoration
- Photo Booth
- Photography / Videography
- weading
 Element
- Florist
- Limo Service
 Event Dainter
- Event Painte

Please reserve free ticket on Eventbrite 516 896 0647 | TheMansionAtGlenCove.Com







Breakfast with Santa

12/4, 10, 17, 24; 8am - Ipm 12/11, 18; 8am - IIam Adult \$40* Kids \$25* (age 3-10)

Brunch with Santa

12/II, 18; 1:00pm - 4pm Adult \$62* Kids \$30* (age 3-10) *Price is exclusive of tax and gratuity

Buffet Style Holiday Celebration

Interact and take pictures with Santa

KITCHEN@GLENCOVEMANISON.COM | THEMANSIONATGLENCOVE.COM

aus

Future of Glen Cove ferry remains uncertain

e need to run a ferry

that is going to be

a success, we don't

want to take on this

huge endeavor and

have it be a failure.

PAMELA

PANZENBECK

mayor, Glen Cove

By ROKSANA AMID

ramid@liherald.com

Mayor Pamela Panzenbeck wants to gauge the post-pandemic demand for a commuter ferry service out of Gravies Point for the \$17 million ferry terminal, which has remained empty for six years with no service. Since Oct. 12, the city has been conducting an online survey to measure commuter interest in service to Manhattan. As of Nov. 3, the city has received over 1,000 responses from North Shore residents both for and against prospective ferry service.

The survey looks to gain insight on demographics of potential commuters, including their age, occupation, preferred drop-off point in Manhattan, level of support for the service, town of residence of those taking the survey, preferred timetable for morning commuters and frequency of commute to Manhattan. The survey is also looking to measure additional factors that commuters would weigh against the Long Island Rail Road such as cost, amenities and available connections to other parts of Manhattan.

The recently passed budget cut \$2.2 million in ferry operations that was part of the 2022 budget, which has mostly gone unspent because the ferry isn't operating. If the terminal is not used,

Glen Cove could be required to pay back the entirety of the federal grant.

Sea Cliff resident Jon Lauter cited concerns he had with the city's feasibility study available on the city hall website.

"Assumptions were flawed, like the one saying the LIRR takes 90 minutes," Lauter said. "As bad as the LIRR is, it's an hour plus or minus a few minutes depending on the train."

Lauter theorized that the ferry wouldn't be as fast as the railroad and that potential drop-off locations wouldn't be as convenient as Penn Station or Grand Central.

"It can't ever be cost competitive with the train," Lauter said.

In a city council meeting on Oct. 25, Councilman Joseph Capobianco

noted that it's difficult for the city to get an operator for the ferry at a reasonable cost. Operators don't want to partner with the city because of uncertain revenues. he added.

The city has met with the Department of Transportation to update the progress

of ferry operations and has been granted extensions for service because of low ridership to Manhattan during the pandemic and current hybrid work schedules.

"We need to run a ferry that is going to be a success," Panzenbeck said. "We don't want to take on this

huge endeavor and have it be a failure."

Panzenbeck said that because of the city's convenient access to water she would love to have an operational ferry. She' staying positive about the North Shore community's overall response to future ferry operations.

Panzenbeck added that the city needs to make a viable attempt at running the ferry for two years to alleviate the city's debt. She anticipates future ferries would hold roughly a 150-person capacity, compared to the 60-person

capacity ferries that ran in 2017 during the Metropolitan Transit Authority's "summer of hell," caused by track work on the LIRR which interrupted train service.

The city however doesn't have a specified deadline for the survey. It will be available until enough responses are received for the city to feel confident to operate ferry service. Ann S. Fangmann, executive director of the Glen Cove Community Development Agency, said the cutoff date and quota is yet to be determined. The city is working on additional outreach efforts with Hornblower Metro Ferry, LLC to further advertise the survey.

Fangmann speculates that the ferry will be running in 2023.

"The best-case scenario, the ridership numbers looks like we would run some type of service with Hornblower." Fangmann said. "It'll take us a year to put together an operations plan to be able to procure a boat."

Ferry service could potentially run in the spring of 2024, she said, with revenue generated through ticket sales which would be collected through a fare box model.

Sea Cliff resident Karen O'Mara Swett has a neutral stance on prospective ferry operations but remains concerned over the ferry's previous service in 2017.

"I think most people would not pay more to commute on a ferry than the cost of the LIRR or express bus," O'Mara Swett said. "But without knowing what the cost of the ferry would be, most people can't really say if they are for or against."

Where you're treated first matters.

At Memorial Sloan Kettering, we specialize in more than 400 types of cancer, including the most important one: Yours.

With locations in Uniondale, Commack and Hauppauge, we're close to you when you need us. Reach out to our cancer experts today.

Call 844-482-1838 or visit msk.org/LongIslandCare



Memorial Sloan Kettering Cancer Center

©2022 Memorial Sloan Kettering Cancer Center. All rights reserved.

Ashfaq Marghoob, MD Director of Clinical Dermatology MSK in Hauppauge

YOUR HEALTH - HEALTHY HOLIDAYS Queens Long Island Renal Institute provides dialysis patients care, safety and convenience

he 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, ultramodern 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 dieticians, 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-theart, 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 Oueens 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.



Queens Long Island Renal Institute • 271-11 76th Ave., New Hyde Park • (718) 289-2600 Health memos are supplied by advertisers and are not written by the Herald editorial staff.

Designed for the comfort and convenience of DIALYSIS PATIENTS

Tel: (718) 289-2600 • Fax: (718) 289-2624 • www.qliri.org

The Queens Long-Island Renal Institute Inc. (QLIRI) offers the finest quality of care, state-of-the-art technology and uncompromised dignity, in a bright, ultra-modern setting. Licensed by the New York State Department of Health, QLIRI provides:

- Chronic Hemodialysis
- Experienced Nephrologists and Dialysis Registered Nurses
- Comfortable, State-of-the-Art, Private Treatment Stations
- Personal TV and DVD
- Homelike Reception Area with Large Screen TV
- Free Wireless Access
- Social Work Services
- Nutrition Counseling
- Individual and Family Health Education
- Stretcher Capability
- Valet Parking Available
- Medical Transportation Available



Located on the lobby level of Parker Jewish Institute for Health Care and Rehabilitation 271-11 76th Avenue, New Hyde Park, NY 11040-1433

1181202

YOUR HEALTH - HEALTHY HOLIDAYS



Fend off holiday stress Keep the Grinch at bay

For many, the holidays and depression go hand-in-hand. Even in years without a global pandemic, catastrophic weather events and other recent phenomena, many people find the holidays stressful, exhausting, or depressing. According to the American Psychological Association, 44 percent ofof women and 33 percent of men surveyed feel stressed during the holidays. The holiday blues strike people experiencing the forced joyfulness and expectations of the season. This year, the holiday blues, combined with the residual impact of Covid-19, could spell even more trouble.

While many of us are back to fully celebrating the holidays and ready for a joyous time, it's not uncommon to also experience stress, depression and anxiety. The demands of the season — shopping and running errands while battling crowds, back-to-back holiday parties and social obligations, houseguests and relatives — are all potential stressors. Alongside this, feelings of loneliness and isolation are also common around the holidays. And that lurking seasonal affective disorder increases the like-lihood of negative thoughts and, perhaps most significant, your emotional health concerns don't disappear just because it's the holidays.

While you may often feel pressure to keep spirits up and a smile on your face during the holidays — pressure that can worsen feelings of loneliness and depression it's okay to experience a range of emotions during the season. And, with some helpful tips, you can be more prepared to tackle what's in store.

Not feeling particularly cheery? You're not alone. Many find that the holidays bring as much stress as they do joy. But there are ways to ease through the season. To help make the most of your holiday season, clinical psychologist Neda Gould, Ph.D., shares some mindful advice.

What is mindfulness? "Mindfulness is bringing your attention to the present moment with an element of nonjudgment and acceptance. It is noticing when we get caught up in thoughts about the past or the future, and returning our attention to the present — the only reality," explains Gould.

While mindfulness can be a formal meditation practice, there are also informal ways to practice this skill. This can give us perspective and decrease stress.

Accept Imperfection

Can good be good enough? "As we gear up for the holidays, we often set the bar impossibly high for ourselves and then feel upset when our celebrations don't live up to expectations," says Gould.

Before you start preparing, acknowledge that things may not go exactly as planned. "It's OK if it's not perfect. Imperfection is healthy and normal. For some of us, it might just take a little practice," reminds Gould.

Don't Lose Sight Of What Really Counts

With long lines and nasty traffic, the holidays can get hectic. When overwhelmed by the hustle and bustle, ask yourself:

Where does this fit in the grand scheme of things? If you're frustrated by the long grocery line you're standing in, remember that it is just a long grocery line — nothing more. Don't let it spoil your afternoon.

Can I use this moment of frustration as an opportunity to reflect? While the cashier rings up the customers ahead of you, take inventory of the good things that have happened today or the things you are grateful for.

Even if this moment seems stressful, can I find a way to make it pleasant? Connect with someone else in line with a compliment or kind gesture, or notice what's around you with fresh eyes and an open mind.

Respond With Kindness

You can't change how others act during the stresses of the holiday season, but you can change how you respond to situations.

"Whenever I encounter a difficult person, I tell myself, 'this person is suffering, and that's why they're acting this way.' It softens my frustration, helps me be more compassionate and reminds me that it's not personal," says Gould.

Keep in mind that the holidays are especially difficult for those who are alone. See if you can extend an act of kindness to those you know are without family and friends during this time of year. If things do get tense with someone, take a few deep breaths. "Those few breaths can shift things and give you new perspective," says Gould.

Rethink Your Resolutions

"Typical New Year's resolutions set you up for failure," warns Gould. If you want to better yourself in the New Year, follow these tips for success.

Start small. Break your goal into tinier steps over the course of the year. If weight loss is your goal, it doesn't have to be drastic. Try to eat more veggies during your first month and gradually cut back on sweets throughout the next, suggests Gould.

Be kind to yourself. If you didn't achieve last year's resolution or stray from the path this time around, let it go. "We often contrive these stories ('I'm never going to quit smoking!') that only add to our distress," says Gould. "With practice, we can notice this self-critic, let go of that negativity and pick our goals back up without the guilt or shame."



Eat smart The holiday season needn't be an excuse to overindulge

The holidays are coming and the gift no one wants are those extra pounds associated with holiday eating.

On average, Americans gain 1 to 2 pounds over the holidays. Fortunately, there are several ways to avoid the dreaded holiday weight gain while also enjoying the holidays. It can be easy to overindulge in treats during the holidays, but it is still possible to maintain a healthy approach to the season.

Whether it's sitting around the family dinner table or munching on endless snacks at a party, the holidays mean food. Lots of food. It can be hard to keep from overdoing it, but it is possible. If you're hosting a meal or party, or attending one, try these tips to keep the holidays healthy.

If You're The Host

Shop with purpose and shop smart. Grocery stores can be traps, both intentionally and unintentionally. Try shopping during off hours. Instead of rushing around and grabbing the first things you see to get out of the crowd, you can take your time to read labels and choose healthier foods. Also, try to pick items from the outside perimeter of the store. This is where the whole, more nutritious foods are located.

Focus on produce. Whether you're making appetizers or a full meal, amp up the fruits and veggies. Cook them in ways that celebrate their natural flavors instead of hiding them under heavy sauces or glazes. Healthy swap: Instead of the cream of mushroom soup and fried onions in a green bean casserole, toss fresh beans with olive oil, garlic, and sea salt, and roast them in the oven for a crisp, light, and healthy side dish.

Lighten up your recipes. Reduce fat and calories without missing out on taste by making substitutions:

- $\sqrt{\text{Replace 1 egg with 2 egg whites to cut cholesterol.}}$
- √Try lower fat versions of creamy ingredients such as yogurt, sour cream or whipped topping or certain reduced-fat cheeses in casseroles and salads. Substitute evaporated skim milk or plain low-fat yogurt for cream and sour cream.
- √ Consider serving baked potatoes, yams and steamed vegetables plain rather than as part of a rich casserole or covered with cream sauce. Experiment with spices to flavor vegetables.

For everyone: Host And Guests

You've heard this before, but it's worth repeating: Don't skip meals. Skipping a meal with the goal of saving calories prior to a holiday event can often backfire and lead to overeating due to ravenous feelings of hunger. Having a filling snack, such as fruit, string cheese, yogurt or a small handful of nuts, can help to curb your appetite and prevent overeating.

Contribute a healthy dish. Ensure at least one nutritious choice is available at potlucks by contributing a healthy dish.

Choose your splurges. Scan the buffet or dinner table and choose a couple holiday favorites to splurge on instead of foods that you can have any other day of the year.

Think color. Make a plate look festive by including fruits and veggies. Aim to cover half the plate.

Choose drinks wisely. Stick to calorie-free drinks, such as water, tea or seltzer, instead of high-calorie festive drinks. Alcoholic beverages contribute empty calories and can cause you to make poor judgments with food. If you do choose to drink alcohol, do so in moderation, and alternate each alcoholic drink with a glass of water.

Visit the people, not the food. Move socializing away from the buffet or appetizer table to prevent mindless eating. And say no to food pushers (politely).

Savor seasonal treats. Having treats once a year will not make or break your weight. Make sure you take time to really taste and enjoy that special treat when you have it.

Above photo: Healthy holiday eating can be a battle on two fronts, with indulgent food options at home and at parties. From sugar cookies and eggnog to buffets and multi-course meals, the time between Halloween and New Year's Eve is often a minefield for eating well.

Above photo: While many look forward to the joy and merriment of the holiday season, for some, it can be overshadowed by a neverending "to do" list, family drama, or loneliness. Add pandemic-related stress to that mix and the result can negatively affect your emotional and physical well-being

YOUR HEALTH - HEALTHY HOLIDAYS

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

arker 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

Parker Jewish Institute • (718) 289-2212 • Iscacco@parkerinstitute.org Health memos are supplied by advertisers and are not written by the Herald editorial staff. 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 are 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.



Parker Jewish Institute HEALTH CARE AND REHABILITATION

PARKER CARE. THE BEST. FOR THE BEST.



Parker Jewish Institute HEALTH CARE AND REHABILITATION

THEY GAVE YOU THE BEST NOW IT'S YOUR CHANCE TO GIVE THEM THE BEST

Short Term Rehabilitation | Long Term Care | Home Health Care | Hospice | Palliative Care Inpatient And Outpatient Dialysis | Medical House Calls | Managed Long Term Care | Medicare Advantage Plan

271-11 76th Avenue New Hyde Park, NY 11040 | 877-727-5373 | parkerinstitute.org

12

ADVANGED ADVANGED NEVANS TO CARE FOR YOU

Glen Cove Hospital

Glen Cove Hospital Northwell[™] RAISE THEALTH

NORTHWELL'S NATIONALLY ACCLAIMED DOCTORS DELIVER COMPLEX, SPECIALIZED SERVICES RIGHT HERE AT GLEN COVE HOSPITAL.

With head & neck surgery, robotic surgery, breast reconstruction and more, our experts are providing sophisticated care at its absolute best. And through it all, our warm, neighborly approach to care remains.

Raise your expectations of what your community's hospital can be.

See what's new at Northwell.edu/AdvancedCare

STEPPING OUT

Let's talk about Bruno — and Anna and Elsa, too

Step inside an enchanting adventure in Disney on Ice's



VHERE

ÓWHEN

Now through Sunday,

Nov. 20. Times vary.

Tickets start at \$20 (pricing

may fluctuate based on

demand); available at

Hempstead Turnpike,

Ticketmaster.com

UBS Arena, 2400

Elmont

By Karen Bloom

As the calendar moves through November, another ice extravaganza from the Disney folks is sure to find its way here. This season's production brings together two of Disney's blockbuster films as the beloved stories come to life on ice — "as never before," according to the Disney folks.

The spectacle, which runs through Nov. 20 at UBS Arena in Elmont, transports audiences to the heart of the icy world in

Arendelle and the Madrigal family's casita in Columbia. And, of course, the action is guided by everyone's favorite "hosts" — Mickey, Minnie, Donald and Goofy — who

keep the energetic show moving along through each segment. After the dramatic opening sequence, you'll enter the world of "Frozen,"

narrated by Olaf, the lovable snowman who

likes warm hugs and all things summer. He'll take everyone to Arendelle to help Anna find Elsa, whose icy powers unleashed an eternal winter. Kristoff and Sven will be there, too, as they race to bring back summer.

Then it's time to visit with the Madrigals, that extraordinary family who charm everyone in "Encanto." We follow Mirabel's quest to save the casita, her enchanted family home alongside her sisters: Isabela whose perfection radiates with her ability to make plants grow and flowers bloom with every step – and Luisa, with the

gift of super strength that she uses to help her village move buildings and reroute rivers. Meet Tia Pepa, who can control the weather with her emotions. Her husband, Felix. Their daughter Dolores, with her gift to hear. And, yes, the mysterious Bruno, the misunderstood Madrigal family member whose visions foretold the future.

Think of this production as a singalong on ice, accompanied by dramatic skating. From beginning to end, audiences are immediately drawn to their favorite tunes, highlighted, of course, by the power ballad "Let It Go" and the boppy "We Don't Talk About Bruno."

"I'm extremely proud of this show," says Artistic Director Adam Loosely. "Disney on Ice continues to combine athletics and skating to tell a really good story. This particular production is all about contrasts (from design and costume to storyline) from the cold blues of 'Frozen' to the warm South American culture and colors of 'Encanto.' It comes together in such a meaningful way."

Stepping in to helm the production as firsttime artistic director, Loosely admits to feeling what he described as "a little anxiety initially during the process. "My nerves started to fade away when I realized the

whole (creative) team had the same vision. 'Frozen' has resonated with people for years and years. It seems we can't have an ice show without 'Let It Go.'"

As for "Encanto," audiences are seeing these characters on ice for the first time. "The response has been really rewarding for our cast," Loosely says.

And for that cast, Loosely points out that the production is much more than a retelling of the two movies. The skaters' athleticism shines in their displays of aerial acrobatics and skating technique, setting the tone with the opening number. "It truly highlights the talent of the cast, with solos, pairs and plenty of skating style changes."

"It's a beautiful, optimistic show, which we need after two plus years of the pandemic," he adds. "Spend two hours and leave with a smile on your face. We all deserve that."

Photos courtesy Feld Entertainment **Photo:** Two popular movies from the Disney canon become one in an ice skating spectacle that shares the message: You are the magic.





YES: Close to the Edge Tour

The pioneering rockers are back on stage in celebration of the 50th anniversary of their famed album, 'Close to the Edge.' With an ever growing fan base, YES continues to electrify audiences with daunting virtuosity, complex musical textures and powerful lead vocals. 'Close to the Edge' is widely considered one of their most defining albums, not only for YES but for the whole progressive movement. It became an inspiration for their contemporaries and for successive generations of musicians. Experience an unforgettable evening of YES at its best, featuring its existential prog masterworks and instrumental pyrotechnics. The band — featuring core members Steve Howe on guitars along with keyboardist Geoff Downes, singer Jon Davison and bassist Billy Sherwood — will play the iconic album in its entirety plus a set of classic YES hits.

Saturday, Nov. 19, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Road, Westbury. Tickets are available at TheTheatreAtWestbury. com, LiveNation.com or (516) 247-5200.

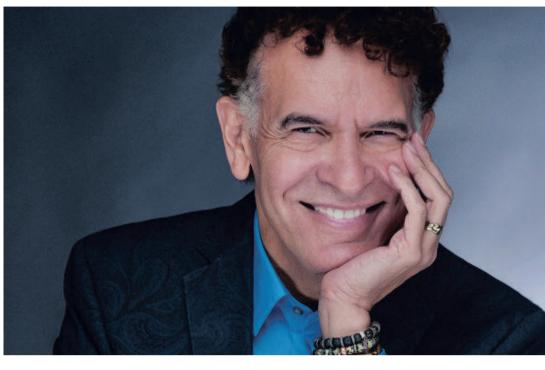


Kirk Whalum

A familiar presence on the Madison Theatre stage with his gospel concerts, Kirk Whalum returns with a performance that demonstrates his versatile command of his sax and devotion to jazz in all its forms. Soulful, passionate, stirring — these are the words most often used to describe Whalum's music. Forged from his Memphis, Tennessee, gospel roots and his 1980s initiation into the thriving Houston nightclub scene, Whalum's big, rich tenor sound is unmistakably his. An ordained minister, he is the recipient of numerous awards and acknowledgments for his musical excellence, including a Grammy (2011) for Best Gospel Song ('It's What I Do,' featuring Lalah Hathaway). In a career spanning decades, Whalum has a sound that is uniquely his — a sound that leaves an indelible imprint.

Saturday, Nov. 19, 8 p.m. \$40-\$95. Madison Theatre, Molloy University campus, 1000 Hempstead Ave., Rockville Centre. (516) 323-4444 or MadisonTheatreNY.org.

¹⁴ YOUR NEIGHBORHOOD THE SCENE

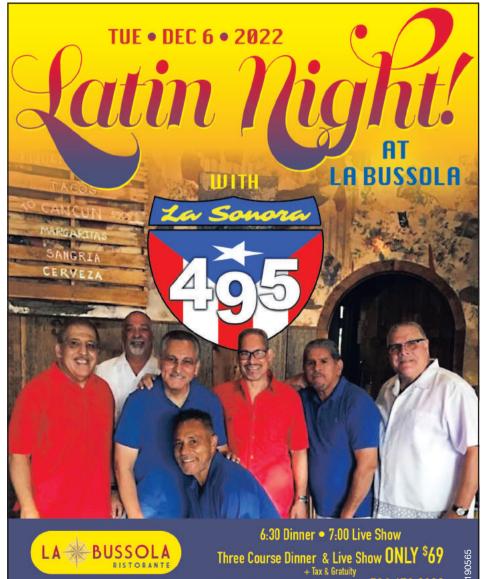




Brian Stokes Mitchell

Two-time Tony Award winner Brian Stokes Mitchell bringshis "Songs and Stories" concert, to Tilles Center, Saturday, Nov. 19, 7:30 p.m., performing classic standards and soaring showstoppers from his celebrated career. In this joyous and elegant evening of glorious songs and personal storytelling, on the LIU Post campus, 720 Northern Boulevard, Brookville, the star of "Ragtime," "Man of La Mancha" and "Kiss, Me Kate,"

among others, will serenade audiences with his powerful baritone, accompanied his long-time pianist and collaborator, Tedd Firth. Tickets are \$62, available at TillesCenter.org or (516) 299-3100.



40 School Street, Glen Cove

Limited Seating Call For Reservations 516.671.2100



On stage

Plaza Theatrical continues its season with "Grumpy Old Men: The Musical," Saturday, **Nov.** 19, 7:30 p.m.; Sunday, Nov. 20, 2:30 p.m.. Also continuing Nov. 26-Dec. 3. Based on the beloved 1993 film, which starred Jack Lemmon, Walter Matthau and Ann-Margret, this stage adaptation captures the lovably crotchety characters through twinkling humor, great songs, and the affectionate depiction of a small town that feels like home to everyone. It's performed at Plaza's stage at the Elmont Library Theatre, 700 Hempstead Tpke., Elmont. \$49, \$45 seniors. Elmont. For tickets, call (516) 599-6870 or visit PlazaTheatrical.com.

Public Workshop

The Village of Sea Cliff invites residents to envision the future of the community and share their ideas at the Comprehensive Plan Public Workshop on Thursday, Nov. **17,** 7 to 9 p.m., at Village Court, 300 Sea Cliff Avenue in Sea Cliff. For more information, contact the Village Hall at (516) 671-0080

Stirring Up History

Head to Raynham Hall Museum, 30 West Main St, in Oyster Bay, for a culinary journey through time on Friday, **Nov. 18**, 6 to 8:30 p.m. Guests will enjoy a brief tour through the museum, followed by a lecture and tasting with Diane Schwindt, a historic cook at the Ketcham Inn in Center Moriches. Enjoy a plentiful tasting of 18th-century foods with beer and cider. Tickets can be purchased at their website, raynhamhallmuseum. org. For more information, call at (516) 922-6808.



A Glen Cove Granddaughter's Story

Join Glen Cove Public Library for a virtual presentatio with Jo Ann Tufo, Thursday, Dec. 1, 7 to 8 p.m. She explores the lives of her immigrant grandparents, Domenick and Clementina Tufo and their lives of their 'new village," Glen Cove. For more information, email adultprograms@glencovelibrary. ora.

L.I.'s Leading Women Enjoy **RichnerLIVE's Ladies Night Out**





(From left to right) Amy Amato, executive director of corporate relations at RichnerLIVE; Jesika Kalika, strategic marketer and financial educator; Natasha Liggins Modelo, Long Island Cross County NCNW; Renee Daniel Flagler, executive director of Girls Inc. of Long Island; Karen J. Tenenbaum, founder of Tenenbaum Law, P.C., and Hon. Ruth B. Kraft, partner of Vigorito, Barker, Patterson, Nichols & Porter.

Nina McCann. director of business development Jaspan Schlesinger LLP.

Esther Fortunoff. owner and president of Fortunoff Fine Jewelry, (left), and Marylin Rose, CEO of Marylin H. Rose Interiors were were also mingling among the other guests. Photos Courtesy of Tory Burch



On Friday, Nov. 4, the Herald celebrated past, present and future Premier Business Women of Long Island award winners at Tory Burch at the Americana Manhasset. Guests enjoyed shopping exclusive merchandise, refreshments, giveaways and more, all while connecting with fellow ambitious women. Linda Rivelli, regional people and engagement business partner of Raymour and Flanigan, was the lucky winner of the evening's Tory Burch handbag raffle prize. Part of the night's proceeds went to the Tory Burch Foundation supporting female entrepreneurs on Long Island. 1192943



Holiday fun

Visit the streets of 19th century London during the darkest days of the year, in this adaption of the classic "A Christmas Carol," with the Experiential Theater Company, Friday and Saturday, Nov. 25-26, 11:30 a.m. and 2 p.m.; also Wednesday, Nov. 30, 10:15 a.m. and noon, on the Long Island Children's Museum stage. Meet the Cratchit family, Mr. Scrooge, and the ghosts of past, present and future in this interactive show that weaves together music, humor, puppetry and collaboration. Celebrate the change of seasons through this beloved literary tale. Performances continue through December. 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.

Take and Make Gingerbread Memory Box

Families can make a holiday memory book, Monday, **Dec. 5**, 9:30 a.m., at Oyster Bay-East Norwich Public Library,, 89 East Main St., Oyster Bay.. Kids ages 3-5 can make a gingerbread memory box to store holiday memories. Registration required. For more information, contact Stacey Kaloudis at (516) 922-1212 or skaloudis@oysterbaylibrary.org.

Dreamcatcher Workshop

Celebrate Native American Heritage Month at The Whaling Museum & Education Center, Thursday, **Nov. 19**, 301, E. Main Street, Cold Spring Harbor, Teens and adults will explore the history behind the most enduring and widespread symbol of Native American culture, the dreamcatcher, at the onehour workshop, at 6 p.m. For more information, contact the museum at (631) 367-3418.



Deep Roots Farmers Market

Shop at Deep Roots Farmers Market Saturday, **Nov. 19**, 9 a.m. to 1 p.m., 100 Garvies Point Rd., in Glen Cove The Market offers locally grown vegetables, eggs, meats, fresh baked breads, artisanal cheeses, craft goods and more, as well as live music. Rain or shine.



Photography's ascent in the art world is an international phenomenon. Nassau County Museum of Art's star-studded exhibition spans the historical roots of the medium, opening Saturday, **Nov. 19**. View works by Ansel Adams

On exhibit

and his generation and the thrilling, large-format color works of such contemporary masters as Cindy Sherman, Thomas Struth, James Casebere and Gregory Crewdson, among others. From the documentary to the painterly, images bear witness to the times. On view through March 5. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.



Oh Baby!

Mercy Hospital invites moms-to-be to a community baby shower, Saturday, **Nov. 19**, noon-2 p.m. Meet with physicians, lactation specialist, mother/baby nurses, and other hospital personnel with raffles, giveaways for mom and baby(s), games and more. The free event takes place in Mercy's employee cafeteria, lower level, 1000 North Village Avenue, Rockville Centre. For information visit CHSLI.org or call (516) 626-3729.

NOVEMBER 25-JANUARY 1

SHIMMERING E OLSTICE

Presented by Catholic Health

<u>THE</u> HOLIDAY LIGHT SHOW EXPERIENCE, Only at Old Westbury Gardens

BUY TICKETS NOW AT SHIMMERINGSOLSTICE.COM

15

71 Old Westbury Road, Old Westbury, NY, 11568

HERALD NEIGHBORS City officials, residents honor their veterans

families and residents gathered on Nov. 11, Veterans Day, to honor veterans of all the uniformed services who served or are still serving. On the day which was rainy and gloomy veterans gathered at the Doughboy Monument in front of the Glen Cove Library. During the event veteran honoree Luke Whitting received a certificate of special recognition from the City of Glen Cove. Every year the city's community gathers to thank and honor all veterans. who Mayor Pam Panzenbeck referred to as the bravest of all citizens.

len Cove veterans,

MAYOR PAM PANZENBECK,

right, presented veteran honoree Luke Whitting with a certificate of special recognition from the City of Glen Cove.





VETERAN DAVE CHRISTIE participated in the event.





Jovember 17, 2022 – GLEN COVE HERALD

City remembers its veterans with a ceremony



VETERANS RB PEELE, left, Joe Rydzweski, Tony Bliss and Fred Hill fought to make our country a safer place.



HENRIK NEWCKI AND Mayor Pamela Panzenbeck said the pledge of allegiance, a promise made by citizens of the United States that they will stay loyal to the country.

All aboard for Grand Central

LIRR arrives at Grand Central later this year

- 8 new tracks for LIRR
- 40% more LIRR service systemwide
- Save up to 20 minutes a ride to and from the East Side

Grand Central Madison



OBITUARIES

Joan Campagna

Joan Campagna, 85, of Glen Cove, died on Oct. 20, 2022. Beloved mother of Lynn Miranda and Suzi Campagna; dear sister of Carol (Paul); proud grandmother of Emily; loving aunt of Stephen (Rachel) and Stacey (Mike). Cherished great aunt of Emma, Lola, Alex, Rhianna and Owen.

Joan was a brilliant and incredibly loved therapist. She was a very talented interior designer and painter with a zest for life. She was dearly loved and inspired all who knew her. We will miss her. Arrangements entrusted to Dodge-Thomas Funeral Home, Glen Cove. Service and Interment are private. www. dodgethomas.com



Penelope Griggs Doerge

Penelope Griggs Doerge, 16, of Glen Cove, died on Nov. 10, 2022. She lived a life full of purpose,

passion and joy. She was a talented artist, fashionista, world traveler, social media influencer and the founder of

"Glam Camp," a summer program for young girls. She loved TikTokking with friends, paddle boarding with her mom, dancing with her dad, pranking her brothers, and snuggling with her dogs.

Penny was a model of grace, positivity and courage. Diagnosed with neurofibromatosis (NF1) as an infant she never let this define her or hold her back. She lived her life "Walking on Sunshine," in the words of her favorite song. From her lifelong friendships at home to Fishers Island, N.Y. and Boca Grande, FL, Penny made an impact everywhere she went by shining her bright light. She was an inspiration and a teacher to people of all ages.

Born in New York City, Penny attended Beginnings Nursery School until moving to Long Island in 2011. She attended The Green Vale School, Pomfret School and, most recently, Portledge School. Penny was honored with the Buckley Award for Effort and Achievement by The Green Vale School upon her graduation in 2021.

She was the daughter of Chad and Kate Doerge; sister of Henry and Frankie; granddaughter of Carl and Meredith Doerge of Locust Valley, N.Y. and of Frank and Cassie Kernan (deceased) of Bedford, N.Y.: the niece of Josh and Elizabeth Kernan, Michael and Amanda Kernan, Duke and Lindsey

Barnett, and Graham and Chloe Doerge. She was beloved by her 11 cousins.

The family will hold a celebration of Penny's life at St. John's of Lattingtown in Locust Valley, on Friday, Nov. 18, at 10:30 a.m. Arrangements entrusted to Dodge-Thomas Funeral Home of Glen Cove. In lieu of flowers, donations can be made to Hospital for Special Surgery - Lerner Children's Pavilion (www.HSS. edu/pediatric-giving.asp) and Advanced Neurofibromatosis Research - Children's Tumor Foundation (www.ctf. org). www.DodgeThomas.com

Joan Lupinski

Joan Lupinski, 86, of Glen Cove, died on Nov. 14, 2022. Beloved wife of Lt. Stanley Lupinski of the Glen Cove Police Department; loving mother of Kim Sinder and Steven (Buffy) and sister of Joseph Young. Proud grandmother of Hailey Kennedy, Mia Lupinski and Abby Lupinski.

Arrangements entrusted to Dodge-Thomas Funeral Home of Glen Cove. Interment Sutter Cemetery in Sutter, CA.

Johnny Richey III

Johnny Richey III, 73, formerly of

Glen Cove, died on Nov. 8, 2022, Beloved husband of Valerie and loving father of Johnny IV. Talina. Samuel and Marcus. Dear brother of Cathy Mikens, Frances Williams. Christopher, the late Alexander and Walter; cherished grandfather to nine grandchildren; adored nephew of Lewis Dacus. Also survived by many loving nieces and nephews.

Richey was a Lance Corporal in the U.S. Marines and a recipient of two Purple Hearts during the Vietnam War. He loved to walk, play guitar and was a member of the Uniondale VFW.

Arrangements entrusted to Dodge-Thomas Funeral Home, Glen Cove, N.Y. Visitation at the First Baptist Church on Thursday from 5 to 7 p.m. with a service at 7 p.m. Interment at Calverton National Cemetery on Friday.

Jennifer Way

Jennifer Way (nee Fastino), 72, of Glen Cove, died on Nov. 8, 2022. Wife to Keith: sister to Bert, Rene, and Rowenna Corona, stepson Charles Way and many loving nieces and nephews.

Visitation was at the Dodge-Thomas Funeral Home. Funeral Mass at St. Patrick RC Church on Thursday at 10 am. Interment at Pine Grove Cemetery, Newport, Vermont on Sunday.

WE ARE HIRING Join our GROWING sales team!

Richner Communications, one of the fastest growing media firms on Long Island, is looking to expand our sales team. Our product line includes digital platforms, direct mail, events, coupons, print media as well as other marketing vehicles. If you have the drive to succeed and proven experience, join us to find out about our exciting open positions:

- Outside Marketing Consultant (must have a car)
- Inside Marketing Consultant

SALES JOB FAIR

When: Wednesday, Dec 7

9am-12pm and 4pm-6pm

Where: Richner Communications Headquarters

2 Endo Blvd., Garden City

Can't make it to the Job Fair? Interviews available by appointment.

Please send your resume to careers@liherald.com



Xuress Coups Ge RIVERDALE PRESS

For more information call: 516-313-4000 X239 www.LIHerald.com

18

– GLEN COVE HERALD

Vovember 17, 2022

Law requires study of Holocaust in schools

ter.'

dents.

Holocaust Memorial and Tolerance Cen-

In the Oyster Bay-East Norwich

School District, lessons on the Holocaust

are part of the social studies curriculum

beginning in fourth grade. Alba Gal-

legos, the district's executive director for

curriculum and instruction, said that

students learn about the Holocaust

either as part of a historical fiction unit

or as an example of violations of human

rights and their effects on global con-

flict. Before the coronavirus pandemic

began, a Holocaust survivor came to the

high school to share their story with stu-

woman of the Holocaust

Memorial and Tolerance

Center of Nassau County,

in Glen Cove, said that

many schools are falling

short of what should be

required. State Sen. Anna

Kaplan and Assembly-

woman Nilv Rozic pro-

posed the original bill for

the education survey in

the center's garden in

the rise, and Holocaust

"With antisemitism on

But Andrea Bolender, board chair-

he Holocaust

should be

example to teach

people's capacity

to hate not just

Jews, but all

cultures.

Congregation

Tifereth Israel

rabbi.

minorities and

IRWIN HUBERMAN

used as an

CONTINUED FROM FRONT PAGE

Some 58 percent of those between ages 18 and 39 could not name a single concentration camp, 19 percent said they believed Jews caused the Holocaust, and 28 percent said they believed the Holocaust is a myth or has been exaggerated. In those categories, New York had the worst score of any state in the country.

The American Jewish Committee praised the new law. "As the number of Holocaust survivors dwindles, Holocaust education becomes more challenging." AJC Regional Director Eric Post said. "Expanding Holocaust education is the biggest challenge this generation of Jews will have in the future, and increasing education levels in New York state

GFRRY

schools is imperative."

Kenneth Graham, superintendent of the Locust Valley School District, said the Holocaust is taught in several secondary social studies and English Language Arts classes. At the elementary level, there is a mix of direct instruction on the topic with lessons on a variety of topics, Graham said, including unity, kindness, inclusion, conflict resolution and relationships.

"The instruction includes experiences such as classroom lessons, fiction and non-fiction reading, assemblies, and field trips," he said. "Recent experiences have included our middle school and high school students participating in assemblies on tolerance presented by the

PUBLIC NOTICES

LEGAL NOTICE NOTICE OF TIME AND PLACE OF REGISTRATION OF VOTERS FOR THE SPECIAL DISTRICT MEETING TO BE HELD ON DECEMBER 6, 2022, IN THE CITY SCHOOL DISTRICT OF THE CITY OF GLEN COVE, NA COUNTY, NEW YORK NASSAU NOTICE IS HEREBY GIVEN that the Board of Registration shall meet on Tuesday, November 22, 2022, from 9:00 A.M. o'clock and 7:00 o'clock P.M. (Prevailing Time),

the Administration ding, 154 Dosoris at Building, 154 Dosoris Lane, Glen Cove, New York, for the purpose of preparing the registers of the qualified voters of the City School District of the City of Glen

Cove, New person York. Any otherwise qualified to vote who has not currently registered under

permanent personal registration in the District by the last date found on the original or duplicate registers, or records, or list furnished by the Nassau County Boards of Elections, and has not voted at an intervening election, must, in order to be entitled to vote, present himself or herself personally for registration or otherwise register with the Nassau County Boards of Elections. The last date found on the original or duplicate registers, or records, or list furnished by the Nassau County Boards of Elections is

, 2022 BY ORDER OF THE BOARD OF EDUCATION Dated: October 12, 2022 Teresa Scaturro Interim District Clerk 135422

LEGAL NOTICE SUPREME COURT OF THE STATE OF NEW YORK INDEX NO. 001921/2014 COUNTY OF NASSAU

SUN WEST MORTGAGE COMPANY INC Plaintiff,

A/K/A GENNARO MONTESANO AS HEIR AT LAW AND NEXT OF KIN OF GRACE MONTESANO; LOUIS MONTESANO AS HEIR AT LAW AND NEXT OF KIN OF GRACE MONTESANO; ELIZABETH MONTESANO AS HEIR AT LAW AND AS HEIR AI LAW AND NEXT OF KIN OF GRACE MONTESANO; UNKNOWN HEIRS AND DISTRIBUTEE OF THE ESTATE OF GRACE MONTESANO any and all persons unknown to plaintiff, claiming, or who may claim to have an interest in, or general or specific lien upon the real property described in this action; such unknown being herein described and persons generally intended to be included in the following designation, namely: the wife, widow, husband, widower, heirs at law. next of kin, descendants, executors, administrators, devisees legatees, creditors, trustees, committees lienors, and assignees of such deceased, any and all persons deriving interest in or lien upon, or title to said real property by, through or under them, or either of them, and their respective wives, widows, husbands, widowers, heirs at law, next of kin, descendants, executors, administrators, legatees. devisees, creditors, trustees committees, lienors and assigns, all of whom and, whose names, except as stated, are unknown to plaintiff SECRETARY OF HOUSING URBAN AND DEVELOPMENT: DEVELOPMENT; PEOPLE OF THE STATE OF NEW YORK; UNITED STATES OF AMERICA; ALFA IMPORT CENTER INC KENSINGTON COURT JOHN DOE" (NAME JOHN DOE (NAME REFUSED) AS JOHN DOE "RICHARD ROE", "JANE DOE", "CORA COE", "DICK MOE" and "RUBY

POE", the six defendants

last named in guotation

MONTESANO marks being intended to designate tenants or occupants in possession of the herein described premises or portions thereof, if any there be, said names beina fictitious, their true name being plaintiff, Plaintiff unknown designates NASSAU as the place of trial situs of the real property SECOND SUPPLEMENTAL SUMMONS Mortgaged Premises: 87 SOUTH 6TH STREET, LOCUST VALLEY, NY 11560 Section: 23, Block: G, Lot: 161 Compu-Link Servicer Corporation Servicer Telephone: (866) 444-0026 Defendants To the above named Defendants ARF HFRFBY YOU SUMMONED to answer the Complaint in the above entitled action and to serve a copy of your Answer on the plaintiff's (20) days of the service of this Summons, exclusive of the day of service, or within thirty (30) days after service of the same is complete where service is made in any manner other than by personal delivery within the State. The United States of America, if designated as a defendant in this action, may answer or appear within sixty (60) days of service. Your failure to appear or to answer will result in a judgment against you by default for the relief demanded in the Complaint. In the event that a deficiency balance remains from the sale proceeds, a judgment may be entered against vou. NOTICE OF NATURE OF ACTION AND RELIEF SOUGHT THE OBJECT of the above caption action is to foreclose a Mortgage to

recorded on June 09 2011, in Liber 36106 at Page 117, of the Public Records of NASSAU of New County. York. covering premises known as 87 SOUTH 6TH STREET, LOCUST VALLEY, to NY 11560 The relief sought in the within action is a final judgment directing the sale of the premises described above to satisfy the debt secured by the Mortgage above. NASSAU County designated as the place of trial because the real property affected by this action is located in said county. NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to the mortgage company will not stop the foreclosure action. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE THE ATTORNEY FOR THE (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. Dated:October 20, 2022 ROBERTSON, ANSCHUTZ, SCHNEID, CRANE & PARTNERS, PLLC Attorney for Plaintiff Nadine D. Smith, Esq. 900 Merchants Concourse, Suite 310 Westbury, NY 11590

516-280-7675

Search for notices online at:

www.newvorkpublicnotices.co

134987

secure the sum of \$547,500.00 and interest,

misinformation exploding around the world," Kaplan said in August, when Hochul signed the bill into law, "it's never been more described important that we learn the lessons of the Holocaust, and ensure our next generation knows about our history, no matter how dark or difficult the conversation may be." Bolender agreed, adding that although many New York schools have Holocaust curriculums, many do not. "And we want to make sure there is some sort of minimum standards that are met "she said Susan Poulos, the social studies coordinator in the Glen Cove City School

April 2020.

District, said that high school students learn about the Holocaust, while elementary students focus on values emphasizing civic readiness. When they reach fifth grade, they take an age-appropriate tour of the Holocaust Museum as their introduction to its history.

"Glen Cove schools has a long history of implementing Holocaust education into our curriculum, because we're very lucky to have the Holocaust Memorial and Tolerance Center in our neighborhood," Poulos said.

Students also listen to testimonials from Holocaust survivors as part of a virtual reality experience, which allows them to interact. "It's so important to ask questions," Poulos said. "The technology that they've used is impressive."

Seniors participate in civic engagement projects, and focus on issues they are passionate about, she added.

Rabbi Irwin Huberman, of Congregation Tifereth Israel, in Glen Cove, said he believes that learning about the Holocaust has a broader significance. "The

Holocaust should be used as an example to teach people's capacity to hate not just Jews, but all minorities and cultures,' Huberman said. "They all need to be protected from such programs of hatred. We make assumptions that it's mentioned in history class, but different teachers have different priorities. It's important for students to understand hatred "

17 Huberman meets with young people regularly while doing interfaith work. 2022 and said he continues to be surprised that many are not aware of the Holocaust. He blames their ignorance on "coddling," to protect them from the ugliness of hatred. "We can only use

positivity if we are to reject negativity," he said.

Holocaust education is already a requirement for all students in the North Shore School District The district has invited a number of survivors and educators to speak over the years, and has a partnership with the Holocaust Memorial and Tolerance Center.

Superintendent Chris Zublionis said he believes the state will find that his district is already fulfilling most of the requirements of the new law

Dave Ludmar, president of the district's Board of Education, said he supports the law. "The study of our history is vitally

important for our students' education, both to understand what's happened before us and to help guide their path going forward," Ludmar said, "and the atrocities of the Holocaust are things that never should be forgotten.'

Bolender, the daughter of a Holocaust survivor, said that the State Education Department should enforce a minimum standard of Holocaust education for every school, public and private. With education more digitized and conspiracy theories rife on the internet, she added, it is even more important today to begin that education at an early age. While it is difficult to set an age at which teaching about the Holocaust should begin, there are age-appropriate methods for teaching younger students.

"We don't want to traumatize 6-yearold kids, but we do want to start teaching them," Bolender said. "We have educators who were raised with survivors who work with K-through-5 kids on what it means to be kind. Then you can start comparing what it means to be unkind. It makes it easier in fourth or fifth grade to say these unkind actions happened to the Armenians, happened to the Jews, and you can start introducing the idea that words relate to hatred.'

Additional reporting by Kepherd Daniel, Will Sheeline and Roksana Amid



OPINIONS Russia's space program fades as China's rises

uri Gagarin is all but

forgotten, and

China has an

orbiting space

station.

y all accounts, Russia is losing its unprovoked war against Ukraine. It has lost thousands of troops, spent the equivalent of billions of dollars, and become an international pariab. As a result of the

international pariah. As a result of the ruinous war, Russia is also losing something that has always been precious to its national pride — its position as a leader



BERNSTEIN

in the world's space programs. The country that stunned the world — and shook up the United States — with the launch on Oct. 4, 1957, of the satellite Sputnik, is falling further and further behind in civil space exploration, according

to experts. Its military space program, however, remains robust, those experts say.

"The Russian space industry is in an obvious state of crisis," Asif Siddiqi, an authority on Russia's space program who teaches history at Fordham University, told an industry publication.

Partly to help fund Russia's brutal attack on Ukraine, President Vladimir Putin recently said he planned to slash funding for space flight activities at least until 2024. The sharpest cuts will be in manufacturing technology and development. Money for scientific research will be cut entirely.

The decline of the Russian space program is not new. It began after the collapse of the Soviet Union in

1991. That kicked off a brain drain from Russian. The need to fund the Ukraine war only accelerated the degradation of Russian space efforts. Additionally, jailed Russian opposition leader

Alexei Navalny has made allegations of widespread corruption across the country's space industry, with money disappearing into the hands of oligarchs.

Russia does not have a rover on the far side of the moon. China does. It does not have orbiters circling Mars. China, Indian and the United Arab Emirates do. Russia does not have a fleet of space telescopes, as does the United States.

"We've fallen behind on the science program," said Igor Marinin, head of the Russian industry publication Novosti Kosmonavtiki. "We've forgotten how to make and fly unmanned probes."

Of course, it was not always this way. The United States and much of the world trembled when the Soviets put Sputnik into space, leading politicians and military leaders to proclaim that we were failing in space.

Concern deepened in 1961, when the Russian cosmonaut Yuri Gagarin became the first human to fly to outer

> space, aboard the Vostok 1 capsule. He completed one orbit of Earth. Meanwhile, as the American novelist Tom Wolfe wrote in his highly acclaimed book, "The Right Stuff," "our rockets kept exploding" on the launch pad.

> But what does the current demise of Russia's space program mean for the United States? John Logsdon, who teaches at George Washington Univer-

sity and who is often called the "dean of space policy," said in a phone interview last week that we can no longer count on the Russians as partners on the International Space Station, or on other space projects in the future. Russian cosmonauts still fly aboard the space station, but Russia has said that it even plans to withdraw from that program.

For the United States, Logsdon said, the new competitor is China. The Chinese program has overseen the development and launch of ballistic missiles, thousands of satellites, manned space flight and a space station, and it plans to explore the Moon, Mars and the wider solar system. 21

GLEN COVE HERALD – November 17

,2022

In a display of its growing prowess, China launched a cargo mission to its newly completed space station last weekend. The 35-foot-long cargo spacecraft docked Nov. 12 with the Tiangong station on Saturday, according to a Chinese news release. As is typical of the country's news media, few details were released publicly. But according to space experts, the freighter was carrying propellant for the space station, as well as some scientific experiments.

In recent months, China launched two modules to join its already orbiting space station, which is about 20 percent large than the U.S.- and European-built International Space Station. It is expected to be occupied and operational for at least 10 years.

Our approach to China in space has been entirely negative. In 2011, Congress banned NASA from hosting Chinese visitors at U.S. space facilities. Two years later, Congress banned Chinese nationals from entering NASA facilities without a waiver from NASA.

Nevertheless, Logsdon said, "The Chinese space program is advancing."

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

Thankful, mindful and watchful this holiday

hankful, mindful and watchful this holiday

The midterm elections proved that you can't put lipstick on a pig. Well, maybe you can try, but eventually folks will see through the cover-up.

That expression, "lipstick on a pig," pops up from time to time during elections. In 2008, President Barack Obama



RANDI KREISS nt Barack Obama said that a supposedly new economic plan proposed by his opponents, John McCain and Sarah Palin, was nothing new, "just putting lipstick on a pig." Republicans went ballis-

on a pig." Republicans went ballistic, accusing Obama of slyly associating the pig patter with

Palin. Obama said his comment was about policy, not people. Anyway, he wasn't the first or the last to use the expression, which, you must admit, conjures a compelling visual.

This election season, the GOP sent forth dozens of MAGA election deniers to run for important and influential offices across the country. Republican influencers in and out of government, complemented by seriously delusional fringe groups like QAnon, tried their best to put lipstick on these pigs, but they didn't fly. Fortunately, most of the Republicans who were elected or reelected to office aren't conspiracy theorists or election deniers.

This seems like a low bar, but there it is. Don't we all want a fair fight in the campaigns for office? And when someone clearly wins, don't we all want to see the opponent concede defeat and move on? Thank goodness that's what happened most often in the days after Nov. 8.

I am relieved and thankful, as we prepare to gather for Thanksgiving, that the worst-case predictions for a toxic MAGA wave did not

happen. Some Trumpian candidates prevailed, but more were defeated. Voters looked at extremist candidates, anointed by the former president, and they said no. Not all the votes are counted in all the contests, and in Georgia there will be a runoff for a Senate seat, but overall the process has been peaceful and civil and consequential.

Are we finally reaching a point where Americans on all sides of the political landscape share a vision for a safe democracy? Are we there yet? Can we count on folks to trust election results? Will candidates fight the good fight and retreat with grace if they lose? We don't know yet if this midterm portends big changes for the better and a return to relative normal, but the indications are promising. It was not a

rout. Rioters did not take to the streets.

The cooling of the political fever gripping the nation allows us to gather at our respective Thanksgiving tables and truly give thanks. I am so thankful for the greatest gift we can enjoy in this life: peace of mind. We all experience occasional setbacks and losses, but with peace of mind we can negotiate our difficult life passages.

This isn't November 2020 or November 2021, when the pandemic was burning through our population. We still have about 40,000 new Covid cases a day, but we have vaccines and anti-virals, greater understanding of the disease and less panic. At the height of the pandemic surge, it was difficult to find peace.

On Thanksgiving 2020, my husband and I sat down to a chicken rather than a turkey. We were grateful for one another but terribly lonely for our kids, who live plane flights away and couldn't risk travel during the fury of the pandemic.

The years of Covid restrictions and isolation offered random gifts as well: learning to find strength we didn't know was there, finding ways to connect with loved ones through words and Zooms and eye to eye, six feet apart. I would never wish it for character-building, but living through a pandemic has heightened our zest for life and attuned us to the nourishing rhythms of nature.

I noticed recently that many people, rather than saying goodbye, now say "stay safe" when they come and go. That speaks to our relatively new belief that the ground can shift under our feet in an instant. Some threats can be mitigated and some blindside us, but we survivors of the pandemic and the political maelstrom have been changed by these years. We say "stay safe" as a kind of hope and benediction for our friends and loved ones.

I hope you are blessed with friends and mothers and fathers and sisters and brothers and children and grandchildren and neighbors at your Thanksgiving table. Along with peace of mind, let there be delicious turkey and sweet potatoes and cranberries and pies, all the traditional foods that anchor us to this time and place, and to one another.

Copyright 2022 Randi Kreiss. Randi can be reached at randik3@aol.com.

uch has changed since we sat down to a Thanksgiving chicken in 2020.

r count on folk Will candida he retreat with know yet if t eo- changes for t relative norr



Reporter RHONDA GLICKMAN

OFFICE 2 Endo Boulevard Garden City, NY 11530 Phone: (516) 569-4000 Fax: (516) 569-4942 Web: glencove.liherald.con nail: glencove-editor@liherald.com Twitter: @NSHeraldGazette Copyright © 2022 Richner Communications, Inc.

HERALD

COMMUNITY NEWSPAPERS Cliff Richner Publisher, 1982-2018 Robert Richner Edith Richner Publishers, 1964-1987

> STUART RICHNER Publisher

MICHAEL HINMAN Executive Editor JEFFREY BESSEN Deputy Editor IIM HARMON Copy Editor

KAREN BLOOM Sections Edito Features / Special TONY BELLISSIMO

Sports Editor TIM BAKER Photo Editor

RHONDA GLICKMAN Vice President - Sales AMY AMATO

Executive Director of Corporate Relations and Events I ORI BERGER

Sales Director ELLEN REYNOLDS Classified / Inside Sales Director

> JEFFREY NEGRIN Creative Directo

CRAIG WHITE Art Directo

CRAIG CARDONE Production Coordinator

HERALD COMMUNITY NEWSPAPERS Baldwin Herald Bellmore Herald East Meadow Herald Franklin Square/Elmont Herald Freeport Herald Glen Cove Herald Hempstead Beacor Long Beach Herald bok/East Rockaway Herald ne/West Hempstead Herald Merrick Herald Nassau Herald Oceanside/Island Park Herald Oyster Bay Herald Rockaway Journal Rockville Centre Herald South Shore Record Valley Stream Herald Wantagh Herald Sea Cliff/Glen Head Herald Seaford Herald Uniondale Beacor

> MEMBER: Americas Newspapers

Local Media Association lew York Press Association Glen Cove Chamber of Commerce Published by

Richner Communications, Inc. 2 Endo Blvd. Garden City, NY 11530 LIHerald.co (516) 569-4000

HERALD EDITORIAL The power of concession

ou've likely never heard the name William Jennings Bryan, as he's not among those regularly talked about in history books. But his contribution to democracy should be indelible, after a simple telegram sent he sent to William McKinley on Nov. 5, 1896,

tions. "Sen. Jones has just informed me that the returns indicate your election, and I hasten to extend my congratulations," Bryan said in the telegram. "We have submitted the issue to the American people, and their will is law."

forever changed how we approached elec-

Conceding an election isn't required by law, which is why what Bryan — in his first of three runs for president — did was all the more unique at the time. He didn't have to do it by statute, but he had to do it in the spirit of democracy.

Such concessions have become a staple of our election process at all levels. Candidates battle it out over issues and who can best represent the people, and once the people have made their decision, they accept it. Even if that decision doesn't favor you, all for a peaceful transfer of power.

Not that making a concession is easy. Far from it. Candidates invest so much of themselves into their campaigns that to suddenly make an about-face and watch someone else get awarded what they had fought for can be heartbreaking. Still, no matter how hot the debate was among the candidates, once the decision has been made, it's time to return to the real job at hand: governing.

When we think of concessions, we're likely to think of those in races for our country's highest office first.

"Just moments ago, I spoke with George W. Bush and congratulated him on becoming the 43rd president of the United States. And I promised him that I wouldn't call him back this time," then-Vice President

Al Gore said in a Dec. 13, 2000, address, even joking about rescinding his first concession on election night, when the race between them was still too close to call.

"Almost a century and a half ago, Sen. Stephen Douglas told Abraham Lincoln, who had just defeated him for the presidency, 'Partisan feeling must yield to patriotism. I'm with you, Mr. President, and God bless you," Gore added. "Well, in that same spirit, I say to President-elect Bush that what remains of partisan rancor must now be put aside, and may God bless his stewardship of this country."

Sen. John McCain shared similar sentiments eight years later, when he took the stage in Phoenix to congratulate the man who would become the 44th president, Barack Obama.

"Sen. Obama and I have had and argued our differences, and he has prevailed.' McCain said. "No doubt many of those differences remain. These are difficult times for our country, and I pledge to him tonight to do all in my power to help him lead us through the many challenges we face."

Concessions are just as powerful on the local level. State Sen. Anna Kaplan described her service in Albany as an "honor of a lifetime" after losing her reelection bid to former senator Jack Martins.

"While our campaign has ended, my service to — and love for — our community has not," Kaplan said. "I will always fight for you, and am committed to continuing that spirit of service in my next chapter."

Laura Gillen, who lost her bid for Congress to Anthony D'Esposito last week, also put politics aside to honor the choice of voters.

"We ran a campaign to be proud of in a challenging political environment," Gillen said. "Together we motivated thousands of Long Islanders to make their voices heard.

To stand up for common-sense leadership. And to vigorously defend fundamental rights from assault."

After the 2020 presidential election, in which defeated President Donald Trump never conceded to his successor, Joe Biden, there were real fears that this act of patriotism — this cornerstone action of democracy — could become a relic of the past. That conceding somehow represented weakness rather than strength. And that it meant essentially giving up on fighting for the chance to represent your community, region, state or even country.

But nothing about concession means you have to give up the fight, or that you can't explore every option available to you. Once those options are exhausted, however, it's time to close that chapter and start the next one.

On election night last week, U.S. Rep. Lee Zeldin wasn't ready to concede the gubernatorial race to Gov. Kathy Hochul. And that was his right — not all the votes had been counted, and while his chances of winning were remote, they still existed.

But when it became clear that he had no path to victory, Zeldin did his part to protect and defend democracy by exercising the power of concession.

"I would like to congratulate New York governor Kathy Hochul on her election to a full four-year term," Zeldin said in a statement the day after the election.

But while this particular battle for the governor's mansion might be over, Zeldin made it clear that his fight for those he had hoped to represent wouldn't end — a sentiment every candidate on the short side of any election should share in their own quests.

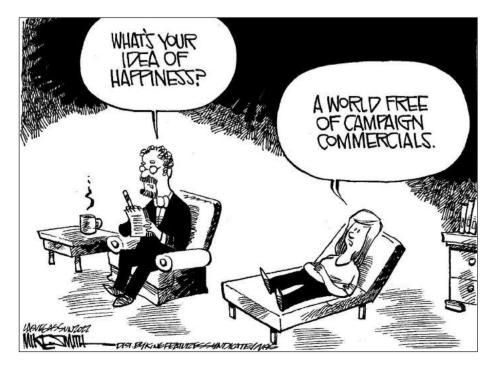
"As they take office in January, Gov. Kathy Hochul and those controlling Albany must address the grave concerns voiced by the voters," Zeldin said. "While this campaign has come to a close, the rescue mission to 'save our state' continues.'

LETTERS Two women leave stunning legacy

To the Editor:

This fall we have lost two incredible women whose devotion to the City of Glen Cove went deep into their golden years, and who represent the best in aging and humanity. Two women who have been an inspiration to us, and who will never be forgotten.

Judy Imerti, known in her earlier years for her support of her husband's children's store in town, Rock A Bye, took her later years just as seriously. When others might have chosen to sit back and relax, Judy's volunteer work at St. Patrick's Church and the Glen Cove Senior Center became an all-consuming passion. Beyond giving piano lessons to older adults, starting choral groups, organizing talent and fashion shows and helping the senior center celebrate monthly birthday parties for decades, she organized weekly musical programs for the Glen Cove Adult Day Program and local nursing homes to bring joy to those in



November 17, 2022 – GLEN COVE HERALD

OPINIONS Time to throw out the political trash

e e

that election

in the midterms

denialism isn't a

winning strategy.

learned

appily, the midterm elections are behind us. They were, at best, stressful, and overall they were ugly. Once again, the pollsters were more wrong than they were right, predicting all kinds of results that never happened. There were many lessons to be learned from the results, and any politician who ignores them does so



n the results, and ores them does so at his or her peril. Any candidate who calls for a ban on abortions in a red, blue or purple state is asking for trouble. There were five states in which abortion

JERRY KREMER red, blue or purple state is asking for trouble. There were five states in which abortion was on the ballot, and those that proposed a ban in one form or another were shot down. Women want to

make their own choices, in consultation with their physicians, and attempts to take away that right will meet stiff resistance. Defeated Pennsylvania senatorial candidate Dr. Mehmet Oz suggested that elected officials should have a voice on abortion, and that didn't help his campaign.

Most political observers thought the issue of gun control wouldn't have an

impact on people's thinking, but many voters who were questioned stated that their decisions factored in their concerns about the need for much stronger gun laws. There is a constant fear that there will be more school shootings, and pro-gun legislators who are

supported by the NRA may have to rethink their position, even if that costs them a few gun-rights supporters. Guns are an issue that won't go away, and will reresurface in the 2024 elections. Any pollster who tells you that young people are uninterested in elections

winning should be banned from polltaking. This election brought out a record number of so-called Gen-Z voters, millions of

them college students. On Election Day there were reports all over the country of enormous lines of students waiting to vote, well after the polls were scheduled to close. The youth vote is now alive and well.

Crime was an issue that helped a number of candidates get elected, but the vast majority of voters had other concerns on their mind, including voting rights, preserving the Constitution, saving Social Security and Medicare and stopping candidates endorsed by former President Donald Trump from winning key elections. Plenty of MAGA candidates won their races, but their tenures may be very short when their new constituents catch on to their lack of substance.

> We learned in the midterms that election denialism is not a winning strategy. The Republican candidate for New York governor, Lee Zeldin, ran a spirited race, but his resistance to acknowledging that President Biden was fairly elected hurt him with swing voters. New Yorkers are pretty sophisticated people, and the majority of them weren't ready to buy into a

candidate who opposed the certification of election results in Pennsylvania and Arizona. There are still plenty of election deniers who won their contests, but once they're in office, their positions won't help them do the required work.

From the ads that flooded the airwaves, we could all agree that the tone of this year's races was more dishonest and mean-spirited than ever before. In a lust for power, many candidates — incumbents and challengers alike — made false claims about their opponents, accusing them of criminal conduct and making other outrageous allegations. But the slanderers didn't fool most of the voters, who rejected the partisan poison.

Year after year, we have been subjected to stories about suspect polling results, in contests ranging from dogcatcher to president. Political columnists and reporters, in print and on the air, have spend countless hours delving into the polling results, dissecting the numbers and often trying to divine trends that don't exist. Over the past 10 years, I have challenged numerous pollsters who have wrongly claimed that they have reached people whose only phones are cellphones (which pollsters must dial manually). It's time to ignore them and the commentators.

Now that the big red wave never happened and the experts will be scratching their heads for months trying to figure out why, it's time to do a reset and focus on 2024. Future candidates will have to prepare for major changes in the electoral terrain, and be aware that they will suffer if they ignore the 2022 warning signs.

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

LETTERS

need. She never asked for acknowledgement or credit, yet her tireless work touched so many of us and, in many cases, changed lives.

More recently, Pat Parmelee, whose commitment to Friends Academy spanned more than 40 years, chose to use her well-deserved free time in retirement to serve the community with her talents and her interests. As a longtime member of the Beautification Committee and an active board member of the Glen Cove SAGE Foundation from its inception, Pat helped raise thousands of dollars for the enhancement of programs and services provided by the senior center.

I have known these women intimately, and have been in awe of their kindness and genuine devotion to their community. They never stopped caring and never stopped giving of themselves.

What does this say about the aging process? That with all the devastating losses we suffer as we get older (the loss of family and friends, the decline of vision and mobility, the decrease in landscape and independence), we still have the capacity to gain momentum in love, compassion and generosity.

Two women who were always teachers at heart taught us one of the most important lessons in life: No matter how old we are, we are more fully alive when we stay engaged and find ways to support one another. Pat and Judy may not be able to plant another flower or play another song, but they both bought great beauty into this world. What a stunning legacy they've left us.

'I could write Randi weekly'

To the Editor:

Once again, Randi Kreiss's amazing ability to convey her thoughts and blend them with history — and in this case, a bit of astronomy as well — moved me to tears! ("An election that will move heaven and earth," Nov. 3-9.) These are such stressful times, and I know that while it isn't reasonable to expect everyone to always agree, there needs to be some more honest, respectful dialogue to help move our country to a better place.

I could write to Randi weekly, because her columns are so important and meaningful. I am constantly sending copies to dear friends who don't live in the area — even a longtime friend who has lived in Italy for decades, but who is still American at heart (whatever that means these days) and is so worried for us and the world. If the America we know and love goes, what then? But then Randi gives us the perspective of eons of time to encourage and help us de-stress by literally looking to the heavens. That was so needed!

Thank you, Randi, from a most grateful reader, for continuing to share so much of your wonderful self with us.

> GEORGENE WINICK Woodmere

FRAMEWORK by Tim Baker



,2022

St. Agnes Cathetral on a crisp fall day - Rockville Centre

CAROL WALDMAN Former executive director, Glen Cove Senior Center

Our branches are growing.



ANGELA HERMAN [licensed real estate salesperson]



PATRICK HALL [associate real estate broker]



ROSALIE POITRAS [licensed real estate salesperson]

1193306

- Glen Key Realty is now Branch Real Estate Group –

& introducing



BARBARA KANE [associate real estate broker]



LESLIE ANASTASI [associate real estate broker]

Welcome to the family. **b** r a n c h real estate group 516.671.4400 • branchreg.com