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'Timebanking' here for seniors
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Celebrate the festival of lights
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Laura Lane/Herald

ANGELA CIRAMI, DIRECTOR of rehabilitative services at Glen Cove Hospital, left, and Dr. Lyubov Rubin, a neuro-rehabilitation physician who leads the hospital's Parkinson's rehab program, said the new rehab center's spa-like atmosphere benefits brain-injury patients.

Rehab unit a plus for Glen Cove Hospital

By **LAURA LANE**
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Glen Cove Hospital's rehabilitation center was ranked 47th in the nation by U.S. News and World Report's "Best Hospitals 2022-2023." Newsweek ranked the hospital among "America's Best Physical Rehabilitation Centers 2022." That's all great news for the hospital, but even better news for its patients.

"The hospital is in a renaissance," Executive Director Kerri Anne Scanlon said. "The hospital used to lose money. We will break even this year, and we will make money next year. Any time

CONTINUED ON PAGE 6

City fire department is looking for more volunteers

By **ROKSANA AMID**
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Sirens were blasting in Glen Cove last Saturday morning. Firefighters weren't racing to a fire, but instead to an alarm detecting carbon dioxide at the Webb Institute. They arrived at the scene within minutes, and then returned to the firehouse after making sure the situation was resolved.

Glen Cove's first responders answer roughly 3,000 calls per year, and, if needed, can make use of a mutual aid program with surrounding firehouses on the North Shore. The program, which was designed to compen-

sate for the shortage of daytime manpower, was used twice this year for house fires.

"Mutual aid is very important not only to us, but to our neighbors as well," Carlos Cardenas, the Fire Department's 3rd assistant chief, said. "They've called us multiple times for help."

Other towns and cities aren't so lucky. Across the state, the sound of sirens racing to emergency calls is less frequent, because fire departments and crews of emergency medical technicians are plagued by staffing shortages. The New York State Department of Health Bureau of Emergency Services said earlier this year that it had

People are working two jobs, three jobs, and it leaves less time to do stuff on a volunteer basis.

ROBERT C. PICOLI
 volunteer EMS chief,
 Glen Cove Fire Department

seen a drop of nearly 10 percent in the number of certified EMTs over the past decade. Last year, according to the department, 15

percent of all available EMS personnel did not renew their certifications.

Although Glen Cove doesn't face the same scarcity as other municipalities, Cardenas expressed concern about recruiting and retaining more members of the Fire Department — especially given the construction of multi-story residential buildings

throughout the city, some of which have wooden components to their architecture.

Recruitment efforts are improving slightly, Cardenas said, but the unpredictable nature of emergencies makes it difficult to define exactly how many responders the department needs from year to year in

CONTINUED ON PAGE 2

First responder shortage is concerning to North Shore

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its four divisions, the Pacific company, Hook and Ladder, Chemical and Company four.

The departments can comfortably retain about 30 volunteers each, but Fire Chief Robert S. Retoske said there are only about 80 firefighters at the firehouse now.

Cardenas has concluded that people aren't as enthusiastic to volunteer because of the amount of time they must commit to training, and then to the station. New firefighters start as probationary members and receive in-house training, but they are also required to take certification classes at the Nassau County Fire Service Academy.

"It's a shame, because when I joined, it was great — the morale was good," Cardenas said. "Everybody wanted to be here, but when you don't have enough people coming through the door, it changes the whole aspect of how we have to do things."

Cardenas and volunteer EMS Chief Robert C. Picoli both said that economic challenges are a common reason for the dwindling number of volunteers. Poten-

tial responders voice concerns about the high cost of living and changes in family life and the responsibilities of child care.

"Your average person isn't only working one job anymore," Picoli said. "People are working two jobs, three jobs, and it leaves less time to do stuff on a volunteer basis."

Mutual aid is very important not only to us, but to our neighbors as well. They've called us multiple times for help.

CARLOS CARDENAS

3rd assistant chief,
Glen Cove Fire
Department

Only two Long Island departments, Setauket and Long Beach, have some paid firefighters. There are none in Glen Cove, but the GCFD offers scholarships to the children of firefighters who are applying to college. The city has both volunteer and paid EMS responders, but the wages of those paid by the city have not been competitive with pay in neighboring towns, which has affected the retention rate. Mayor Pamela Panzenbeck said that the city recently approved emergency resolutions to raise wages for Basic Life Support EMS responders from \$18 per hour to \$23, and for Advanced Life Support

EMS, from \$20.50 to \$27.

"We have to have EMS," Panzenbeck said. "We're all getting older,"

The city currently has a total of about 50 EMS responders, a number nearly as



Roksana Amid/Herald

VOLUNTEERS DAVE SPY, Andrew Melillo and Carlos Cardenas met after responding to the carbon dioxide alarm at the Webb Institute. They are encouraging the community to volunteer at the fire station to help keep the city safe.

low as it has been at any time in the past 20 years. Picoli said that recruiting EMS personnel has its own complications. Like the Fire Department, there is a struggle to delegate staffing responsibilities, since there are fewer volunteers. And given the

emotional toll on health care workers during the pandemic, Picoli added, he worries for the future of health care in general, and predicts that in the coming years there will simply be fewer people interested in taking care of others.

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Courtesy Nydia DiCarali

ESTELLE MULLIN, THOMAS Ricotta, Anthony Eagan, James Simeone, and Charles Boehme enjoyed a table-top game at the Glen Cove Senior Center. Those interested in Timebanking can enjoy fun activities together while providing companionship to those who may be isolated in the community.

Timebank program is up and to address city's needs

By **ROKSANA AMID**

ramid@iherald.com

As part of the city's Age-Friendly initiative, Glen Cove is evaluating changes to its infrastructure to fit the needs of its aging population. Plans include changes to sidewalk curb cuts, modified crosswalks and making the city's businesses more accessible to the disabled. These physical changes will be easy to spot, but the Center of Excellence and the Age Friendly initiative are spearheading changes to support the community's needs in a way that's not so concrete.

The Center of Excellence is overseeing a Timebank, which offers a social support network with benefits that will be mutually beneficial to those enrolled. This program is different from traditional volunteer programs since it helps those looking to replace dollars and cents for various services like snow removal, piano lessons, cooking, or yardwork. Members can expect intercultural learning, a more connected community and in some cases, reducing out-of-pocket costs. The Timebank only has eight members right now, but coordinators are hoping that once the community sees its value, Timebank will become county-wide.

Nydia DiCarali, Age Friendly project coordinator, said that Timebank members aren't limited to anything they might find physically demanding. DiCarali said if anyone can make a phone call to someone that's homebound, they're still part of the Timebank.

"I think what this will do for the Glen Cove community as a whole is get people



Courtesy Glen Cove Senior Center

CAROL WALDMAN, CENTER, read to seniors to help keep their minds sharp and reduce stress. Those interested in signing up for the Timebank can expect to have stimulating conversations while learning about the world in a relaxed setting.

together and bring back that sense of community that has been lacking," she said. She added that the community will be a stronger for it.

Organizers like Carol Waldman, Age-Friendly Liaison to Nassau County, said the Timebank will be a way for seniors continue to feel valued and engaged in the community.

"Though they may not be able to do many things they used to do, the reality is they still have great value and still worth that great worth," she said.

Although the program is under the Age Friendly umbrella, it's not limited to

seniors. Anyone who wants to participate can fill out an application with the senior center. The Center of Excellence hopes to grow the Timebank's network to offer a wider variety of services to fully benefit the north shore community.

Dr. Corinne Kyriacou, associate professor of Health Professions at Hofstra University said that timebanks across the nation face a difficult start. She's seen a pattern for people who worry about the time they have to offer to Timebanks. "I think people who are worried about this idea can get in return some things to help manage their time," she said.

Since the city is surrounded by parks with large open spaces and already has a diverse community, Kyriacou stressed that Glen Cove is an ideal place to start a Timebank.

Another hurdle that Kyriacou said timebanks face is that people have a hard time recognizing, articulating, or accepting help.

"Our society is so based on giving and not necessarily receiving that it's a factor that makes a program like this difficult to start," Kyriacou said. "It's focusing on valuing everybody in the community and recognizing that we all need different levels of support."

Kyriacou added that with more members timebanks can better match people with varying needs and availability.

"Some of us have very little, some have more, but we all have time, and we can use that time to help each other and ourselves to build our community," she said.

Christine Rice, executive director of the Glen Cove Senior Center and Age Friendly organizer believes that programs like the Timebank are vital to communities. Rice hopes that when more people are part of the Timebank, people will understand how important it is for communities.

"We just need to make sure that we can sustain it," she said.

"Anything that makes that community more Age Friendly, makes it more friendly for everyone," Kyriacou said. "Aging is something we're all doing from the time we're born and living healthy to a healthy old age is a goal we all have."

Legislature approves secretive cyber contract

By MARK NOLAN

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A cybersecurity services contract unanimously approved by the Nassau County Legislature's rules committee on Dec. 5 has raised the eyebrows of an open government expert since this approval came in secret.

Yet, such discretion is necessary, county officials, said, since they believe not giving away the game plan is the best way to protect sensitive data from hackers.

At issue is a contract for Nassau County's massive computer network. But it's not just how the vendor will operate that remains cloaked, but also how much it will cost — and who the vendor is. All of this, according to the expert, is standard information courts have ruled the public has a right to.

The crippling malware attack on Suffolk County's network on Sept. 8 sent shockwaves through government offices nationwide charged with protecting computer systems. Nassau officials immediately urged the legislature to act, which is exactly what its rules committee did a few months later.

A full vote of the legislature is not required under county law for contracts.

But why a secret? It's simple, rules committee vice chair Howard Kopel said: ransomware.

"The vendor suggested (secrecy) would be a very important thing," the legislator said. "We don't want the crooks to know who (the vendor is) and what their methods of operation are."

Ransomware is when someone remotely locks up a computer network or servers, releasing them only after the owners of those networks pays a monetary ransom.

Yet, is computer security enough to keep the details of a taxpayer-funded project secret? Shoshanah Bewlay, executive director of the state's Committee on Open Govern-



Tim Baker/Herald

NASSAU COUNTY LEGISLATURE'S rules committee approved a new cybersecurity contract to protect government computers and servers. But who is servicing that contract — and how much of taxpayer dollars they're being paid — is a secret.

ment, disagrees. If the contract has been finalized and signed, Bewlay said, there is no reason not to disclose who the vendor is and how much taxpayer money is being paid.

"I can't imagine what FOIL exemption would apply to permit the county to withhold the name of the vendor and value of the contract," Bewlay said, referring to the Freedom of Information Law. "Cybersecurity" isn't on the list of exemptions to FOIL disclosure."

Kopel said legislators were advised by Nassau County Executive Bruce Blakeman's staff it could be against the

law to provide more details about the contract.

They "told us not only is it unwise to release this information, but it's potentially improper — potentially even illegal," Kopel said. "We questioned the administration very closely for well over an hour, which is very unusual for a contract. We did vet this as closely as we could. We're satisfied they did follow procedures properly."

Blakeman spokesman Christopher Boyle defended the secrecy.

"This contract pertains to the cybersecurity of the county, and has been vetted by a committee composed of representatives from the office of the inspector general, county attorney, district attorney and police department to ensure its effectiveness and integrity," Boyle said, in an email statement.

Public scrutiny of government contracts is a vital part of maintaining open government, Bewlay said. With the Nassau cybersecurity contract, the public does not know who the vendor is or how much they are being paid, or if the vendor is reputable or insured.

"Nobody wants hackers to compromise anybody's systems," she said. "But again, it is difficult to imagine how disclosing the name of a vendor — and the value of the contract for the vendor's services — reveals the county's critical infrastructure information such that it would be exempt from FOIL disclosure."

Kopel agreed government needs better defenses against hackers, but also believes the public should trust the county that it is taking steps to protect the computer systems at the expense of details.

"What the public should know is that this is a huge problem," Kopel said. "It is an ongoing, ever-present problem. Crooks will typically look for the easiest opportunity, the fastest buck."

"If we make it really, really hard, maybe they will go somewhere else."

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Focus on Parkinson's patients in new rehab unit

December 15, 2022 — GLEN COVE HERALD

CONTINUED FROM FRONT PAGE

a hospital is doing well, it gives back to the community in new services.”

To give even more to its patients, Glen Cove spent \$11 million on a new physical medicine and rehabilitation unit, which opened in November. The 15,500-square-foot space, on the third floor, has ample room for the treatment of patients with neurological conditions, including brain injury, stroke and Parkinson's disease. It has 28 beds, 12 of which are for Parkinson's patients.

Patients come to the unit for an intensive rehabilitation program to restore what they've lost. Ninety percent of them are from Northwell hospitals. The other 10 percent, Scanlon said, are from Memorial Sloane Kettering and Columbia Presbyterian. The rehab center is a “destination center,” she said.

“Patients accepted here in our acute-care rehabilitation have physical therapy, occupation therapy and speech pathology, a minimum of three hours a day with the specialties,” Scanlon explained. “They receive therapy with nurses, and are co-managed by our physiologists and medical doctors.”

Two other floors of the hospital are designated for rehabilitation, but in the new unit, most of the rooms — 24 — are private. Only two others are double rooms. On the other rehab floors, three patients may share a room. The third-floor rooms have windows and private bathrooms, and some have couches.

“The ability to care for patients in private rooms reduces the risks of infection and gives the patient the most calming, holistic environment,” Scanlon said.

The unit, although immaculate, isn't sterile in appearance. Great care has been taken to create a spa-like atmosphere, with soothing colors, accent mosaic tiles and unframed paintings. A simulated apartment is available for patients to practice day-to-day activities, like getting out of a bathtub or using a stove.

They also have access to two physical therapy and occupational gyms and



Laura Lane/Herald

GLEN COVE HOSPITAL physical therapist Rabia Hassan worked with a patient in the physical therapy room of the new rehab center on the third floor of the hospital.

three large rooms for private speech therapy, neuropsychology and consultation. There are two nursing stations, so the nurses are close to all of the patients. The main station is equipped with telemetry that provides around-the-clock monitoring of patients' cardiac condition.

“Equipped with cutting-edge therapies, the new rehabilitation unit meets the growing needs of our patient community with complex, high-acuity brain and neurological disorders,” Dr. Susan Maltster, chair of the hospital's department of physical medicine and rehabilitation, said.

Among the innovations is a 3D immersive virtual reality system to motivate patients to stay engaged in rehab and focus on repetitive tasks. Patients wearing a headset with sensors interact

with different virtual environments.

“It addresses patients' performance with specific tasks, and addresses patients' impairments,” explained Angela Cirami, director of rehabilitative services, adding that there are 32 alternative environments. “A pinball game is one environment, where the speed of the pinball coming at you can be adjusted. Patients really enjoy using (the system), and it helps them.”

The reality system can be used to help improve a patient's coordination, strength, ability to grab or reach, and speech.

“With all of our patients, we focus not on their disability but help their ability,” Maltster explained. “We help them adjust to a new way of life, one with good quality.”

Dr. Lyubov Rubin, a neuro-rehabilitation physician, leads the hospital's Parkinson's rehabilitation program. Thanks to a generous donation from a benefactor, Rubin has arranged for members of the Brooklyn-based Mark Morris Dance Group to teach dance classes twice a week to Parkinson's patients. The dancers encourage patients to combine movement, music and creative expression, and caregivers are welcomed to join in. Patients enjoy dancing, Rubin said, but are also offered a social outlet. Parkinson's patients often feel isolated by their disability.

The benefactor initially agreed to fund one year of classes, but after taking a class with the Parkinson patients and loving it, they extended the program for another year. And patients can continue to benefit from the program by using the CD of the class given to them when they go home.

“Research has shown that dance intervention helps,” Rubin said. “Music unlocks their potential. And the dancing gives people hope.”

During the Parkinson's program, which is two-weeks in length, patients also receive physical and occupational therapy and engage in creative arts. Every patient has a different goal, which can be as simple as taking a shower alone or feeding themselves. It's the therapists' job to identify those goals and help the patients accomplish them.

Parkinson's is a progressive illness, but, Rubin said, the rehab team can help patients improve their quality of life by modifying the disease's progression.

In addition to helping as many patients as she can, Rubin said she would like to eventually open the unit to clinical research by Northwell experts in the field.

“What surprises me is how incredibly resilient people are,” Rubin said. “They can be incapacitated and not have walked for a year and lost hope. This team can unlock their potential. I've seen one patient pick up a guitar and sing, which he couldn't do for years.”

City worker alleges workplace violence by supervisor

Ralph Comitino, a civil servant for the public works department, addressed the Glen Cove City Council on Tuesday, alleging that he was assaulted on Oct. 6. Comitino claimed that Lou Saulino, the director of the city's DPW, jumped across a conference table in City Hall and tried to hit him.

Comitino alleged that the incident took place in front of Mayor Pamela Panzenbeck and other elected city officials while he was discussing promotions in the DPW. The mayor said she didn't see the altercation. Comitino also said that Saulino interrupted him many times while he attempted to address the officials.

Although a complaint was filed with John Charon, of the city's Human Resources Department, on Oct. 11, Comitino said he hasn't heard back, and feels anxious when he sees Saulino.

Tom McDonald, vice president of the 882 Civil Service Employees Association, addressed the council with Comitino. McDonald said the alleged assault has not been addressed by the city.

Panzenbeck said she couldn't address the situation publicly. “That's a discussion with people that were in the room,” she said.

Jimmy Ayers, a driver and shop steward for DPW, approached the podi-

um with Comitino in solidarity. Ayers said that he was with Comitino when the complaint was filed. Human Resources tried to dissuade Comitino from filing the complaint, Ayers said.

He posed a hypothetical situation to Tip Henderson, the city attorney. Ayers asked if he would have been removed from a meeting, or fired or arrested, had he approached the attorney's desk with the same level of aggression Saulino is being accused of.

“I won't speak to hypotheticals,” Henderson said. “Is that possible? Certainly, but I can't tell you that it would happen in any given situation.”

Panzenbeck said she assumed that

Comitino had received an apology from Saulino. Comitino said he had, but he still felt uncomfortable in the same room with Saulino and inside City Hall, adding that he doesn't go there alone.

McDonald suggested that the alleged incident be handled by the city, and that an apology wasn't sufficient.

In a follow-up interview, Comitino said the meeting on Oct. 6 lasted for an hour, and the alleged attack happened less than 15 minutes into the meeting, when he was speaking.

Saulino could not be reached for comment.

—Roksana Amid



Dear Glen Cove Community Members

On behalf of the Glen Cove Teachers' Association, we would like to extend a holiday greeting to students, parents, and members of the community with a very special holiday message.

In the spirit of the holiday season, the GCTA would like to extend our best wishes to the Glen Cove Community. As we all enjoy the holiday season, it is our sincerest wish that each of you receive and return the abundance of blessings and good tidings that is the miracle of the season.

The focus of our students here in Glen Cove truly express what we are all thankful for and the true meaning of the holiday season. Each day we are fortunate to witness the enthusiasm, hope, and joy for life that our students possess. Endless opportunities await our students, and nothing is impossible.

May the holiday season fill your home with joy, your heart with love, and your life with laughter. May you all have a prosperous New Year!

Glen Cove Teachers' Association



Giving children holiday joy for a decade

By WILL SHEELINE

wsheeline@liherald.com

As the holiday season kicks off, millions of American families are beginning to plan which presents to get for their loved ones. The nonprofit Guardian Angel Family Crisis Center, in Sea Cliff, is asking North Shore residents to consider extending their shopping lists to include their neighbors in need.

This marks roughly the 10th year that Guardian Angel has hosted its Giving Tree, a Christmas tree set up in the

store with cards written by local children in need listing a small gift that they would like this year. Residents of Sea Cliff, Glen Head, Glen Cove and Glenwood Landing who visit the store are encouraged to take one of the cards and take on the role of Santa Claus for one of the children.

Barbara Costello, director of Guardian Angel, explained that by engaging the community to help their neighbors in need, the nonprofit hopes to not just help residents, but foster a sense of support and camaraderie in the area.

“Guardian Angel’s very much about raising awareness of the needs of our community,” Costello said. “The really beautiful thing is that we have recipients who have been taking on the same kids year after year, to the point where they basically become part of each other’s families in a way.”

Guardian Angel began 13 years ago, with the vision of raising awareness for the needs of community members and reaching out to high-risk individuals. It works with primarily single mothers and their children, who come from a

wide range of backgrounds, but all of whom are facing financial difficulties.

Throughout the year, the organization provides a wide range of services for community members, from clothing and toy donations to English language classes for local students who speak it as a second language. Guardian Angel also sponsors a school in Honduras and provides emergency support for women in crisis due to homelessness.

Costello, a resident of Glen Head for the last 38 years, emphasized the fact that while giving the gifts is important, Guardian Angel also works very hard to reduce the stigma of going to a nonprofit for help.

To some people, the thought of acknowledging their financial or other struggles can feel embarrassing or shameful. By promoting a friendly, caring, community-oriented atmosphere, she and her fellow volunteers emphasize that they’re not getting “handouts,” but instead showing people how much their neighbors support and care for them.

Jennifer Marshall, one of the volunteers at Guardian Angel, explained the importance the gifts had to families in need, not just as toys or clothes, but as symbols of the holiday spirit of giving back and the community spirit of caring for neighbors.

“It’s such a good opportunity for the community to get essential items at unbelievable prices,” Marshall said, “and also shows us how we can service the people in the community who are really in need.”


On Christmas morning, Santa Claus himself makes a special stop at the store to the delight of the children. For many mothers, such as Maria of Glen Cove, this event really brings the magic of Christmas alive for the children.

“The Giving Tree at the Guardian Angel Family Store makes my boys so happy at Christmas. First they visit Santa in the store and have a picture with him, then Santa gives them the presents,” she said. “They are so excited Christmas morning when they open the present and it is what they wanted.”

For anyone interested in donating, receiving aid, or learning more, Guardian Angel’s Family Store, the headquarters of the nonprofit organization, is at 239 Glen Cove Ave. in Sea Cliff. The store can be reached at (516) 277-1068, and are open Monday, Wednesday, Friday and Saturday from 10 a.m. to 3 p.m.

Guardian Angel’s very much about raising awareness of the needs of our community.

BARBARA COSTELLO
director, Guardian Angel



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

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

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

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

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



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

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

accommodates stretchers, and offers valet parking.

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

About Parker Jewish Institute for Health Care and Rehabilitation

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



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

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

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

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



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

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

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

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

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

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

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



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Stay in control

Living with diabetes can be challenging, but it is possible to lead a full and healthy life

By Maria Gifford

What do you dream of...

Crossing the finish line at your next 10K, sweaty and exhausted and proud after beating your personal best? Feeling your baby's impossible strength as their miniature fingers curl around yours for the first time? Floating through a kaleidoscope of creatures as you snorkel off the coast of Australia?

Healthy glucose levels?

If you're one of the millions of Americans living with diabetes, you know that keeping a constant eye out for signs of low blood sugar and overall managing the condition can feel challenging at times. But, it shouldn't get in the way of reaching your dreams. Living well — whatever that means to you — starts with strong diabetes management.

According to the National Institutes of Health (NIH), understanding how to manage diabetes can improve your energy and healing ability and reduce your chances of other health complications, such as a heart attack, nerve damage, kidney failure, blindness and gum disease.

Your doctor will tell you about the importance of diabetes nutrition in your disease management, but what else can you do? Here are helpful tips for keeping your diabetes under control and maintaining healthy glucose levels.

Keep calm. Stress can cause your blood sugar to rise, according to the NIH. Find activities you like that help you relax. Try taking a walk, listening to your favorite music or gardening, whatever helps you cope.

Drink in moderation. Drinking alcohol can produce signs of low blood sugar, according to the Mayo Clinic. When you drink, your liver works to process the alcohol, which can mean it's too busy to perform another important function: releasing stored sugar in response to low levels. Also, drinking alcohol can impair your ability to think clearly and make good treatment decisions.

Adjust for your stage of life. The Mayo Clinic also explains that hormone levels can cause your blood sugar to fluctuate. For example, a woman may need to adjust her medication, meal plan or exercise level for her menstrual cycle. Going through menopause? You may need to make more adjustments and check your blood glucose more often. Talk to your doctor to determine a plan that's right for your body and its hormonal changes at different life stages.

Be aware that some medications may affect your diabetes. As the Mayo Clinic notes, some medications are sweetened, and others may affect healthy glucose levels in other ways.

Brush up on your oral hygiene. Diabetes puts you at greater risk for gum disease. According to the American Diabetes Association (ADA), that's because people with diabetes have a lowered ability to fight infection from bacteria in the mouth.

Travel with a plan. Traveling can disrupt your normal routine, so be sure to plan ahead. The ADA recommends talking with your doctor about how to adjust and ensure you have medication to last while you're out of town.

Sweeten it yourself. To give yourself more control, you can reduce sugar in your diet by adding your own sweeteners. Not only will you support your diabetes nutrition strategy, you'll likely add less sugar, saving on calories and carbs, notes the ADA.

Get vaccinated. Diabetes makes you more vulnerable to infection. According to the CDC, illnesses such as Covid-19, flu, pneumonia and hepatitis B are more common — and dangerous — in people with diabetes.

Know your data. Continuous glucose monitoring is key to managing your diabetes care and help you more quickly address when your body is high or low.

Follow your plan set with your doctor, even when you're feeling good. You might be tempted to skip it. But you probably feel good because your plan is working.

Above photo: Diabetes management involves day-to-day treatment as well as bigger-picture lifestyle choices. By following a plan, you'll be a better position to manage your diabetes every day.

Not just for salad

A spoonful of vinegar could help the sugar go down

There could be sweet news for the 29.1 million people the U.S. Centers for Disease Control and Prevention estimates have diabetes.

Some researchers are now touting vinegar — notably apple cider vinegar — as a tool in the diabetic arsenal.

For many years, people have also used it as a home remedy for everything from fighting germs to preventing heartburn. More recently, research has shown that apple cider vinegar might have some real health benefits, such as helping to reduce blood sugar levels and aid weight loss.

According to Dr. Carol S. Johnston, professor and associate director of the Nutrition Program in the School of Nutrition and Health Promotion at Arizona State University, vinegar can be part of a diet strategy to manage blood glucose.

Diabetes is the seventh leading cause of death in the United States, but you don't have to be in such statistics. The International Life Sciences Institute reports that "Several studies have demonstrated that vinegar can help reduce hyperglycemia, hyperinsulinemia, hyperlipidemia and obesity."

Why Vinegar

Here's why: Eating foods that are high in starch, such as bread and rice, causes surges in blood glucose levels, Dr. Johnston explains. These high levels of blood glucose have been linked to higher or increased cardiovascular disease risk in healthy populations and can also increase complications among those with type 2 diabetes.

Consuming small amounts of vinegar — one to two tablespoons — before your meal, however, can reduce these high levels of glucose, she says.

Randomized, controlled trials involving both diabetic and nondiabetic individuals suggest that adding two teaspoons of vinegar to a meal may improve blood sugar control, effectively blunting the blood sugar spike after a meal by about 20 percent. So adding vinegar to potato salad or to rice (like the Japanese do to make sushi rice) or dipping bread in balsamic vinegar may blunt the effects of these high-glycemic foods.

We're still not sure of the mechanism for the anti-glycemic effect. Originally, it was thought that vinegar slowed stomach emptying, but even consuming vinegar outside of meals appears to help. Type 2 diabetics consuming two tablespoons of apple cider vinegar at bedtime, for example, were found to wake up with better blood sugars in the morning. Consuming pickles or vinegar pills does not seem to have the same effect.

Vinegar may also help with polycystic ovary syndrome (PCOS), improve arterial function, and help reduce body fat. A daily tablespoon of apple cider vinegar restored ovarian function within a few months in four out of seven women with PCOS. We're not sure why, but the acetate from the acetic acid in vinegar may lead to improved nitric-oxide production. Such an effect would be expected to help with hypertension, and indeed there is a study purporting to show blood pressure benefits from a tablespoon of vinegar a day.

Vinegar may also help with weight loss. A



double-blind, placebo-controlled (but vinegar company-funded) study was performed, in which obese subjects consumed daily vinegar drinks with either one or two tablespoons of apple cider vinegar, or a placebo drink. Both vinegar groups lost significantly more weight than the control group. Though the effect was modest—about four pounds over a three-month period — CT scans showed the vinegar groups' subjects lost a significant amount of their "visceral" fat, the abdominal fat that is particularly associated with chronic disease risk.

In addition to consuming vinegar alone, consuming foods high in vinegar is an option. Vinegar is found in pickled products and salad dressings and can also be consumed before a meal on a salad.

Safely add vinegar to your diet

In most cases, ACV is relatively harmless, but there are some risks to be aware of. Consuming more than 1-2 tablespoons in a day can cause irritation of the esophagus, erode tooth enamel and most dangerously, decrease potassium levels.

Those taking diuretics and/or insulin should consult their doctor before changing any dietary practices. Low potassium can cause weakness, constipation, nausea, muscle cramps and abnormal heart rhythms.

So don't overdo it. Incorporate vinegar carefully your routine.

✓ Consume only 1-2 tablespoons per day. Try mixing 1 tablespoon of vinegar with 1 cup of water and split into three doses, one before each meal.

✓ Dilute vinegar by mixing with oil and using as a salad dressing on leafy greens or other veggies.

✓ Avoid ACV pills. They don't seem to have the same effect and in one case, a woman experienced throat burns after a tablet became lodged in her esophagus.

Above photo: Keep eating those salads — and other vinegar enhanced foods.

HERALD SPORTS

Hofstra seeks CAA championship run

By **ANDREW COEN**
sports@liherald.com

The Hofstra men's basketball team is poised for another high finish in the Colonial Athletic Association (CAA) and hopes it can carry over regular season success into the postseason.

The Pride won eight of nine games last year to end the CAA schedule, but was quickly bounced in the quarterfinal round of the conference tournament by College of Charleston as the third seed.

"The goal is always to win a championship," said head coach and former Pride star Speedy Claxton, who guided Hofstra to a conference title and NCAA Tournament as a star point guard in 2000. "We put together a tough non-conference schedule to prepare us for the physical teams we will face in conference play."

Hofstra returned redshirt senior guard Aaron Estrada, the reigning CAA Player of the Year who Claxton says has a potential to become an NBA player. Estrada, who transferred to Hofstra from Oregon last year, scored 33 points in the Pride's 85-80 home win against George Washington on Nov. 14.

"He is our hardest worker," Claxton said of Estrada. "He is our best player for a reason because he is always in the gym working on his game."

Estrada was sidelined by an ankle injury for the Pride's Dec. 7 road trip to fourth-ranked Purdue and in his absence saw the emergence of red-shirt freshman guard Amar'e Marshall, who scored 24 against the Big Ten power.

Hofstra (6-4) opened the season with an 83-77 come-from-behind win at Princeton on Nov. 7 in which Estrada scored 27 points and the Pride ended the

game on a 10-1 run. The game also saw an emergence of sophomore guard Jaquan Carlos, who hit the eventual game-winning three pointer, the first of many clutch baskets he has made this season.

Sophomore Darlistone Dubar, a second-year Hofstra player after transferring from Iowa State, is making strides early this season averaging 10.9 points through the first 12 games. Red-shirt senior guard Tyler Thomas, a Sacred Heart University transfer, has also provided an offensive spark, averaging 12 points a game including 26 in an 83-78 win against Iowa at home on Veterans Day.

Hofstra was picked second in the CAA preseason coaches poll behind Towson. The Pride's CAA home opener is slated for New Year's Eve at 1 p.m. against league newcomer North Carolina A&T. The Pride's home conference schedule is highlighted by a Feb. 4 matchup against Long Island rival and CAA newcomer Stony Brook for a 4 p.m. tipoff.

Pride women off to promising start

The Hofstra women's basketball team is making strides early on in the new season after an 8-20 record in the 2021-22 campaign.

The Pride already achieved half of last year's win total with a 56-53 home win against Army West Point on Dec. 7 that put the team at 4-4. It nearly got win number five last Saturday, but dropped a 62-61 overtime heartbreaker at Loyola (Md).

"I'm excited for what this season is going to hold," said fourth-year head coach Danielle Santos Atkinson. "I truly believe we have a team that wants it and they're willing to work for it."

Hofstra returned six from last year's team that reached the

CAA quarterfinals including All-CAA Defensive team selection Rosi Nicholson, who also displayed her offensive ability with 16 points in a season-opening 73-68 loss to Big Ten foe Rutgers. Senior Sorelle Ineza is also back after starting 11 games as a junior.

Baldwin native Brandy Thomas, a graduate student who transferred from nearby Long Island University (LIU), has become the team's leading scorer early on averaging 13.3 points per game including 22 in a 76-68 loss at Wagner on Nov. 26.

"She's very competitive and pushes everyone else to be competitive as well," said Santos Atkinson of Thomas,

Junior 6-3 center Zyheima Swint is the third leading scorer early in the season and gives the Pride a strong inside presence to complement its perimeter game.

The Pride's roster features seven newcomers including Zaniyyah Ross-Barnes, a Stony Brook transfer who is the team's fourth leading scorer. Junior guard Ally Knights, an Australia native who transferred from North Florida, is a key rebounder and defender also capable of hitting big jump shots.

New additions to the team this season also includes freshman Emma Von Essen of Rockville Centre, who shined as a four-year member at Long Island Lutheran. Von Essen is quickly gaining minutes and got her first start in a 74-71 victory against LIU on Dec. 3 in a game where she netted season-high 17 points.

Hofstra was picked to finish last in the 13-team CAA and will look to prove the doubters wrong starting with its league opener at Delaware on Dec. 30. The Pride's CAA home opener is scheduled for New Year's Day against Stony Brook at 2 p.m.



Photos courtesy Hofstra Athletics Communications

PRIDE REDSHIRT SENIOR guard Aaron Estrada, right, is the reigning CAA Player of the Year.



HOFSTRA'S WOMEN'S TEAM is making early strides and aims to prove the preseason rankings wrong.

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STEPPING OUT

Gliding along

Toss off those shoes and skate away

By Karen Bloom

If you've never tried "sock skating" you're definitely missing out. Yes, there's plenty to enjoy about putting on skates and zipping along the ice, but sometimes the effort of dealing with the cold feet, etc., may seem a bit much for a family outing.

Long Island Children's Museum's indoor version enables everyone to stay warm and content while experiencing plenty of skating fun. The museum's "ice rink," which first made a brief appearance in Summer 2021, is back for the holiday season in a big way, through Jan. 8.

"This idea grew out of the many (post-pandemic) requests we received for physical activity for the kids," says Maureen Mangan, the museum's communications director. "There is a need to get kids off their screens and into some physical play. This is a great way to burn off energy and an opportunity to have a winter experience inside — warm and cozy."

In fact, it's been so well-received that the museum plans to make this an annual event during the holiday season.

The 800-square-foot indoor Snowflake Sock Skating rink (the equivalent size of a four-car garage) opened in mid-November to the delight of the museum's young visitors — and their adult companions, who are just as keen to be in on the action.

"The kids are eager to get on the 'ice,' Mangan says. "And the parents are, too. They go out with them. You'll see them twirling and spinning."

The rink is made from a high-tech synthetic polymer surface that lets everyone slide around without blades, ringed by candy cane-striped posts topped with a "snowball." Right outside, blue-hued bean bag chairs of various sizes have been placed so the "skaters" can take a break as needed.

"We frequently see kids fling themselves on the chairs for a quick rest before jumping back on the 'ice,'" Mangan notes.

Off the "ice" a Snowflake Village beckons.

"We expanded on the concept to include plenty of experiential activities," Mangan says. Kids can become a "baker" in the holiday sweet shop, step inside a giant (nine-foot) snowman and serve up some hot cocoa, take a turn in the rink's "ticket booth" and "warm up" around the rink-side virtual "fire pit" where the entire family can relax, sit on a "tree stump" share stories and make some "s'mores."

Adds education director Aimee Terzulli: "Kids use their imaginations as they take on roles associated with these familiar winter activities."

Winter at its best — without the chill and the need to bundle up.



- Now through Jan. 8, Tuesday through Sunday, 10 a.m. to 5 p.m.
- \$15 admission
- View the LICM events calendar at LICM.org for additional information, or call (516) 224-5800.



Long Island Children's Museum, Museum Row, Garden City.

Photos courtesy Long Island Children's Museum

Photo: Families can slip on 'sock skates' and take a spin — whatever the weather — on the museum's seasonal skating rink, with plenty of activities to occupy their 'off-ice' time.



Buddy is back!

Step into the world of Buddy, a young orphan child who mistakenly crawls into Santa's bag of gifts and is transported back to the North Pole, in this special production of the holiday musical. Unaware that he is actually human, Buddy's enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father, discover his true identity, and help New Yorkers remember the true meaning of Christmas. Directed by Madison Theatre artistic director Angelo Fraboni — a Broadway veteran — the charming show features a versatile cast of Broadway professionals and Molloy University CAP21 Theatre Arts students, with Matteo Mennella, of Rockville Centre, and Malverne's Brady Schumacher sharing the role of young Michael Hobbs.

Saturday, Dec. 17, 3 and 8 p.m.; Sunday, Dec. 18, 2 and 7 p.m.; Tuesday, Dec. 20, 7 p.m.; Wednesday, Dec. 21, 2 and 7 p.m.; Thursday and Friday, Dec. 22-23, 7 p.m. Madison Theatre, Molloy University campus, 1000 Hempstead Ave., Rockville Centre. (516) 323-4444, or MadisonTheatreNY.org.



Eileen Ivers

The Grammy-winning fiddler and her band return to the Adelphi University Performing Arts Center stage for a lively holiday show, 'Eileen Ivers: A Joyful Christmas.' Ivers captures her Irish and American roots in a concert that blends traditional, story-filled, age-old Wren Day songs, poems, foot stomping, and hollerin' roots music. Ivers and the ensemble combine their numerous instruments and voices in what surely is a soulful celebration capturing the true spirit and joy of the season. She continues to push the fiddling tradition boundaries from folk music staples to a fiercely fresh, powerfully beautiful, intense world stage experience, celebrating the glorious story of Christmas with unbridled joy.

Sunday, Dec. 18, 4 p.m. Tickets start at \$50, with discounts available to seniors, students, alumni and employees. Adelphi University Performing Arts Center, 1 South Ave., Garden City. (516) 877-4000 or Aupac.Adelphi.edu.

THE \$ SCENE



Dec. 27

Baby Shark Live: The Christmas Show!

Splash along with Baby Shark and Pinkfong, on the Tilles Center stage, Tuesday, **Dec. 27**, 6 p.m., as they journey into the sea for the holidays to sing and dance through some of your favorite songs. This immersive experience, on the LIU Post campus, 720 Northern Boulevard, Brookville, specially appealing to ages 2-6, will have families dancing in the aisles. Join Baby Shark and friends for exciting adventures into the jungle and under the sea to explore shapes, colors, numbers and more. Enjoy hit songs in this dazzling kids spectacular, including "Baby Shark," "Five Little Monkeys," "Wheels On The Bus," and "Monkey Banana Dance," as well as holiday classics such as "Jingle Bells." Tickets are \$69.50, \$59.50, \$49.50, \$39.50; available at TillesCenter.org or (516) 299-3100.



Art talk

Join Nassau County Museum Director Charles A. Riley II, PhD, for a Director's Seminar, Tuesday, **Jan. 10**, 4 p.m. He'll discuss "Photography: Beauty and Truth," in a session that is keyed to the photojournalism of Robert Capa and the Magnum group as well as the pioneering work of Walker Evans and Lewis Hine. He'll compare their approach with the digital manipulation of images (including video) in the media of our time and consider the relationship between the photographer as documentarian and as artist who holds the mirror up to nature. Participation is limited; registration required. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.

Movie matinee

Head over to the Gold Coast Public Library, Friday, **Dec. 23**, 2-3:30 p.m., for a showing of the 1955 film "Marty," at 50 Railroad Avenue in Glen Head. For more information, contact (516) 759-8300 or gcinfo@goldcoastlibrary.org.



Las Posadas Poinsettias

Celebrate Las Posadas, the popular Latin American tradition, at Long Island Children's Museum, Saturday, **Dec. 17**, 1-3 p.m. Learn about the story of La flor de Nochebuena and the significance of poinsettias during this holiday, at the drop-in program. Long Island Children's Museum, Museum Row, Garden City. (516) 224-5800 or LICM.org.

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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, Thursday and Friday, **Dec. 15-16**, 10:15 a.m. and noon; Saturday and Sunday, **Dec. 17-18**, 2 p.m.; Wednesday and Thursday, **Dec. 21-22**, 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. Long Island Children’s Museum, Museum Row, Garden City. (516) 224-5800 or LICM.org.

Sea Cliff Porch Pickers

Local band Sea Cliff Porch Pickers performs, Thursday, **Dec. 22**, 8-11 p.m., at Still Partners, 225 Sea Cliff Ave., Sea Cliff. For information, call (516) 200-9229.



Planting Fields yoga

Enjoy a morning of mindfulness in the historic gardens of Planting Fields with a yoga and mediation class, Saturday, **Dec. 17**, 9-10 a.m. Visit Planting Fields at 1395 Planting Fields Road. Register at PlantingFields.org or call (516) 922-9210 for more information.



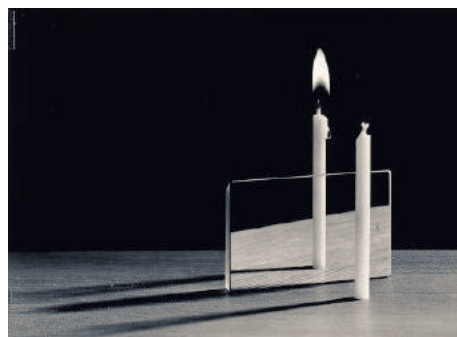
Senior Lunch Program

Enjoy visiting friends, with a delicious lunch and chair yoga, at the popular senior program hosted by Mutual Concerns, **every Tuesday and Friday**, at Saint Luke’s Episcopal Church, at 253 Glen Ave., in Sea Cliff. Those interested in joining the lunch program can call Peggie Como at (516) 675-7239.



Christmas at the White House

Join historian Leslie Goddard for a look at the traditions that bring Christmas alive inside America’s most famous home, Monday, **Dec. 19**, 7 p.m. The Zoom program is hosted by Bayville Free Library. For more information, contact Kristy Fumante at (516) 628-2765 or email adultprograms@bayvillefreelibrary.org.



On exhibit

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. View works by Ansel Adams 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 Drive, Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.



Matinee time

Join crafty Jack Frost on a magical, musical winter adventure, in Plaza Theatrical’s production of “Jack Frost,” **Saturday, Dec. 17**, 11 a.m. The story, narrated by the groundhog Pardon-Me-Pete, tells about the immortal winter sprite, who falls in love with a human girl named Elisa after rescuing her. Tickets are \$15. Bring the kids to the Plaza stage at the Elmont Public Library Theatre, 700 Hempstead Tpke., Elmont. For tickets, call (516) 599-6870 or visit PlazaTheatrical.com.

Having an event?

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

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Grand Central Madison deadline looms large

By JUAN LASSO

jlasso@iherald.com

Only a few months ago, all signs were pointing to the imminent opening of Grand Central Madison — Metropolitan Transportation Authority's new, fully operational terminal in Manhattan's East Side meant to redefine the way commuters get around by putting the Long Island Railroad to full use with a new terminal station.

The MTA has conducted a number of public meetings explaining new commuting patterns in the wake of updated train schedules. Top MTA and LIRR executives hosted private leadership events enlisting the help of business leaders and local leaders to hammer home the message: Grand Central Madison is coming by the end of this year, so get ready.

Passengers might have been ready, but the MTA apparently may not. Yet, the state organization has not veered from its message — the latest flurry of public advertisements relaying the sweeping words “All aboard for Grand Central!”

With the end-of-the-year deadline looming and still no official word about when Grand Central Madison might open, some observers have begun to question whether commuters will have to reset expectations about what they're getting. At least while the calendar still reads 2022.

One thing is certain: it has been a complicated final stretch of construction for

the \$11.6 billion mega-project.

The MTA cleared a regulatory hurdle last month that would have otherwise derailed any hopes of opening train service thanks to a federal waiver that pushed the deadline for engineers to install new federally mandated safety technology meant to prevent Amtrak trains from entering East River tunnels until February.

MTA spokesman Aaron Donovan says passengers should be rest-assured technology is already in place that helps prevent trains from speeding, colliding or derailling. In the meantime, the MTA will have to submit weekly safety reports to the Federal Railroad Administration, and conduct tests before the terminal goes online.

Then came a project update that parts of the LIRR's concourse and facilities at Grand Central won't be completed until February. That, at least, according to a capital program committee meeting report from last month citing the need for additional time.

“Opening a facility this size is an enormous task,” said Jamie Torres-Springer, president of MTA Construction & Development, during that meeting. “It is a 700,000-square-foot terminal station with three-and-a-half tunnels to Queens attached to it. It's like laying the Chrysler Building on its side to get a sense of the complexity of the systems that need to operate to make this concourse, terminal and platforms function.”

Torres-Springer is, nevertheless, hold-



Courtesy Metropolitan Transportation Authority

THE METROPOLITAN TRANSPORTATION Authority is entering the final hours before opening passenger train service from Long Island Rail Road to Grand Central Terminal ahead of its end-of-year deadline despite hurdles and concerns over its completion.

ing fast to the MTA's promise that passenger trains will run at Grand Central by the deadline.

“I want to emphasize that the terminal is complete in every visible and functional way,” he said. “The escalators and elevators are running, and the fire alarm is installed. So the project is looking great, and we're confident about opening service this year.”

Torres-Springer noted, however, that while systems are installed, they are currently undergoing testing and commissioning to ensure the project meets safety and operational standards. A major challenge currently at play is finalizing the test of the terminal's airflow system.

“This is to confirm that we can move air quickly throughout the platform and the concourse in the event of a smoke condition,” he said. Testing “becomes very complex, and there's a lot of (professionals) involved to make sure the system is safe.”

“Obviously we won't open our facilities before we are signed off on the safety of the system.”

Over the weekend, LIRR took over operational control of Grand Central Madison, making the terminal and tunnels federally regulated railroad territory. MTA officials described that as a significant step to getting the station up and running before the end of the year.



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CRIME WATCH

Police warn of holiday scams

Residents should be aware of scammers trying to steal their money this holiday season. Police report that a Glen Cove resident received a phone call on Dec. 12 from someone that they thought was their grandson who said he was in trouble. Crying, the person impersonating the resident's grandson said he had been in a car accident and seriously injured a pregnant woman, resulting in his arrest. Then a caller posing as the district attorney explained to the victim that his grandson needed \$10,000 for bail. Two people posing as the DA's associates went to the victim's house, collected the money and left.

The grandson had not been arrested and was in school at the time the calls were made.

This is a common scam being run by thieves who want to steal people's hard-earned money. Members of the community should be on guard when anyone asks for money over the phone or the internet.

In this case, a district attorney would never call you for bail money and a simple phone call to the victim's grandson would have uncovered the scam.

Some recent scams that have occurred in Glen Cove this holiday season include the following: A person sent nude pictures to another on a dating site. That person was then extorted to send money, or those pictures would be exposed to their social media contacts. Another Glen Cove resident was contacted on the phone that he had won a million-dollar lottery and a new car. All the victim had to do was pay \$2,500 for taxes and fees upfront. The man then bought \$2,500 in gift cards from the local CVS and supplied the caller with the card numbers. After paying the \$2,500 to the caller, the million dollars and the new car never arrived.

Everyone should be aware that they could be a victim of a scam. Scammers can be very convincing, pressuring people into making rash decisions. Scammers will use the time to their advantage. They don't want their victim to consult with family, friends, or the police before the scam is completed.

Whenever you are requested to buy gift cards as a payment you should realize you are probably being scammed. When shopping or leaving a bank be aware of scammers who might approach you to distract you while another swipes your handbag or valuables. If you feel you might be a target of a scam, consult a family member or friend, and don't make a rash decision that you're going to regret.

The Glen Cove Police Department is open 24 hours a day every day. A victim of a scam or anyone who thinks someone is trying to scam them should contact police at (516) 676-1000.

OBITUARY

James E. Woodberry Jr.

James E. Woodberry Jr., 59, of Glen Cove, N.Y., died Nov. 29, 2022. Beloved father of Nathaniel, Davante and Jamai. Loving son of Alice and James E. Woodberry, Sr. Dear brother of Milton, Mia, Robert, Tad and Lee. Also survived by many loving nieces, nephews, cousins and friends.

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A Hanukkah Message

Hanukkah — rekindling light in our lives

BY RABBI IRWIN HUBERMAN

At this time of year, we could all use more light in our lives — and maybe even a miracle or two. The world around us seems a bit darker. Some of us, due to colder temperatures, feel more physically constrained. Many suffer from a disorder aptly named SAD (seasonal affective disorder.)

But once a year, perhaps when we need it most, many cultures celebrate, and rekindle our common belief in hope, optimism and light. Judaism is no exception. This Sunday evening, Jews around the world will begin the eight-day festival of Hanukkah.

Hanukkah was born 2,200 years ago, when Jews lived within Greek-inspired occupation, and were actively encouraged to assimilate.

While many embraced the Hellenistic

influences, others initiated a military movement to reclaim the Second Temple in Jerusalem.

So, when the world seemed equally dark, a group of “action-takers,” led by Judah the Maccabee, revolted, and ensured that their voices were heard.

Judah's name is connected to the Hebrew word “makkah,” which denotes striking a hammer blow.

The Maccabees were victorious and celebrated by initiating the Festival of Lights, which became known as Hanukkah — connected to the idea of “rededication.”

Our Sages originally rejected the idea of a new Jewish holiday but over time

agreed. They recalled the story that there was originally only enough pure olive oil to light the temple candelabra for one lighting. But the oil lasted eight days.

That miracle inspires us today.

There is much to be grateful for as we enter Hanukkah, 2022. The worst of the pandemic appears to be behind us. Increasingly, we are appreciating life as we embrace “in-person” connections with family and friends.

But there is still much that concerns us. The environment remains at risk. Human equality remains a dire concern. And in this year, Jews around the world remain concerned about rising

anti-Semitism.

Nevertheless, for eight days, we allow ourselves to embrace hope.

We are reminded that we need to use the “hammer” of our voices, through action, kindness, and compassion to help fulfill the Jewish mission of Tikun Olam — the repair of this broken world.

That is the inspiration of Hanukkah. Indeed, this world is in dire need of light and maybe even a miracle or two.

Therefore, let us remember, as we celebrate the Festival of Lights, that Hanukkah is about hope and possibilities.

Hanukkah reminds us that miracles can happen when we allow our dreams to come true through action, and to embrace the light that exists around all, every day of our lives.

Rabbi Irwin Huberman is the spiritual leader of Congregation Tifereth Israel, Glen Cove.



RABBI IRWIN HUBERMAN

NEWS BRIEF

Michael Dowling chosen most influential health care leader

Michael Dowling, who championed innovation to combat the Covid-19 pandemic as president and chief executive of Northwell Health, has been selected as America's most influential leader in health care by Modern Healthcare magazine.

Dowling was chosen as No. 1 as part of the magazine's annual list of the 100 most-influential people in health care, putting him ahead of national brand leaders like CVS Health, United-Healthcare, and Moderna as well as President Joe Biden and U.S. Department of Health and Human Services secretary Xavier Becerra.

The magazine's ranking is determined by peers and the publication's editors based on leadership and impact. Dowling has now appeared on the list 16 times, earning a second-place national ranking in 2020, and third last year.

Northwell is New York's largest health care provider and private employer with 21 hospitals, 850 outpatient facilities and more than 12,000 affiliated physicians.

It's one that has worked to upend health inequalities Dowling has said were laid bare by the pandemic. One of those initiatives was the Center for Maternal Health, unveiled earlier this year, focused on underserved communities addressing health conditions that can occur before conception through the first year after a baby is delivered.

“This remarkable recognition truly



Michael Dowling

is a reflection of the collaboration and work ethic elicited by thousands of Northwell team members who deliver compassionate care to our patients each and every day,” Dowling said, in a release.

“Of course, our daily focus is on our sickest patients. But to serve our broader community, we also look at health trends both looming on the horizon, and lurking under the cover of darkness.

“That's why we've taken a stand against gun violence. That's why we've opened Northwell's Center for Maternal Health to reduce maternal mortality — especially among Black Americans.”

HERALD GLEN COVE 1215 PUBLIC NOTICES

LEGAL NOTICE ADVERTISEMENT FOR BIDS

NORTH SHORE CENTRAL SCHOOL DISTRICT PUBLIC NOTICE is hereby given that sealed lump sum bids shall be received by the Board of Education, North Shore Central School District, 112 Franklin Ave., Sea Cliff, NY 11579 for the following project according to the Instructions to Bidders: Contract No. 01 - Mechanical Construction 2022 Districtwide HVAC Repair Reserve Project Refer to the Bid Documents for a detailed description of the scope of work of the above referenced contract.

Bid proposals shall be received until 11:00am prevailing time on Thursday, January 12th, 2023 by mail or in person, at the North Shore Central School District, 112 Franklin Ave., Sea Cliff, NY 11579, Attn: James Pappas, Assistant Superintendent for Business. The bids received will be publicly opened and read aloud on Thursday, January 12th, 2023 at 11:00 a.m. prevailing time in the North Shore CSD District Office. Each bid must be accompanied by a bid bond, in the amount of not less than five percent (5%) of the bid, made payable to the North Shore Central School District in the form and subject to the conditions stipulated in the Instructions to Bidders. The accepted low bidder will be required to furnish specified insurance as well as payment and

performance bonds for the full contract sum. No bidder shall withdraw his bid within forty-five (45) days after the bid opening. Bidders shall submit one (1) original signed and sealed bid, and two (2) copies. All envelopes containing bids shall bear on the face of the sealed, opaque envelope the words “Contract No. 01 - Mechanical Construction” and “Bid - 2022 Districtwide HVAC Repair Reserve Project”. Bids received after 11:00 a.m. on Thursday, January 12th, 2023 will not be accepted and will be returned to the Bidder unopened. Fax and/or electronically transmitted bids will not be accepted. Complete digital sets of Bidding Documents, Drawings and Specifications may be obtained online as a download on and after Wednesday, December 14th, 2022 at the following websites: www.memasiprojects.com and www.revplans.com under “Public Projects”. Complete sets of Bidding Documents, Drawings and Specifications may be obtained from REVplans, 28 Church Street, Unit 7, Warwick, NY 10990 Tel: 1-877-272-0216, upon depositing the sum of one hundred dollars (\$100) for each combined set of documents. Checks or money orders shall be made payable to “North Shore Central School District”. Plan deposit is refundable in accordance with the terms in the Instructions to Bidders to all submitting bids. Any

bidder requiring documents to be shipped shall make arrangements with the printer and pay for all packaging and shipping costs. All bid addenda will be transmitted to registered plan holders via email and will be available at www.memasiprojects.com and www.revplans.com. Plan holders who have paid for hard copies of the bid documents will need to make the determination if hard copies of the addenda are required for their use, and coordinate directly with the printer for hard copies of addenda to be issued. There will be no charge for registered plan holders to obtain hard copies of the bid addenda. Please note REVplans (www.revplans.com) is the designated location and means for distributing and obtaining all bid package information. Only those Contract Documents obtained in this manner will enable a prospective bidder to be identified as an official plan holder of record. The Provider takes no responsibility for the completeness of Contract Documents obtained from other sources. Contract Documents obtained from other sources may not be accurate or may not contain addenda that may have been issued. There will be a Pre-bid meeting at 3:00 p.m. on Wednesday, January 4th, 2023 starting at the District Office located at 112 Franklin Ave., Sea Cliff, NY 11579. The Pre-Bid site visits are to be

scheduled in advance with John Hall, Director of Facilities, 516-277-7835, hallj3@northshoreschools.org.

All Pre-bid “Requests for Information” (RFI) or Clarification must be submitted no later than 3:00 p.m. on Thursday, January 5th, 2023 on AIA Document G716-2004 and sent to the following individuals by email: (1) Piere Luigi Pancaldi, MEMAS: piere.pancaldi@memasid.esign.com; (2) Bob Firneis, Savin Engineers: bfirneis@savinengineers.com.

The Board of Education of North Shore Central School District reserves the right to waive any informality in relating to a specific bid or the bidding process; to waive what it deems to be technical defects, irregularities and omissions relating to a specific bid; to request additional information from any bidder; or to reject any or all bids and to advertise for new bids. 136034

Search for notices online at: www.newyorkpublicnotices.com

LEGAL NOTICE
NOTICE OF FORMATION of Counseling With Vickie, LLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 10/13/22. Location: Nassau County. SSNY designated as agent for service of process on LLC. SSNY shall mail a copy of process to: Victoria OShea; 12W William St. Glen Cove, NY 11542. Purpose: Any lawful purpose. 136036

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OPINIONS

Beware the lure of DeSantis

Former President Donald Trump has been hit with a barrage of bad news in the past few weeks.

It's also clear that his popularity is taking a hit due to the failure of his anointed candidates to win a number of contests around the country last month. With each passing day, more Republican voices are raising their fears of a poten-



**JERRY
KREMER**

tial wipeout in 2024, and are promoting Florida Gov. Ron DeSantis as a possible presidential candidate. Having closely followed the actions of DeSantis, my advice to the party is to be careful what you wish for.

There is no question that DeSantis is a true conservative, and that he is outspoken on many issues. My friends who spend their winters in Florida rave about him. A number of them have chosen to become permanent residents, primarily to avoid New York state taxes. But I have yet to find one fan of DeSantis who can spell out specifically what they like about

him. Some call him "tough" and others describe him as "forceful," but none of his admirers are able to articulate what makes him so great.

There is no question that he comes off as a bold leader of his state. He embraces issues that he thinks will eventually make him popular beyond Florida, but he has been careful not to announce any presidential ambitions. If you take a close look at his record, you will find him to be anti-business, and reckless in his views on public education. One good example of his anti-business attitude is the way he has treated Florida's two biggest money generators.

At the height of the Covid scare, DeSantis decided that it was good politics to be anti-mask and impose no government health restrictions. Florida residents liked the idea that there should be no mandates, but many tourist industry leaders felt differently. The heads of the three biggest cruise lines insisted that their passengers wear masks when they were in public areas of the ships. DeSantis made numerous threats over this

issue, and cruise ship owners were forced to shut down for months.

The Walt Disney Company fiasco is another example of DeSantis's poor judgment. Disney is the largest taxpaying business in the state, and its top attraction. The former Disney chief executive Bob Chapek criticized DeSantis for his position on gay education restrictions. DeSantis decided that Disney had no right to speak out and had the company's special legislative status revoked. In the end, it isn't Disney that will suffer as much as the communities that surround the park, which will be forced to pay for costly fire, police and health facilities in 2023.

DeSantis has decided that his administration must be the only voice on the education of Florida's students. His education commissioner has recommended all types of restrictions that have frightened teachers around the state. Numerous teachers have left the Florida system for fear that they might be punished for teaching subjects that are not state-approved. Next year, Florida will have a shortage of thousands of teachers, and

may be forced to hire people who are unlicensed and have no formal training.

And, of course, DeSantis was anxious to get in on the program of sending immigrants to liberal northern cities as a protest against the Biden administration. In September he approved a plan to fly 50 immigrants who were detained in Texas to Martha's Vineyard. They were not on Florida soil, and DeSantis used unauthorized federal funds for the trip. Even Maryland's Republican Gov. Larry Hogan called the stunt a "terrible idea."

There are countless other DeSantis actions that merit some daylight, but it's fair to say that most people outside Florida have no clue as to how reckless he is. You can bet that the national press corps will have a field day when he throws his hat into the ring of the presidential campaign sometime next year. For now, his is just a name being used by the "anyone but Trump" faction of the party, but if he's the ultimate choice to run, the DeSantis story will not be a pretty one.

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.

Yes, left and right, we are more alike than not

Standing in the doorway of 2023, with the holidays ahead, I want to focus on the ways we Americans connect and love one another. This is a challenge during our great political divide, but my hope is that we can disagree peacefully, argue with civility, and celebrate our common appreciation for millions of things, from the majesty of our Rocky Mountains to same-day delivery by Amazon.



**RANDI
KREISS**

There has always been open and lively conflict across America, but we are witnesses, today, to disturbing political and cultural warfare, real threats to democracy. This time

around could be the last time around if we don't figure out a way forward. That said, I own every single word I have written about former President Donald Trump and his extremist followers. I believe with all my heart that his MAGA movement has already compromised our democracy, but not irreparably. I acknowledge — and I have the letters to prove it — that many readers see things differently. They see President Biden as

the problem. They feel loyal to the former administration.

The former president, now a 2024 presidential candidate, spoke last week about dissolving the Constitution. He hosted a dinner two weeks ago at Mar-a-Lago at which two guests felt empowered to indulge in antisemitic slurs. Perhaps we are reaching a tipping point. We need room for people to re-evaluate their loyalties and reconsider their alliances with people like the men and women who participated in the Jan. 6 insurrection.

I have not yet heard any Trump loyalist defend his comments about the Constitution. The principles of this document are our reason for being as a democratic country. The words matter. How does anyone reconcile his verbal attack on the Constitution?

I believe in the possibility of change. As voters and our law enforcement agencies move toward holding the former president accountable, we will have time and space to find the best in one another again. May the accountability unfold with dignity and gravitas.

Looking at the rapid shifts in our society and culture, it is possible to under-

stand why many people are reactive to our brave new world and want to go back to simpler times. Life has been unfair to large swaths of people across America. I understand it, but the "simpler times" refer to a whiter, male-dominated heterosexual culture with little room for people who were different. Our world has changed, not fast enough for some people and too fast for others.

We can likely agree that political sideshows on all sides are unproductive and self-serving. We need to get behind quality candidates who can check off the basic boxes: Honest? Skilled? Work well with others? See themselves as public servants?

Let's take a breather over the holidays. Hanukkah is coming up, with remembrances of hope and heroism going back to ancient times. Jewish people and their friends will light the candles and eat the latkes and give their children food and goodies over the eight days.

Christmas and Kwanzaa approach with people feeling more comfortable gathering with family, especially with vaccines and healthy protocols in place. Some of us will mask up, not as a political statement, but as a sensible way to

keep our elders safe through the holidays.

Across America, people of every stripe and every polka dot and from every corner of every small town, east, west, north and south, will be traveling, feeling the love of family, and sharing food at common tables.

There will be the inside family jokes and the debate over eggnog and the best recipes for chocolate chip cookies.

This is the season of miracles. It shouldn't take one to bring together a people who settled a new country, fought wars for freedom together, laughed at the same movies, cried together on 9/11 and suffered together during the terrible years of the pandemic. We should be able to get it together, literally and figuratively.

After the holiday parties, we have work to do. We have children way behind in their academic studies; teenagers psychologically traumatized by lockdowns; people, including hurricane survivors and immigrants, who need safe places to live and jobs and acceptance. If we are pulling in different directions, it will be challenging to move forward.

Two things can be true at once. We are divided, and we share values and traditions. We can try to stand in one another's shoes instead of stepping on one another's toes.

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This is the season of miracles. It shouldn't take one to bring us together.

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HERALD EDITORIAL

Fusion can augment clean-energy creation

It existed for just five seconds — but it was enough to power a home for an entire day.

It was a result of nuclear fusion, taking place last February in Culham, England, a village of barely 500 people not far from the University of Oxford. A machine there called a tokamak created heat measuring upward of 270 million degrees Fahrenheit — 10 times hotter than the core of the sun — and used a series of high-powered magnets to contain it.

It produced 59 megajoules of energy, but like many experiments before it, it used more energy than it ultimately yielded.

All of that changed on Dec. 6, when U.S. Energy Secretary Jennifer Granholm revealed that scientists working at the Lawrence Livermore National Laboratory in California had accomplished what no others had done before: created a fusion reaction that resulted in a net energy gain.

All of this might not seem substantial, but the breakthrough is extraordinary. Especially in a world where new, clean-energy sources are crucial for breaking our dependence on fossil fuels, which is rapidly destroying our environment.

Fusion would be just that: clean energy. When we hear about anything nuclear, we think either weapons, or dangerous — and highly wasteful — ways of generating power. Today's nuclear power plants depend on a process that harnesses energy from splitting the atom, a highly radioactive process that just isn't sustainable long-term.

But fusion is different. Instead of splitting atoms, scientists smash them together.

Unlike fission, we wouldn't need uranium. Instead, fusion depends on isotopes of hydrogen like deuterium and tritium — both naturally available in seawater.

Of the two, tritium is radioactive. But the amount of fuel needed to create fusion is so small that very little waste is generated. Even better, fusion doesn't produce carbon dioxide — the primary contributor to our planet's so-called greenhouse effect — meaning that instituting technology like this could be the very means needed to reduce global warming.

Yet as much as all of this is being hailed as a breakthrough, don't start planning for your fusion-powered car or home anytime soon. We are still years, if not decades, away from putting fusion to practical use. The Culham experiment lasted only five seconds, because that's how long the magnets could withstand the heat. The Livermore experiments had better results, but it's still only the beginning. Creating something that can become a regular part of our lives still requires far more research and development.

And the Earth might not have that long. The United Nations' Intergovernmental Panel on Climate Change says we have to move out society to a "net-zero" carbon emission system in a little more than 25 years. To even have a shot at reversing the climate change damage, we need to cut our current greenhouse emissions in half before this decade ends.

Fusion might not be here yet, but alternative energy sources are — like wind and solar. Our focus on electric vehicles is also a significant step, but not if we have to use

coal or other fossil fuels to generate the electricity to power them in the first place.

New York enacted the Climate Leadership and Community Protection Act in 2019, requiring 70 percent of electricity consumed in the state to come from renewable sources by 2030, with the hope of being completely carbon-neutral by 2040.

It's one of the most aggressive laws in the country, and one that PSEG Long Island — through the Long Island Power Authority — has been working around the clock to achieve. A number of projects are also well underway, including wind farms planned for 15 miles or so off the coast of Long Island.

Projects like that are certainly not without controversy. Fishermen fear that the wind farms will disrupt their livelihood and affect natural habitats. Closer to home, some Island Park residents have challenged plans of the Norwegian energy company Equinor to build a substation for wind energy in their neighborhood, rather than up the road a bit at the E.F. Barrett Power Station.

Achieving our renewable-energy goals will take a lot of work, as well as give and take, from both sides. And no matter what, we can't lose focus on the end goal: To leave a beautiful planet for our children and grandchildren. The same beautiful planet we enjoy now.

But it will only stay beautiful if we make changes now. Otherwise, by the time we can turn five seconds of fusion power into something sustainable, there might not be a planet left to benefit from it.

LETTERS

Thanks for passing the bond

To the Editor:

My name is Michael Anthony Renga. I am 14 years old and a freshman at Glen Cove High School. I want to personally thank each and every person that came out to vote for the bond on Dec. 6.

Glen Cove is my home and I belong to this community. Many individuals that do not have children in the district do not understand the conditions in the high school and what the students face every day.

The administration asked me and a few other students to make short videos about the deplorable conditions. My video was about the boy's bathroom. There are garbage bags placed around the urinals and standing water in the sinks. It is not a healthy situation. Many of my friends just hold it all



OPINIONS

It's a strange time to be a Jew, but when isn't it?

I grew up in a non-religious family, but it was always important to my parents that we knew we were Jews, and my family followed certain traditional rituals. My father went to work on Saturdays, and the only religious holidays on which he shut his luncheonette were Rosh Hashana and Yom Kippur. My younger brother and I were bar mitzvahed, and attended youth services on Saturdays and holidays. The rule in our family was, no synagogue Saturday morning, no ball playing that afternoon; no synagogue on Jewish holidays, then you go to school.



ALAN SINGER

My wife and I used to celebrate both Hanukkah and Christmas with our children, who are grown now and have kids of their own. For Hanukkah, we invited the staff and families from her day care center for a latkes festival in our apartment, where I turned 20 pounds of potatoes and four pounds of onions into potato pancakes and told the story of the Maccabees as a freedom struggle. After Hanukkah, we set up a Christmas tree with a giant origami peace crane as its crown and pres-

ents underneath, to be opened on Christmas morning. As an adult, I'm a confirmed atheist. I joke that I'm an evangelical atheist because I recruit. I can't support Israel's occupation of Palestinian lands on the West Bank of the Jordan River, and its treatment of Palestinians in Gaza and Israel proper. I believe Israel has the right to exist, but not as a religious state, and not as an occupying power, and I won't visit the country while these policies are in place. But I always identify as a Jew — a secular Jew, a Jew by birth, a Jew by history, and a Jew by tradition. I call myself a Jew, not Jewish, because I know that in many households in this country, the word Jew is still used as a curse. Today there is a lot of antisemitism in the air in the U.S., and I feel that it's important to publicly be a Jew. The losing gubernatorial candidate in Pennsylvania, Republican Doug Mastriano, said he wanted America to be a Christian nation, and attacked his opponent, Democrat Josh Shapiro, who won, as an "elitist," but we knew he meant Jew. In the past, attacks on the "Rothschilds" for supposedly controlling global banking were really claims that Jews somehow

secretly ran the world. Few people remember the Rothschilds, so now the antisemites blame George Soros, another Jew, and claim he is the evil puppet master conspiring with his co-religionists.

Kanye West has declared that he was "going death con 3 on Jewish people," and basketball player Kyrie Irving tweeted a link to a book and movie that denies that Jews are really Jews. These claims echo positions taken by a small group that calls itself the Black Hebrew Israelites. West and Irving may be nuts, but it's dangerous to dismiss deep antipathy toward Jews as the work of cranks.

Former President Donald Trump has been very cozy with antisemitic groups, and we know what happened in Europe in the 1930s. Recently I attended a play about the Holocaust, and I suspect that very few non-Jews were in the audience. It was a one-actor show about the life of Jan Kariski, a Polish Christian who put his life at risk to help European Jews, and it was excellent. As a teacher, as I sat there with tears in my eyes, I wondered how relevant the Holocaust and the murder of European Jews is to American students today who aren't Jewish. The Holocaust

happened over 75 years ago, and for students, that's ancient history. Since then there have been so many other horrific events — genocides in Bosnia, Rwanda, Cambodia and the Congo and wars and the forced displacement of populations all over the world — that the near-extirmination of European Jewry no longer stands out, at least for me, as a topic that deserves a special place in the school curriculum.

Politically, I'm on the left. I can't support the Israeli occupation, and I don't agree with expanding Holocaust education. But I am a Jew, and I know that if antisemites take power, my family and I will be threatened. I am a Jew, which is why I am compelled to fight for rights for all people — for sexual, ethnic, linguistic and religious minorities, and for immigrants and refugees, no matter their legal status. I fight for their rights as the best way to protect my own and my family's. Shalom.

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

My wife and I used to celebrate both Hanukkah and Christmas with our children.

LETTERS

day and wait to go home to do their business. We are not looking for luxury. The students need a working and functional restroom. Think of how difficult it must be to concentrate on your classes when you have to urinate and cannot go because there is a long line to get in with only one working urinal.

The tennis courts are in total disrepair and dangerous. My friend broke his foot because he tripped on the cracked cement.

These are just a few examples of the issues at Glen Cove High School. I was at the bagel store the other day and I was angered listening to the conversation of a group of older men saying that they thought the bond was "stupid and not necessary." They were joking, saying that the high school is the same as when they went there 50 years ago. That is exactly the point!

My grandfather was in the first graduating class of the high school back in the 1960s. He was at the high school the other day for the school play and just shook his head in disgust.

I am proud of my school and my city. It is embarrassing when people who are not from Glen Cove come to our school for events and sports. Our high school should be a beacon of light, not a facade of shame. I feel passionate about getting things done and making Glen Cove a better place for all.

I feel like I got my Christmas gift early this year by the bond getting passed.

Thanks again to all who campaigned, supported and voted yes for the bond! The students at Glen Cove High School will make you proud.

MICHAEL ANTHONY RENGA
Glen Cove

She'll take O'Connell's agenda

To the Editor:

Excellent column by John O'Connell ("I'll take the GOP agenda — without Trump — any day," Nov. 24-30). The headline was dead-on, and very refreshing. (The Herald's liberal slant is relentlessly consistent, and regularly has me gnashing my teeth.)

The Republicans have to move on from Donald Trump, and they need to do it decisively and quickly. If Trump would put the country above his ego, he would step into a background role and let new leaders take the reins and reassert many of the policies his administration instituted. That *would* win the next election.

I fear we'll have him as a Republican nominee or a third-party candidate, and either scenario is a loser. I Hope I'm wrong, but we're running out of time to get our country back on track.

LINDSAY ANDERSON
Glen Cove

FRAMEWORK by Tim Baker



Horse and carriage rides at the Christmas tree lighting — Bellmore

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