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Holiday cheer is here!
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Dancing the night away
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Roksana Amid/Herald

Baby Seals 365 Swim Club members Maria Cruceta, Phoebe King, Cyntra Glouchkov, Lawrence Stone, Mark Sechter, Monica Bustos and Graciela Bustos had an invigorating start to their day.

At Pryibil Beach, the cold Sound, warm vibes and some 'Baby Seals'

By **ROKSANA AMID**

ramid@liherald.com

At Pryibil Beach on Monday morning, the water temperature was a brisk 53 degrees and the air had chilled to 40. Undeterred, a group of seven swimmers sprinted from the top of the beach into the icy embrace of the Long Island Sound, as the rising sun painted the horizon in hues of orange and pink. It was another invigorating start of a day for the Baby Seals 365 Swim Club. For this tight-knit crew, most of whom are Glen Cove residents, the breathtakingly cold water isn't just a challenge, but a source of renewal, connection and joy.

"This is what makes us feel alive," said Lawrence Stone, a club organizer and advo-

cate. "There's something magical about the combination of the sunrise, the cold and the camaraderie. It clears your mind."

The Baby Seals Club, founded informally during the coronavirus pandemic, gathers year-round at Pryibil Beach to swim and build connections through its members' shared passion for nature and staying fit. What began as a few friends seeking diversion in the early days of lockdown has grown into a robust community of cold-water enthusiasts.

"It all started with my mom," said Karen Karbiener, whose late mother, Elfriede, inspired the club with her lifelong love of year-round swimming. "She had this amazing passion for life and for the water. During

CONTINUED ON PAGE 18

Will transit development help the city?

By **ROKSANA AMID**

ramid@liherald.com

The City Council voted to close the public hearing on a zoning proposal that would allow the developer LMXD to expand the Orchard Neighborhood Redevelopment Incentive Overlay District to construct high-density, transit-oriented housing.

The site, between Pratt Boulevard and Glen Street, could house 50 or more residential units per acre, as part of an effort to revitalize the area, encourage walkability and align with state housing priorities. But the move has sparked fierce debate over its impact on infrastructure and water supply.

At Tuesday's council meeting, members Marsha Silverman, John Zozzaro and Danielle Fugazy Scagliola argued that the proposed zoning amendment raised critical issues that remained unresolved, and that the council received an Environmental Assessment Form only one day before the meeting. This docu-

ment evaluates potential impacts of the proposal, specifically addressing concerns about water supply, traffic, schools, and infrastructure capacity.

"I just don't understand how we can move forward with this zoning change when the environmental study raises red flags," Silverman said. She repeatedly

This is one of the densest projects Glen Cove has ever considered.

MARSHA SILVERMAN
Councilwoman

cited Glen Cove's Smart Growth Comprehensive Plan, which advises against increasing housing density without an "overriding public purpose."

"So, once again, I ask, what is the public purpose of more housing, more rental apartments, in Glen Cove?" Silverman said.

Mayor Pamela Panzenbeck defended the proposal, describing the area around the train station as "blighted" and in need of redevelopment. "It is the perfect spot for transit-oriented development," she said. "This area is an entryway to our city, and right now it attracts bad behavior. We believe this will be a big boon to the community, bringing walk-

CONTINUED ON PAGE 4

NUMC Leapfrog Safety Grade improvement

By JORDAN VALLONE

jvallone@liherald.com

Nassau University Medical Center announced a significant milestone last week, achieving its first marked improvement in the Leapfrog Safety Grade in six years.

“This is a significant milestone for NUMC and a direct reflection of the hard work and dedication of our staff, physicians, and leadership in implementing effective management, financial, and operational reforms,” said Megan Ryan, interim president and chief executive of NUMC. “Over the past eleven months we’ve worked diligently to enhance the care and services we provide to our patients, and this improvement, while not our end goal, is a testament to those efforts.”

The Leapfrog Hospital Survey assesses hospitals on various safety and quality metrics, including infection rates, surgical safety practices, intensive care unit staffing, and policies to prevent errors such as medication mistakes. It also evaluates cesarean-section rates, early elective deliveries, and high-risk delivery capabilities, along with leadership and teamwork training focused on

fostering a culture of safety.

Ryan credited the hospital’s restructured Quality and Risk Department and newly established 2024 quality initiatives for driving the improvement. “While this grade represents progress, we remain

committed to further elevating the standard of care and continuing our efforts to strengthen hospital operations for the benefit of our community,” Ryan said.

NUMC’s C rating places it ahead of New York’s other public benefit hospitals, Erie County Medical Center and Westchester Medical Center, both of which received D ratings.

The Leapfrog Safety Grade is one of many improvements NUMC has demonstrated this year. The hospital is Nassau County’s only public hospital, which serves all patients — regardless of their ability to pay for medical care.

The Nassau Health Care Corporation, which oversees the operations of NUMC and the A. Holly Paterson Extended Care Facility in Uniondale, has made significant strides in its financial health over the last year, according to an audit conducted by Grant Thornton in June, a leading national public accounting firm.

We’ve worked diligently to enhance the care and services we provide to our patients.

MEG RYAN

Interim president and chief executive
Nassau University
Medical Center



Herald file

Nassau University Medical Center recently achieved its first Leapfrog Grade Improvement in six years, a significant milestone for the hospital which has been making positive strides over the last year in its finances and operational reforms.

The audit and related financial reports highlighted several positive trends for the health care corporation including: cash on hand increased from \$23 million in January 2024 to \$67 million in June; net patient service revenue rose by \$76 million in 2023, from \$460 million in 2022 to \$536 million in 2023; operating loss was reduced by \$30 million in 2023; and overtime costs were reduced by \$4 million

from 2022 levels.

“This is just further confirmation of the great work being done under new management at NUMC,” Matthew Bruderman, chairman of the NHCC said of the Leapfrog Safety grade. “Meg and her team are not only on top of the finances, they are extending and improving care.”

For more on the hospital and the services offered, visit NUMC.edu.

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Get ready for some holiday fun in Glen Cove

By **ROKSANA AMID**

ramid@liherald.com

Glen Cove is set to kick off the holiday season with its annual holiday festival, hosted by the Glen Cove Business Improvement District on Dec. 7, from 1:30 p.m. to 5. This beloved community event, which has been a tradition for over 20 years, promises a day filled with festive activities, live performances, and the much-anticipated tree lighting ceremony hosted by the city.

Held in Village Square, the festival will offer free activities for families, including horse and carriage rides, photos with Santa, and choo-choo train rides for children. "It's all the stuff that people can expect from years past," Jill Nossa, Executive Director of the BID said. "The last couple of years, we did stocking decorating and letters to Santa, and both of those will come back. And this year, we're also going to have an ornament-making station."

The event will feature live entertainment throughout the day on the main stage, showcasing performances by local talent. "We'll have the High School Jazz Band, Select Chorus, the orchestra, kickline, and the Finley Middle School 7th and 8th-grade chorus," Nossa explained. "It will be a full day of festivities, with music from 1:45 to 4:45 p.m." The lineup also includes the St.



Roksana Amid/Herald

Families got to ride around the city on a hoarse carriage led by the Grinch. The carriage fit roughly 15 passengers who toured city streets while meeting with the Grinch.

Dominic Choir and Dance Company, Jazz Hands Children's Theatre, North Shore Village Theatre, and local soloists.

In addition to the performances, visitors can enjoy holiday treats at the hot cocoa bar and browse the Holiday Marketplace, featuring local vendors along Bridge Street. "Last year, we decided to hold it on

Bridge Street because it just felt like a bustling little festival," Nossa said. "People could shop for their holiday gifts, check out the music, and get some hot cocoa."

The day will culminate in the City of Glen Cove's Tree Lighting Ceremony at 4:45 PM. "At that point, the city takes over," Nossa added. "There will

be Christmas carols led by the Mayor, and of course, Santa will make a return appearance."

With free parking available at the Brewster Street parking garage, the holiday festival is an event not to be missed. "It's always nice to be able to offer this fun day full of activities for families," Nossa said.



The Grinch and Martha May Whovier reminded children that the holidays are a season of giving thanks for one another.



Elizabeth Berka, left, Kaylah Cherenfant and Isabella Graziose, from St. Dominic Dance Ensemble, energized the crowd with their elegant performance.



Tim Baker/Herald photos

Santa carefully listened to what Harper Etheridge wanted for Christmas.

'Getting ahead of the governor's agenda'

November 28, 2024 — GLEN COVE HERALD

CONTINUED FROM PAGE 1

ability to our restaurants and downtown while addressing state priorities for housing near transit hubs."

The zoning amendment, which grew out of recommendations in the city's comprehensive plan, has also been shaped by broader, state-level housing initiatives.

"This is something the governor has been very big on," Panzenbeck said. "Transit-oriented development is a key part of (Kathy Hochul's) agenda, and was also a major focus of our comprehensive plan, which this council adopted last summer."

Councilman Kevin Maccarone echoed the mayor's defense of the proposal, accusing critics of misrepresenting its purpose. "The master plan specifically identifies this property for (transit-oriented development)," Maccarone said. "What we're doing is getting ahead of the governor's agenda to override local zoning laws. The state has been pushing this for years, and we're taking control of the process to ensure it works for Glen Cove."

But Silverman pushed back, arguing that in its current form, the proposed development is too dense, and lacks clear public benefit. She also noted that the master plan was conceptual, and didn't address the overlay district by name.

"Why are we moving forward with 50 units per acre, plus incentives to go even higher?" Silverman said. "Why not 20 or 30 units? This is one of the densest projects Glen Cove has ever considered. Once it's in the zoning code, developers can argue it's their right to build at the maximum density, leaving little discretion for the planning board."

Concerns about the city's aging infrastructure dominated much of Tuesday's discussion. Zozzaro warned about the strain additional that housing would place on the city's water supply. "We've already had to purchase water from Locust Valley," he said. "I don't think we



Roksana Amid/ Herald

The City Council was divided on a proposed expansion of the Orchard Neighborhood Redevelopment Incentive Overlay District.

have the capacity to support this."

Fugazy Scagliola raised similar concerns, referring to the environmental assessment form. "The report specifically flagged water as an issue," she said. "I'm not sure how we can move forward without addressing that first."

Panzenbeck acknowledged the challenges but assured the council that the city is modernizing its water infrastructure. "For many years, no money was spent on upgrading our water systems. We are addressing that now," she said, noting ongoing renovations at wells on Nancy Court and Duck Pond Road. "It's an issue of old infrastructure, and we are bringing it up to standard."

There was also tension over the broader implications of the zoning change. "This is more than just a conceptual idea," Silverman said. "Once the zoning code is amended, it ties the planning board's hands. Developers can come in with high-density projects and the planning board won't be able to say no."

Maccarone disputed that claim, emphasizing that the planning board retains discretion. "Changing the zoning does not automatically approve any specific project," he said. "The planning board will still evaluate each application to ensure it aligns with our regulations."

City Attorney Tip Henderson highlighted the proposal's potential to address Glen Cove's affordable housing needs. "This project is about providing opportunities for young people coming out of college, for seniors looking to downsize, and for others who need affordable housing," Henderson said. "It's supported by the state, and addresses a real need on Long Island."

Despite those assurances, Silverman remained unpersuaded. "The environmental study raises major concerns about traffic, water and infrastructure," she said. "I just don't believe this density level is appropriate for our city. We're being told this is about local control, but we're essentially adopting the governor's plan without questioning if it's right for Glen Cove."

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Generosity

It is remarkable to us how many people we meet who have amassed significant wealth beyond their needs, yet have little or no inclination to share their good fortune with others, even their immediate families. It seems to us that the only value that any asset has is in its use — those who have assets they are unable to utilize are really no better off than those who don't.

How much richer and happier many lives would be if only we learned to share more. Studies in psychology and neuroscience have demonstrated that acts of generosity trigger a release of endorphins, referred to as the "helper's high", leading to increased feelings of happiness and satisfaction.

Generous acts involve considering the needs of others, expanding one's empathy and leading to deeper connections with others and a more meaningful and fulfilling life. This may explain why those least able to give are sometimes the most generous. Generosity has less to do with what one has than the way one thinks.

"A fight is going on inside me," said an old man to his son. "It is a terrible fight between two wolves. One wolf is evil. He is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego. The other wolf is good. He is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith. The same fight is going on inside you."

The son thought for a minute and then asked, "Which wolf will win?"

The old man replied simply, "The one you feed."

— Wendy Mass

Generosity may also involve giving of your time and attention. As theologian John Wesley put it three hundred years ago:

"Do all the good you can,
By all the means you can,
In all the ways you can,
To all the people you can,
As long as you ever can."

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NEWS BRIEFS



Photo courtesy Muriel Donnelly

Seated are Parker Jewish Institute Gala Honorees, Bruce Shulan, President and CEO of EmPRO Insurance, Brian Nolan, Executive Vice President and Chief Operating Officer of EmPRO Insurance, with gala attendees.

Parker gala supports aging adults, honors EmPRO

The Parker Jewish Institute hosted its annual gala on Nov. 12, at the Queens Museum in Flushing Meadows Corona Park. The sold-out event brought together community leaders and supporters to raise funds for Parker's mission to enhance programs and services for its patients and residents, as well as the thousands of people who rely on its continuum of care each year. Guests enjoyed a night of live music by jazz and R&B artist Wanda Houston, a resident art auction featuring works by Parker's talented artists, and a gourmet dinner catered by Abigail Kirsch, with kosher and Indian cuisine available upon request. Marla Diamond, longtime 1010 WINS Radio reporter, served as the Master of Ceremonies, and radio host

Rabbi Joseph Potasnik added his insights to the evening.

This year's gala honored EmPRO Insurance for its dedication to serving and protecting the healthcare community. Michael N. Rosenblut, Parker's President and CEO, expressed gratitude to the attendees and donors, emphasizing their critical role in improving the lives of older adults and their families across the New York metropolitan area. All funds raised will support Parker's innovative and compassionate services, helping the organization meet the growing needs of the aging population. To donate, visit parkerinstitute.org/donate-to-parker-jewish-institute.

—Roksana Amid

Shore Road Neighbors to discuss improvement plan via Zoom

The Shore Road Neighbors Group will hold a Zoom meeting on Dec. 5, from 7 p.m. to 8 to discuss Nassau County's draft plan for improvements to Shore Road in Glen Cove and Prospect Avenue and Shore Road in Sea Cliff.

The proposed project aims to address long-standing issues including drainage, traffic flow, pedestrian and cyclist safety, and streetscape beautification. Enhancing accessibility and creating a safer, more appealing roadway for all users are key goals of the plan.

Lora Cusumano, leader of the Shore Road Neighbors Group, will provide an update on the draft proposal and facilitate a discussion to gather community input. Residents are encouraged to attend and voice their opinions on the

potential changes.

This meeting is part of broader efforts across Nassau County to improve infrastructure and address environmental concerns. Earlier this year, similar projects focused on shoreline restoration and wetland preservation, reflecting a countywide commitment to enhancing safety and sustainability.

To receive the Zoom link, residents should email Lora@LuxHouseHunters.com by 5 p.m. on Dec. 4. Participation is crucial to ensure the final plan meets the needs of the community. Don't miss this opportunity to influence the future of Shore Road.

—Roksana Amid

Local leaders reject regionalization plan

By **BRIAN NORMAN**

bnorman@lherald.com

Nassau County Executive Bruce Blakeman, other local elected officials, school district superintendents and school board trustees gathered in the Nassau County executive building on Nov. 21 to oppose the recent State Education Department Regionalization Plan.

The plan, introduced as an emergency rule on Sept. 25, directs school districts to pool resources, programs and services, which critics say threatens the independence of local districts. State Sen. Jack Martins, one of the plan's main opponents, talked about fighting to preserve local control of districts.

"Long Island schools are regularly ranked among the very best in New York state," Martins said. "That fact is due in large part to our local control and educational structure, which prioritizes our students' success. We join our local communities in opposing any effort to force regionalization and fight to preserve local control."

Blakeman echoed Martins's sentiments, saying the plan was an attack on suburban school districts, and that he and others would continue to fight to keep power in the hands of the districts.

"Isn't it interesting that cities such as Yonkers, Buffalo, Syracuse, Rochester and New York City are all excluded from their plan?" Blakeman said. "This is just



Brian Norman/Herald

Sen. Jack Martins, along with other local elected officials, challenged the NYSED's Regionalization Plan at a news conference on Nov. 21.

another attack on the suburbs by state government, which is completely controlled by left-wing politicians, and we will not stand by and let the Department of Education gut our school districts."

Many opponents of the plan are questioning the decision to make it an emergency measure. State Sen. Steve Rhoads called it a rushed, and added that the language contained in it could lead to local districts' complete loss of control of their operations.

"The State Education Department's self-created emergency regionalization

mandate is vague and can lead to a complete usurpation of local control of schools budgets, tax dollars, and educational opportunities and resources vested in local boards of education," Rhoads said. "Long Islanders pay some of the highest school taxes in the state, and their local and state officials should and must have a voice in where those dollars are being spent, and that voice is being jeopardized with the SED's rushed, top-down regionalization plan."

School districts across Nassau and Suffolk counties are preparing to chal-

lenge the plan. Roslyn school board President Meryl Waxman encouraged other districts to join the fight.

"Superintendents including mine have been told that this is a great big nothing, but what one says and what one does have to align," Waxman said. "If you take the time to read the regulations and see what they say, they should be self-explanatory. These are emergency regulations, but what was the emergency? Roslyn wasn't having an emergency until they created one."

Nonetheless, many people believe that the plan can be beneficial for Long Island school districts. Responding to a rally against the plan on Oct. 31 at Locust Valley High School, Assemblyman Chuck Lavine said that districts can voluntarily participate in shared services, and that the protest was nothing more than political theater.

"The State Education Department website makes it perfectly explicit that any district desiring to engage in shared services with any other district can do so completely voluntarily," Lavine said. "Held on Halloween, the Oct. 31 rally was nothing more . . . than political theater designed to frighten the public."

Under the plan, school districts are required to submit surveys to the state by Dec. 6, identifying areas for collaboration. There will also be a comment period before the plan becomes final in January.

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SCAN ME

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Courtesy Ken Spencer

Across the Long Island Sound, the town of Clinton, Connecticut, illustrates just how much light is wasted by being projected straight into the air. It burdens taxpayers, contributes to energy waste and creates a visible sky glow that erases stars from the sky.

The stars are dimmed by light pollution

With each passing year — especially in areas like Nassau County — we see less of the night sky

By **NICOLE FORMISANO**

Special to the Herald

As a child, Ken Spencer would wait until the sun sank below the ocean horizon, and then ride his bike down to the beach and lie in the sand, staring up into the sky as the final streaks of pink and orange slipped from view. Then quietly, one by one, billions of stars would wink into existence — diamond dust, he said, scattered across a sea of black velvet.

Now, at 82, the Sea Cliff resident is lucky if he can spot even the brightest stars amid a night sky that has, over the years, morphed into a wall of light-polluted gray.

Nassau County suffers some of the worst light pollution in the world. It's harming local wildlife, damaging human health, and marring something as seemingly inviolable as the very sky above.

The word "pollution" often evokes clouds of smog, or continental landfills; little do we think of light itself as a form of pollution. But when we are irresponsible about how we artificially light the world around us, that additional light impacts everything it touches.

Summer nights on Long Island, for example, used to mean a world illuminated by fireflies. That likely won't be the case for the next generation. The bioluminescent beetles can't find potential mates amid an overlit world, and are becoming increasingly endangered.

Light pollution is increasing by 10 percent every year, according to DarkSky International, a nonprofit fighting to mitigate the problem. And we're already suffering the effects.

Losing the night sky

"I know nothing with any certainty,"

Vincent Van Gogh once wrote, "but the sight of the stars makes me dream."

For as long as we have existed, humans have been linked inextricably to the stars. They served as beacons by which humanity navigated, charting new lands and waters; their movement led scholars to new mathematical and scientific discoveries; they have long captured the imaginations of philosophers, poets and artists; they encourage people of every age, race, class and ability to lift their eyes to the sky, wonder at the vast sea of the universe, and recognize the miracle it is to be alive.

"It feels primeval," Spencer said of the night sky's singular ability to pull our eyes upward. "It's something within us."

The amateur astronomer, originally from Milford, Connecticut, began studying the constellations with his daughter in 1989. He remembers looking at the constellation Hercules, identifying the globular cluster of 300,000 stars at the demigod's side. He looked for that once-familiar sight recently, but the stars were simply impossible for him to see. He used to drive down to the Custer Institute and Observatory in Southold, which served as a refuge for starry skies on Long Island. But even that, he said, is slowly being encroached on.

"Over the years, now it's all big-box stores," Spencer said. "They're all lit up, and they have big, giant lights in the parking lot, so that light bounces up into

the sky. And little by little, it's become harder and harder to see the Milky Way."

More than 80 percent of people will not see the Milky Way in their lifetime, according to DarkSky International, and that number is climbing each year. We in Nassau County cannot see the

Milky Way without traveling to the East End — and even that sight is a fading echo of what once was.

The night sky is integral for interconnectedness, Susan Serven, a spokeswoman for DarkSky International, said. It helps us understand that we aren't separate from the cosmos, but part of it.

"It's just been the last generation or two where we've lost that privilege to view our starry skies," Serven said. "If we lose the ability to go out under our night sky, we lose the awe and wonder that humanity has experienced for millennia."

The health risks of light

When Valerie Giangrande, of Massapequa, says goodnight to her two teenage children, she sometimes has to ask, "Where are your glasses?" The teens will then put on what looks like orange-tinted sunglasses before continuing to watch TV or scroll on their phone — sometimes with a sigh or an eye roll, but that's OK with Giangrande. To the optometrist and applied quantum biology specialist, making sure her kids are shielded from the dangers of excess

blue light is worth a bit of teenage ire.

"It's one of the biggest health risks that nobody thinks about," said Giangrande, who is an eye doctor at Optical Concepts offices in Bellmore, Freeport and Patchogue. "Light literally controls every aspect of our bodies, which is a pretty big statement to make, but it controls everything. We're wired by light."

Just about every function of our body runs on our circadian rhythm, a natural 24-hour clock, she explains. And that clock is controlled by the sun. When the photoreceptors in our eyes take in the long red wavelengths of morning sun, our bodies understand that it is morning and start slowly producing cortisol. As the sun climbs in the sky, it gives off more shorter-wave blue light, which heightens cortisol production and tells our bodies that it's midday. And after sunset, when our photoreceptors recognize darkness, our brains get the signal to produce melatonin, the sleep hormone, and go into repair mode.

These days, most of our natural clocks are running haywire. That's because the vast majority of artificial light that contributes to light pollution — LEDs, phones, computers, televisions, billboards — emit blue light. Our bodies are constantly surrounded by signals that it is noon.

Overexposure to blue light is linked to what seems like every health risk under the sun, Giangrande said — insulin resistance and diabetes, high blood pressure, cancer, neurodegenerative diseases, insomnia and lower-quality sleep, and excess anxiety.

"Anyone who wakes up not refreshed, anyone who's tired, anyone who can't fall asleep, can't stay asleep — blue light

CONTINUED ON NEXT PAGE



The more lights, the less we see of the sky

CONTINUED FROM PREVIOUS PAGE

toxicity,” Giangrande said. “Say we eat dinner, and then an hour later we’re really hungry again. That’s blue light toxicity, hands down.”

Our digestive enzymes naturally go down at night, she explained. Often when we’re hungry at night, it’s because our blood sugar and insulin are still up because our body thinks it’s daytime.

There are some things people can do to reduce the harm done by light pollution, Giangrande said. To start your day, step outside — or even just open a window — to get exposure to the full light spectrum of the sun. Consider replacing blue-spectrum LEDs in your home with warmer, softer lighting. And perhaps most important, get 100 percent blue light-blocking glasses to use indoors after the sun has gone down.

“Light has to be regulated first before we do all the things,” Giangrande said. “Because there’s no supplement that can take over for the sunlight.”

Let there (not) be light

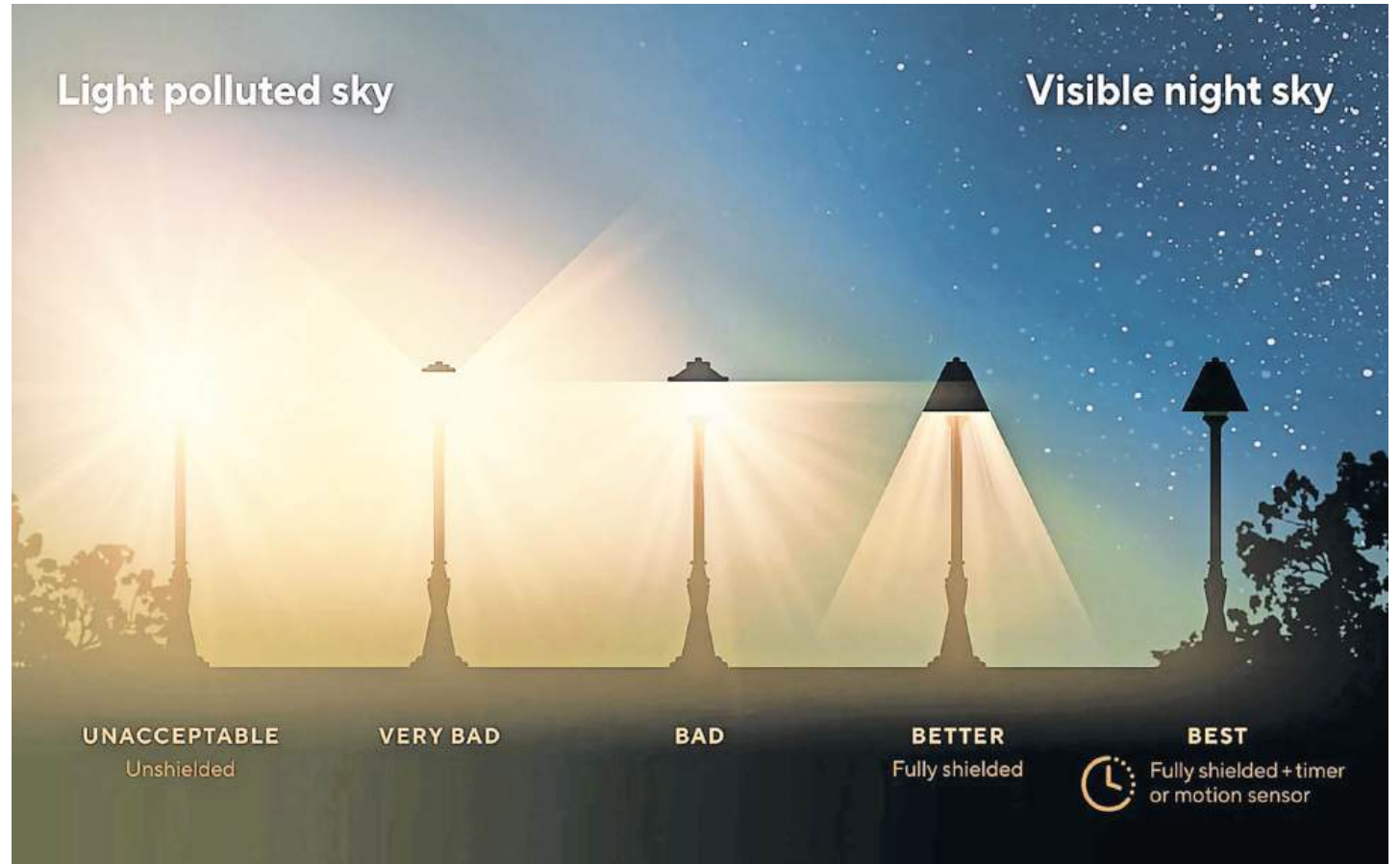
So, besides our screens, where is excess artificial light coming from? A few of the primary offenders in Nassau County are entire towns and villages using unshielded streetlamps; empty fields, gas stations and parking lots lit up all night by glaring spotlights; and homeowners who illuminate their — and, by extension, their neighbors’ — property with floodlights out of the erroneous belief that it discourages crime. Multiple studies have found that lighting has no effect on crime. In fact, it encourages crimes like vandalism and graffiti, and the glare from harsh lights at night actually makes it more difficult to spot hazards in the dark.

If overlighting accomplishes anything, it wastes money — more than \$3 billion in the U.S. each year, according to DarkSky, or as much as \$7 billion, according to another study.

Take the Meadowbrook Parkway, for example. The 869 streetlights that line the road are activated by photocells, which turns the lights on at dusk and off at dawn, a spokesperson for the state Department of Transportation said. However, observant drivers will notice that long swaths of the parkway are peppered with orange lights even in the middle of the day. The NYSDOT did not respond to the Herald to answer whether this was intentional or indicative of faulty photocells, and how much energy and money is wasted by the lights each day.

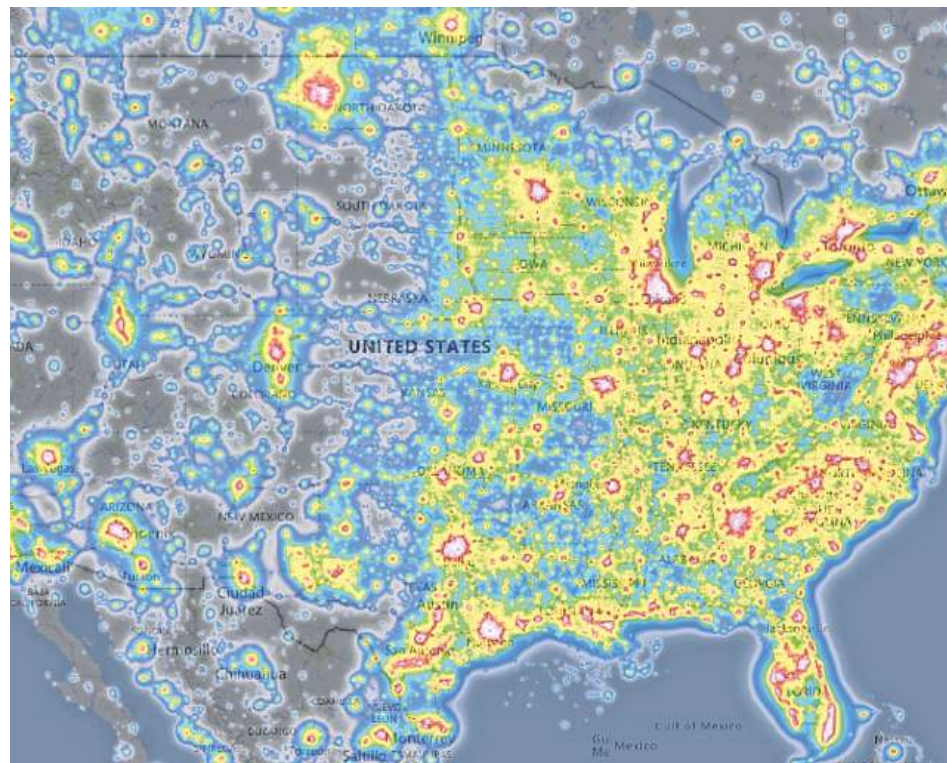
But light pollution and its energy waste can be mitigated relatively easily by local governments. The Village of Oyster Bay, for example, has a lighting ordinance stipulating that all outdoor lighting be fully shielded. But despite such ordinances being demonstrably energy-efficient and cost-effective, few towns and villages have adopted them.

“The best way we recommend our advocates getting involved in changing actually how their backyards and their cities are lit,” said Chris Peterson, engagement director of DarkSky Inter-



Courtesy DarkSky International

An illustration of how much of the night sky is lost, and how much light is wasted, when it is ineffectively shielded — and, inversely, how well-directed, and timed, lighting can preserve our views of the stars.



Courtesy LightPollutionMap.Info

This map, using data from NASA, observatories and the World Atlas 2015, shows light that is wasted, which is about 30 percent of all artificial light, DarkSky International estimates.

national, “is to approach city councils, development offices, planning commissions, and propose an update to that lighting ordinance for the city.”

The nonprofit even provides a template for proposing such ordinances to local representatives, which illustrates the principles of responsible outdoor lighting. And if local reps are unswayed, individuals can still help by ensuring they are not overlighting their homes.

But if we don’t take action, we will soon live in a world where a starry night sky is a distant memory.

“It’s a terrible thing for children to not know the night sky,” Spencer said. “If you don’t know something, you don’t know what you’re missing.”

“The central core of me knows that night is important,” he said. “Important to us as a human species.”

Those looking to learn more can visit DarkSky.org.

Every man’s right

Amid skyscrapers and smartphones, what do we have in common with our ancestors? The answer is the stars; the vast swath of universe that serves as our celestial home address. When I look up and see Cygnus flying over me in the winter sky, I’m looking at the same stars as people halfway across the world, or from thousands of years ago, whose names I’ll never know. The night sky serves as a keystone of the human experience, and connects us across space and time in ways that would otherwise be impossible.

As the world around us charges forward unceasingly — always asking for bigger, better, more — we rarely think of the things we lose little by little, day by day. We may not even notice when the Little Dipper dims into oblivion; when each star of Orion’s belt blinks out, one by one; when, one day, even brilliant Jupiter is extinguished, and we are left with a lone moon in a gray sky. I’ll tell my grandkids stories of the firmament, how light traveled billions of light years to make its way to us, and all we had to do to see it was look up. I wonder if they’ll believe me.

I’m not ready to give up the night sky. Are you?

—Nicole Formisano



The Tribunes performed many hits of the 1950s that brought a large crowd to the dance floor. Left to right are Pete De Benedetto, Mike Cuomo, George Santiago, Carlos Rampolla, Ken Decker. jpg

Glen Cove Chamber celebrates excellence at gala

By ROKSANA AMID

ramid@iherald.com

The Glen Cove Chamber of Commerce hosted its 22nd annual gala and first ever Galapalooza at the Crescent Beach Club in Bayville. It was an unforgettable evening of recognition, retro glamour, and heartfelt celebration.

Among the honorees was Stuart Richner of Richner Communications and Herald Newspapers, who received the Corporate Pinnacle Award for his transformative leadership in local journalism and commitment to community causes across Long Island. Carolynn Eipel of CareFirst Home Solutions was presented with the Leadership Award, recognizing her tireless advocacy for senior care and work with the SAGE Foundation. The evening also posthumously honored Amy Peters with the Community Service Award for her incredible contributions to Deep Roots Farmers Market, a project that not only supported local vendors but also fostered a culture of sustainability and health in Glen Cove. Danielle Vollkommer, the visionary owner of Hello Beautiful, received the New Business Award for her entrepreneurial spirit and dedication to advancing the Chamber's mission, while Jeannie Riccardo of Better Water was celebrated with the Small Business Achievement Award for her commitment to improving community health through accessible, high-quality water solutions.



Tim Baker/ Herald Photos

The Glen Cove Chamber of Commerce honorees shine together at the 22nd Annual Gala and Galapalooza. Left to right are Stuart Richner, Danielle Vollkommer, Jeannie Riccardo and Carolynn Eipel.



Dave Berg accepted the Community Service Award on behalf of Amy Peters for her incredible contributions to Deep Roots Farmers Market.



Jennifer Martinez and Joanne Yee matched outfits and smiles at the retro themed Galapalooza.

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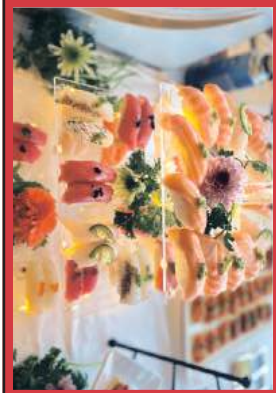
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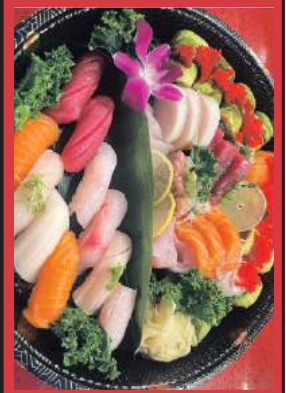
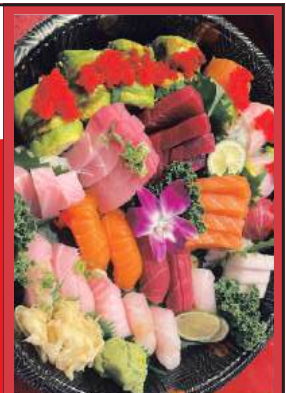



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HOLIDAY DINING and GIFT GUIDE



Universal gifts

Find something for that hard-to-shop-for person

By Kristen Castillo

It seems as if we all have someone on our holiday shopping list who's hard to shop for or who seems to have everything, forcing us to really put some thought into a gift.

Consider one of these universal gift ideas to wow that person who seems impossible to impress this holiday season

Experiences

These days, the best gifts are about more than giving or receiving a tangible item. "It's all about experiences," says Jenn Nicken of The Chef & The Dish, a private one-to-one cooking experience via Skype between consumers and chefs around the world.

The cooking classes, which cost \$299, teach home cooks recipes and how to use regional ingredients. Plus, it's a great way for couples and families to spend time together.

Travel experiences are bigger-ticket items, but they're in demand, too.

"In this day and age, we don't want more 'things.' We want experiences," says Gwendolyn Valiente, owner of Napa Valley Wine Tours by Gwendolyn, a company that specializes in private wine tours. "My gift

certificates cost \$400 and include a gift bag. The tour is six-plus hours, and the certificate allows the receiver to bring up to three guests."

The memories linger long after the experiences are over.

Food and Drink

Everyone needs to eat and drink, so order some special snacks and sips.

Specialty drinks, such as different kinds of coffee, are popular presents.

"Over 70 percent of all people drink coffee," says Jennifer A. Stone of Demours, a micro-lot and auction lot coffee company.

Think about ordering a food subscription service so the gift recipient gets a monthly variety of munchies. There's a subscription for every type of foodie, including subscriptions for beef jerky, chocolates and desserts, fruit baskets, and spices.

Fun and Games

Gift-giving can be a lot of fun. Add some humor to your holiday by gifting that tough-to-shop-for friend, family member or colleague a celebrity-inspired rubber duck.

CelebriDucks' newest Costume Quackers include such characters as Harry Ponder, The Floating Stones, GooseBusters

and Spa Wars. Priced at \$12.99, the ducks are affordable and entertaining.

"What do you get for the person who has everything?" asks Jason Lautenschleger, owner of Game Night in a Can. "More time with loved ones."

Family game night is a gift that keeps on giving throughout the year. Game Night in a Can features 30 distinctive party games to get people moving and thinking in new ways. Games include creating a new dance name and letting someone else come up with its corresponding moves; inventing a new animal species for the last spot on Noah's Ark; and launching a paper airplane competition.

The Entertainer

If the person on your list likes to entertain, pick up a personalized present that will make hosting parties easy and inviting.

Here's an idea: Preserve Grandma's favorite recipe as a

display piece. Gracious Bridal Design House's custom-engraved cheese boards and cutting boards, for example, can be personalized with a cherished family recipe and created using your loved one's own handwriting. Prices for the bamboo or hardwood boards start at \$26.95.

All Wrapped Up

Sure, you could give the recipient a gift card, but what's the fun in that? Instead, choose a gift that's a lot more memorable.

Whenever possible, find out what the person on your list wants, and if that's not possible, at least try to figure out what the person doesn't want. Remember to give the person a gift receipt so if needed, he or she can return or exchange the item.

Give the gift of an experience — for example, a Napa Valley wine tour getaway. Or have some fun with a celebrity-inspired rubber duck.

HAPPY
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HOLIDAY DINING and GIFT GUIDE



Add some glamour to your tablescaping

With preparations for holiday celebrations underway, the pressure is on to make sure everything is perfect, especially at the table. But, what do you see when you pull out your tableware? Is your silver as shiny as you remembered? Does your crystal sparkle like new? With the holiday season and other festive gatherings approaching, now is the time to make sure your dinnerware glitters.

"China, crystal and silver are made to be used regularly and, if cared for properly, these pieces can last for generations," says china/crystal restoration expert Sara Vestal. "What's unfortunate is the fact we see so much damage that can actually be prevented by avoiding some very common mistakes."

Forgo the dishwasher

One of the biggest culprits Vestal sees is dishwasher damage. "The dishwasher is a huge enemy of fine dinnerware. Prongs on the racks may scratch the surface, while heat from the drying cycle can loosen gold or platinum trim on china, causing it to wear away. That cloudy or milky look you sometimes see on crystal is caused by the high heat actually baking lime, rust and other minerals from the dishwater into the pores of the crystal. Plus, the heat can loosen the adhesive in knife handles, potentially causing the handle to separate from the blade."

She recommends washing your pieces by hand, even if labeled dishwasher safe. Avoid citrus-scented detergents — these contain acids that may damage the finish of china and silver. Also avoid detergents containing bleach;

Make your festive table sparkle

chlorine in these products may seep into the pores of china and crystal, causing damage even after rinsing.

Keep your china collection table-ready

The holidays are prime time to get out the "good" china. Whether you invested in your own collection or inherited a set from a family member, these treasured pieces make setting the table feel extra special. But once guests have gone home, putting it all away isn't as simple as stacking everything in a cabinet or stowing it in a cardboard box. Fine china is more fragile than regular dinnerware and often includes intricate details, like gold rimming, hand-painted patterns, and delicate glazes.

Experts say these tips can help extend the life of your china.

Be mindful of temperature. Storing china in areas that are not temperature or humidity controlled can cause the glaze to become brittle and crack. If you don't use your china regularly, wash it at least once each year to keep impurities from impregnating the finish. This keeps the glaze strong.

Use proper cleaning and storage techniques. Fine china can develop rust spots when washed with silver, so it is important to clean the two separately. To remove rust spots from china, rub a small amount of a Soft Scrub without bleach type cleaning product on the spot. If this doesn't work, put a small amount of rubbing compound on a paper towel and apply in a circular motion.

Storage is extremely important when protecting your china. Put a cushioned layer

such as a coffee filter, napkin or flannel square between pieces to prevent scratching.

Avoid setting heavier bowls on plates and do not stack handled pieces, such as cups. Stacking weight can create tiny stress fractures which, over time, may cause plates to crack or handles to break off cups.

Don't forget your crystal. Keep pieces sparkling with these simple steps.

Wash crystal in lukewarm water.

Remember to remove jewelry that might scratch the delicate surface. One insider's tip — add a small amount of vinegar to the rinse water to help prevent water spots.

Dry immediately. Only dry with a lint-free cloth. Avoid twisting glasses from the base; this motion may create enough torque to break the stem.

Pay attention to storage. Store crystal pieces with the base down to protect the delicate rim. Remember to leave plenty of space between pieces. Glass expands in hot temperatures, so you want to make there's enough breathing room so crystal items don't touch.

Think of the table as your canvas and have fun. Bring out your favorite glassware, linens and dishes.

— HAPPY —
HOLIDAYS

STEPPING OUT



Courtesy LICM

Don't miss the beats, the energy and the vibe when Secret Agent 23 Skidoo launches the museum's Musical Explorers! Concert series.



Courtesy David Rugeles

Acclaimed husband-and-wife duo Andrés and Christina's — known as 123 Andrés — catchy songs and lively concerts impart the joy of music, movement and language.



Dark Star Orchestra

The Grateful Dead have been resurrected in the form of Dark Star Orchestra. Formed in 1997, this tribute band came up with the novel idea of recreating complete sets from The Grateful Dead's gigantic list of concerts. Over 3,100 shows later DSO continues the Grateful Dead live concert experience to acclaim. On any given night, the band performs based on a set list from the Dead's 30 years of extensive touring or use their catalog to program a unique set list for the show. In this way DSO offers a continually evolving artistic outlet within the Dead's musical canon. Honoring both the band and the fans, Dark Star Orchestra's members seek out the unique style and sound of each era while simultaneously offering their own informed improvisations.

Friday and Saturday, Nov. 29-30, 8 p.m. \$99.50, \$69.50, \$39.50. The Paramount, 370 New York Ave., Huntington. Tickets available at [ticketmaster.com](https://www.ticketmaster.com) or [paramountny.com](https://www.paramountny.com).

Memories with melodies at Long Island Children's Museum

Reach for the rhythm in you with a colorful spectrum of musical performance

By Danielle Schwab

After everyone polishes off the turkey, families can embark on a musical adventure to usher in the holiday season, courtesy of Long Island Children's Museum. The stage is set for a new concert series, "Musical Explorers!," which kicks off this weekend, Nov. 30 and Dec. 1.

Young audiences are introduced to an excitingly diverse music scene, featuring an array of global sounds, culture, and artistic legends from the world of jazz, hip hop, Latin music, and more. Families will surely get in the groove at the museum's inaugural series of concerts, which represent the vibrant genres of jazz, hip-hop and Latin music. Performers add their unique touch, blending imaginative storytelling into musical masterpieces.

"Music speaks to human nature, the human soul. Every culture has music. Everybody celebrates it. Everybody taps to the rhythm. So that's what we're looking to provide," James Packard, the museum's theater program director says. "Musical Explorers offers our audiences the opportunity to dive deeper into the many ways that music speaks to us."

In curating the concerts, he selected Grammy-winning artists and top talents in family music so that a diverse range of genres reflecting the power of music are represented.

"We encourage families to use these performances to introduce their children to the rhythms of hip-hop, the soul of jazz, and the vibrant beats of contemporary Latin music," he says.

The series begins this weekend with Grammy-winning hip-hop funk sensation Secret Agent 23 Skidoo. This dynamic three-person rap ensemble offers their young audience a fun and engaging introduction to hip-hop. Known for their electrifying blend of hip-hop with sci-fi-inspired storytelling and feel-good tunes, the band combines the raw energy of funk with the surreal magic of animation-inspired performance. Imagine a band with Jim Henson playing guitar or Shel Silverstein writing the bass lines and you've got Secret Agent 23 Skidoo. Prepare to get up and dance with larger-than-life stories through upbeat songs.

"We just came out with an album in collaboration with the Asheville Symphony. We took folk tales from around the world from various cultures and turned them into hip-hop songs to tell these stories," Joel "Cactus" Sullivan, Secret Agent 23 Skidoo's lead singer, says.

Sullivan and his bandmates journey back thousands of years, drawing from the rich traditions of Japan, West Africa and Persia to tell timeless life lessons.

And, it wouldn't be hip-hop without some creative freestyle — with the help of members from the audience, of course.

"We get words from the crowd and then make up a song on the spot right there. There's something magical about the improvisation that can happen with hip hop," Sullivan adds.

Heading into New Year, everyone can jive to some outstanding jazz grooves with the iconic Jazz at Lincoln Center Quintet, on Jan. 19 and 20. The top-flight musicians swing into the sound of America. Their performances explore the Great Migration and the Harlem Renaissance, examining the great Louis Armstrong's journey from New Orleans to Chicago and New York — all from the museum's intimate stage.

"Lincoln Center is a new connection for us," Packard notes. "It will be a more traditional concert style, but geared at school-age kids, with interactivity and conversation going on between the musicians and the audience."

Another performance to keep an eye (and an ear) out for is husband-and-wife duo 123 Andrés. The pair — Latin Grammy winners for Best Children's Music Album earlier this year —



Courtesy Jazz at Lincoln Center

The Jazz at Lincoln Center quintet introduces young audiences to a cherished musical tradition.



- Saturday and Sunday, Nov. 30-Dec. 1
- \$11 with museum admission; available online at [licm.org/theater](https://www.licm.org/theater) or in person at the museum box office
- View the LICM events calendar at [licm.org](https://www.licm.org) for additional information or call (516) 224-5800
- Long Island Children's Museum, Museum Row, Garden City

will arrive in June with their interactive bilingual performance that speak to the joy, energy and cultural richness of Latin America.

They'll be sure to get everyone singing, clapping and dancing along to rhythms from across the Latin music spectrum.

"Music is a universal language the world over. It is a part of who we are spiritually. And so it goes on all the time, a thing that goes into your soul," Packard adds.

The concert series reinforces the museum's mission to bring musicians into kid-accessible spaces. It's an opportunity for visitors to immerse themselves in a world of rhythm, melody and cultural appreciation — all within the welcoming environment of the LICM Theater.

"Music is a form of social-emotional learning," Packard continues. "You can let out happiness or sadness. Exposing children to different styles they might find, 'Oh, I really like hip hop,' or 'I really like the Latin beat,' or 'I really like the jazz,' and that can have an impact where they go in life."



Long Island Ballet Theatre's 'The Nutcracker'

The holiday treat returns. Audiences will once again be transported by the Sugar Plum Fairy to The Land of Sweets in this family-friendly classic, set to the music of Tchaikovsky. LIBT's production opens "Nutcracker" season here, sparkling with a talented cast of adult professionals and aspiring young student dancers. This version is both narrated and abridged, to introduce youngster to the story of Clara, her magical nutcracker and her enchanting winter adventure.

Saturday, Nov. 30, noon and 4 p.m.; Sunday, Dec. 1, 2 p.m. \$37.50. Purchase tickets at [liballettheatre.com](https://www.liballettheatre.com) or by phone at (631) 271-4626. For more information, visit [landmarkonmainstreet.org](https://www.landmarkonmainstreet.org). Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington.

THE SCENE

Dec. 9 Jason Bonham's Led Zeppelin Evening

Jason Bonham, son of legendary Led Zeppelin drummer, visits the Paramount stage, Monday, **Dec. 9**, at 7:30 p.m. He showcases his musical journey and family legacy, celebrating his father's legendary career, with a concert featuring hits from Led Zeppelin's iconic albums, and highlighting Jason's own notable contributions to rock history. Encompassing hits from the iconic band's entire career, including albums "Led Zeppelin," "Led Zeppelin II," "Led Zeppelin IV," and "Physical Graffiti," the concert event is a dynamic tribute to Jason's father, with "...a band that recreates Led Zeppelin's music to such a degree that one can't help but close their eyes and simply listen..." [-Classic Rock Revisited]. Jason displayed musical talent from a young age. By age five, he could skillfully play drums, and at 17, he joined the band Air Race. Over the years, he contributed to various musical projects, including a Led Zeppelin reunion in 1988, touring with Jimmy Page, and forming his band "Bonham." He collaborated with notable artists, recorded successful albums, and participated in a Muddy Waters tribute that earned a Grammy nomination.



Throughout the years, Jason collaborated with different artists, recorded with Foreigner, and participated in the highly anticipated Led Zeppelin reunion in 2007 at London's O2 arena. His musical journey showcases a blend of family legacy, collaborations with rock legends and a commitment to preserving and celebrating iconic rock history. Jason always finds himself at home behind the drumkit. From this spot, he has anchored the tempo for a myriad of the most legendary artists of all-time. It's the place where he initially realized his destiny as a kid. It's a tried-and-true safe harbor for the expression of his purest emotions. Ultimately, Jason remains forever at home on the drums. \$99.50, \$89.50, \$59.50, \$49.50, \$39.50. The Paramount, 370 New York Ave., Huntington. Tickets available at ticketmaster.com or paramountny.com.



In concert Plaza Theatricals' welcomes everyone to a "Motown

Holiday Dance Party," Sunday, **Dec. 8**, 4 p.m. Celebrate the holidays in true Motown style. Enjoy a sensational afternoon of soulful tunes, joyful dancing, and nostalgic vibes at the electrifying concert. Get ready to groove, spread the festive cheer and make unforgettable memories. See the show at 700 Hempstead Tpke., Elmont. \$40, \$35 seniors. Elmont. For tickets, call (516) 599-6870 or visit PlazaTheatrical.com.

Pictures with Santa

Skip the mall lines and holiday traffic for free photos with Santa Saturday, **Dec. 7**, from noon-2 p.m., at Allstate insurance. Photos will be taken with your phones. 60 Glen Head Road, Glen Head.

Library walking club

Participate in Glen Cove Public Library's at-your-own-pace hour walk, every Thursday, at 9:15 a.m. All fitness levels are welcome. 4 Glen Cove Ave., Glen Cove. Register at glencovelibrary.org or call (516) 676-2130 for more information.



Holiday Tales At The Hearth

Visit Sands Point Preserve's Hempstead House and join in the holiday cheer, Sunday, **Dec. 8**, 1-4 p.m. The family-friendly event includes activities for all ages. Meet and take photos with Santa and Mrs. Claus, enjoy jazz and holiday music with Port Jazz Project, along with seasonal crafts, Dreidel Corner, "nutty" holiday scavenger hunt, reading nook with holiday and winter stories, and puppet shows with Wonderspark Puppets at 2 and 3 p.m. 127 Middle Neck Road. Admission is \$40/car, members; \$45/car nonmembers, includes parking. For information, visit SandsPointPreserveConservancy.org or call (516) 571-7901.

Game Time

Drop by Bayville Free Library, Wednesdays, 1-4 p.m., for casual table games. Bring your own games or use games offered by the library such as; cards, Canasta, Mah Jongg, Scrabble, chess, checkers, backgammon, and jigsaw puzzles. No registration required. 34 School St. For more information, visit BayvilleFreeLibrary.org or call (516) 628-2765.

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Let's Skate

Get ready to enjoy all the thrills of the snowy season, while staying warm and cozy as Long Island Children's Museum's popular "Snowflake Sock Skating rink returns, through **Jan. 7**. Slip on "sock skates" and take a spin on the indoor rink, made from a high-tech synthetic polymer surface that lets kids slide around without blades.

Kids can stretch, twirl and glide. As visitors step off the "ice" they can jump into winter dramatic play in Snowflake Village. Become a baker in the holiday sweet shop, step inside a giant snowman and serve up some hot cocoa, take a turn in the rink "ticket booth" and "warm up" around a rink side "fire pit." Long Island Children's Museum, Museum Row, Garden City. (516) 224-5800 or LICM.org.



Tea time

The festive season is underway at Old Westbury Gardens. Enjoy a cream tea (featuring scones, Devonshire cream, assorted sweets, and tea), then a guided tour of decorated Westbury House, Tuesday, **Dec. 3**, 11 a.m.-12:30 p.m. and 1:30-3 p.m.; Wednesday, **Dec. 4**, 11 a.m.-12:30 p.m. and 1:30-3:30 p.m.; Thursday, **Dec. 5**, 11 a.m.-12:30 p.m. and 1:30-3 p.m. \$22.50 per person. Advance registration suggested. Old Westbury Gardens, 71 Old Westbury Rd., Old Westbury. For information contact (516) 333-0048 or visit OldWestburyGardens.org.



1863 Thanksgiving

Partake of Thanksgiving traditions from days gone by during Old Bethpage Village Restoration's annual holiday event, Saturday and Sunday, **Nov. 30-Dec.1**, 10 a.m.-4 p.m. Journey back to the 19th century as old-fashioned wood burning stoves, beehive ovens and hearths are all fired up as "villagers" prepare a variety of foods and baked goods, using historical recipes. Of course, a fat turkey is spitted and roasted, along with pie making and a demonstration of food preservation methods.

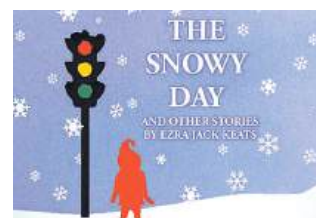
With fiddle music, entertainment and children's activities, including storytelling, and more. \$15, \$12 children 5-12 and seniors. 1303 Round Swamp Road, Old Bethpage. Visit oldbethpage-villagerestoration.org or call (516) 572-8409 for more information.

On exhibit

Nassau County Museum of Art 's latest exhibition "Seeing Red: Renoir to Warhol," reveals the many meanings, connotations, and associations of this powerful color in art. Evoking strong emotion, red can represent the human condition. Its myriad variations have come to signify authority as well as love, energy and beauty. Red warns us of peril and commands us to stop, but it can also indicate purity and good fortune. Red boldly represents political movements and religious identities. From the advent of our appreciation for this color in antiquity to its continued prominence in artistic and popular culture, this exhibition will span various world cultures through a range of media.



It features more than 70 artists, both established and emerging, ranging from the classical to the contemporary. American portraitists such as Gilbert Stuart imbued red in their stately paintings of prominent individuals to conjure authority. Robert Motherwell, Ad Reinhardt, and other major abstract painters displayed a deep fascination with red in their commanding compositions that evoke a sense of chromatic power. And, of course, Andy Warhol is known for his bold and imposing silkscreened portrait of Vladimir Lenin saturated in bright red to his signature Campbell's Soup Cans. On view through Jan. 5. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.



Family theater

Long Island Children's Museum welcomes families to its stage, Thursday and Friday, **Dec. 5-6**, 10:15 a.m. and noon; Saturday, Dec. 7, 11 a.m. and 1:30 p.m.; also Tuesday through Thursday, Dec. 10-12, 10:-15 a.m. and noon. Ezra Jack Keats' "The Snowy Day & Other Stories" celebrates the joy in the

small moments of a child's world. Experience the wonder of a fresh snowfall, the delight of whistling for the first time, and the awe of finding a special treasure. In this childhood adventure, Keats' classic books come to life, featuring live actors and shadow puppets telling the stories of "The Snowy Day," "Goggles!," "Whistle for Willie," and "A Letter to Amy." \$11 with museum admission (\$9 members), \$15 theater only. Museum Row, Garden City. (516) 224-5800 or licm.org.

Having an event?

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

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'It's amazing to see people come together'

November 28, 2024 - GLEN COVE HERALD

CONTINUED FROM PAGE 1

the pandemic, my family moved in with her, and we started swimming every day. It became our lifeline, a way to stay healthy and connected when the world felt so isolated."

The daily plunges also offers physiological benefits. Health.com reports that cold water can reduce stress and boost mood.

"It's a mental reset," Stone said. "The first 30 seconds are tough — your body's fight-or-flight response kicks in. But if you control your breathing, there's this incredible sense of relaxation and clarity that follows. By the time you're done, you feel like you can take on the world."

Pryibil Beach, with its calm water and inspiring scenery, offers the perfect setting for the club's gatherings. "We're so lucky to have this place," Karbiener said. "It's not just about the swimming — it's about connecting with nature. On some mornings, we've seen loons and cormorants just as surprised to see us as we are to see them. It's like the Sound itself becomes part of the experience."

Club members not only gather daily for sunrise dips, but also hold special events, including an annual New Year's Day plunge that attracts participants from across the community. During the winter months, they set up a wood-fired sauna tent on the beach, and dash between the intense heat and the frigid water in a practice known as contrast



Douglas Pfeiffer and John Makhijani showed off the icicles on the remains of an East Beach jetty before taking a very cold plunge.

Courtesy Karen Karbiener

therapy.

"The sauna adds another layer of fun," Stone said. "There's nothing quite like sitting in the warmth, stepping into the cold water, and then coming back to the heat. It's a full-body reset."

Safety is a priority, particularly for newcomers. "We make sure everyone knows how to do this safely," Stone explained. "You have to warm up slowly, from the inside out, after a plunge — hot

fluids, light exercise, and layering up in warm clothes are key. Hypothermia and afterdrop" — a condition in which the body temperature continues to decline after exposure to cold — "are real risks if you don't know what you're doing."

"It's like drinking three cups of coffee and two glasses of wine at the same time," he joked. "You're calm but incredibly focused. It's addictive in the best way."

For Karbiener, the experience is deeply personal. "Every time I step into the water, I think of my mom," she said. "She taught us the value of resilience and joy, even in the hardest times. Swimming with the Baby Seals feels like carrying on her legacy."

The club has also become a vital social hub. "We're building a community around something positive," Stone said. "In a world so divided by politics and other issues, it's amazing to see people come together through something as simple as cold water. We're all here for the same reasons — to feel good, connect with others and start our day on a high note."

While Baby Seals is rooted in Glen Cove, its influence reaches far beyond. Through an initiative called Stone Fire Ice, Stone has created a global map of cold plunging communities, helping enthusiasts find their tribes worldwide. "I started this because I wanted others to experience what we have here," he said. "It's about sharing the joy, the health benefits and the sense of belonging that comes with cold plunging."

For the curious, the club extends an open invitation. "Come down to Pryibil Beach," Karbiener said. "You don't have to swim — you can just watch the sunrise, meet great people, and see what it's all about. It's not about how long you stay in the water; it's about being part of something bigger."

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Frozen turkeys and chickens await distribution to bring warmth and gratitude to families in need this Thanksgiving season.

A dedicated group of volunteers beams with pride as they prepare to distribute turkeys and chickens to families in need.

EOC helps families celebrate Thanksgiving

By **ROKSANA AMID**

ramid@lherald.com

The spirit of Thanksgiving came alive at the Glen Cove Economic Opportunity Commission's annual turkey distribution on Nov. 22, where the organization brought warmth and hope to 220 local families. Held at their headquarters on 140 Glen Cove Avenue, the event was a powerful reminder of what can be achieved when a community comes together to support its own. Generosity was at the heart of the initiative, with St. Rocco's Church and the North Shore Hispanic Chamber of Commerce stepping up to donate 50 turkeys each, ensuring families had a centerpiece for their holiday meals. To further meet the need, the EOC also distributed 100 chickens and 50 hens, offering options for families to gather around the table with a sense of abundance and gratitude. The program was open to EOC clients only, demonstrating the Commission's unwavering commitment to those they serve. For over 50 years, the EOC has been a cornerstone of support for Nassau County's most vulnerable residents, and this year's turkey distribution was no exception, providing not just food, but the gift of community and holiday cheer.



Photos courtesy Glen Cove EOC
Aiden Jean, a resident of the Glen Cove Housing Authority, proudly holds his Thanksgiving turkey.



A beautiful display of canned goods and holiday essentials ready to bring warmth and joy to families in need this Thanksgiving season

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OPINIONS

If it's not broken, don't fix it

Long Island schools are regularly ranked among the very best in New York state. As it turns out, the majority of them happen to be right here in our Senate District. That probably comes as no surprise to you. Our schools have traditionally been



JACK M. MARTINS

among the best in the nation, ranking our children highly competitive at universities and in job markets as well. But that's part of the Long Island reality: Our significant taxes are driven by our shared commitment to education outcomes.

By way of background, most school districts in our district get less than 10 percent of their budgetary funding from Albany, while local taxpayers shoulder over 90 percent of the direct costs. That's the complete inverse of districts in a good portion of the state, whose budgets are nearly entirely funded by Albany. And it speaks to the conscientious investment Long Island families make in their priorities.

Our schools are the backbone of our communities.

That's why Albany's most recent actions are so insulting. Through yet another "emergency" edict, the Board of Regents has declared that our public school districts must comply with a new regionalization plan that seeks to create "equitable" opportunities for all students.

Naturally, there's been an outcry by parents, educators and boards of education alike, because the plan gives BOCES superintendents authority over local school resources. So, the people that you lawfully elected to make decisions — our school board trustees — can now be circumvented by Albany bureaucrats. It means that the resources secured by your local school taxes can now be redistributed to other districts, giving the state control of our tax base, too — all in the name of "equity."

Conspicuously missing from this mandate are the "Big Five," large cities like New York and Buffalo that are home to most of the state's failing schools. That's in keeping with Gov.

Kathy Hochul's larger pattern of attacking suburbs. Rather than tackle failing districts head-on, her answer is to reconfigure those that are successful. It's the politics of jealousy, and not only is it wrong-headed, it's also illegal.

We believe our state Constitution prohibits plans like this. Albany bureaucrats are not elected. The members of our school boards are.

But the issue reaches beyond classrooms. This misguided scheme will alter the fabric of our communities. Schools are the backbone of Long Island, and define our economic, social and cultural structures. They drive property values and economic growth, and influence civic engagement and even public services. But you'd have to live here to know that, like our school board trustees do.

The Coalition of New York State School Board Members agrees, stating, "These regulations represent an overreach, bypassing legislative authority to enact mandates that ignore the unique needs of our communities." Which is why several districts have joined forces

to file a lawsuit.

To that end, we're responding legislatively, too. Assemblyman Jake Blumenkrantz and I have proposed the Our Schools, Our Rules Act, which would prohibit any state-mandated regionalization policies that force school districts to share resources, operations or services. In a nutshell, it would preserve the autonomy of our districts and protect your investment in your schools, and in your children.

After all, if the state really knew how to educate kids, why would it be in this predicament? Why are the independent Long Island school boards so much more successful?

I can tell you why. Because bureaucrats in faraway places never do as good a job as the local officials you elect, those neighbors who are part of the very communities they represent.

This Board of Regents resolution is nothing short of an attack on our suburban communities. You don't rob Peter to pay Paul, and you don't build success by attacking it. Encourage your local school board to oppose this. Tell Albany that when it comes to our children, we'll take on any fight, any time.

Jack Martins represents the 7th State Senate District.

Dear readers, we can't keep it in neutral

Before the presidential election, the Herald published an editorial explaining why the family-owned newspapers would not be endorsing political candidates.

If I had read the piece in a vacuum, I would agree with it entirely. It states, in part, "Our focus is not on swaying voters toward a particular candidate, but on delivering comprehensive and unbiased information about the issues that matter most to Long Islanders. We are not here to tell our readers how to vote for political candidates; rather, we are here to arm readers with the knowledge they need to make informed decisions at the ballot box."

Sounds perfect. But we are living through an unprecedented and exceedingly imperfect time in our nation's history. This year, not endorsing meant keeping silent when silence may have implied that both presidential candidates met minimal standards for serving in the nation's highest office.

By any standard, that is not true of President-elect Donald Trump. Media across our country have some-

how made it seem as if a convicted felon with a rich history of lying and a refusal to take on the serious issues of governance is a reasonable choice. But in our president-elect, we have an aspiring autocrat, a morally bankrupt man with a vengeful heart.

He has already begun fulfilling his promise to dismantle the government by selecting big donors, MAGA loyalists and inexperienced toadies for his new cabinet. None of this is a surprise. He said he would do it, and he is. Whether they get confirmed is dependent on the ever-weakening backbone of Republican senators, who live and die, politically, at the whim of the man they follow.

We are in the beginning days of DJT's revenge tour, fulfilling his promise to punish those who opposed him, challenged him and tried to bring him to justice. He wants people at the table whose loyalty is to him. Their expertise and leadership qualities seem incidental to the main qualification: unquestioning obeisance to the leader.

So the idea of not endorsing candidates, this extraordinary year in particular, does not sit well. The fallout from the coming Trump presidency could be a catastrophic shift toward an authori-

tarian government.

I understand the dilemmas. Do endorsements really affect voters' choices? Historians, psychologists and journalists bat the question around, with no clear answer. Do endorsements alienate too many readers? In the world of newspapers, these issues loom much larger on the local level than with big newspapers like the Los Angeles Times and The Washington Post, which also declined to endorse this year.

Local papers live in the community. They have responsibilities to their readers, to the truth and to the realities of just staying in business. With local newspapers closing every week across the country, conflicting interests must be reconciled, very carefully.

I started at the Nassau Herald more than 30 years ago, and for many years it did endorse candidates, from local officials to the presidency. Leatrice Spanierman, my mentor and colleague and the Herald's longtime executive editor, interviewed candidates every fall and wrote endorsements. The candidates, including member of the U.S. House and Senate, came to her office; they knew the value of local newspapers' endorsement. The Herald's had a voice, and used

it as a means of informing readers.

The editorial in the Oct. 31-Nov. 6 issue, explaining why the Herald's were not offering endorsements, stated that "the one place where you might see opinions about local and national political candidates ... is in columns in our editorial pages, like those written by Randi Kreiss and Peter King. These essays are distinguished from Herald news content by featuring photos of the authors, making it clear that they reflect the writers' perspectives and not the views of the Herald."

I understand the need to create distance. I like the distance, too. I don't speak for the Herald's. No one high on the masthead has ever tried to influence what I write or don't write. The paper stays above the fray by giving King and me platforms for different points of view.

I would be fine with any newspaper's no-endorsement policy if this election had been like any other in America's long history. But it was not. Nothing about this race was normal. The times demanded speaking up for democracy. For the immediate future and for as long as it can, the press must use its voice to call out the bad guys and amplify justice.

This Thanksgiving, I am deeply grateful for the opportunity to share my views. Our free press never seemed so precious.

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RANDI KREISS

Donald Trump did not meet the presidency's minimal standards.

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HERALD EDITORIAL

A season for giving back on Long Island

With the holiday season upon us, our minds turn to traditions — Thanksgiving meals filled with comfort and gratitude, and other gatherings of family and friends over the coming weeks.

These moments of celebration are precious, but they also give us an opportunity to reflect on what it means to give back. Thanksgiving, rooted in the idea of gratitude, serves as a poignant reminder of our privilege and the responsibility to extend a hand to others. Here on Long Island, where vibrant communities thrive amid significant challenges, there is no shortage of causes deserving our time, attention and generosity.

Friendsgiving, a relatively recent tradition, embodies the spirit of connection by bringing friends together to share a meal and express their appreciation for one another. It can also be an occasion to unite for a greater purpose. By turning these gatherings into opportunities to collect donations or volunteer, we can channel collective energy into tangible support for those in need. Whether it's hosting a food drive or organizing a group to serve at a local soup kitchen, Friendsgiving can be a powerful reminder of the broader community we're all a part of.

On Long Island, the contrast between abundance and need is striking. While many of us prepare for feasts, thousands struggle to put food on the table. Nearly 284,000 people will suffer from hunger on Long Island at some point this year, according to Community Solidarity, a nonprofit that provides groceries, fresh produce and warm vegan meals to low-income communities.

Organizations like Island Harvest and Long Island Cares work tirelessly to combat food insecurity in our neighborhoods. A donation of non-perishable items, a financial contribution, or volunteering for a few hours can make a profound difference to families facing hun-

Organizations that welcome your help

Big Brothers Big Sisters of Long Island: BBBsli.org

Citizens Campaign for the Environment: CitizensCampaign.org

Community Solidarity: CommunitySolidarity.org

Family & Children's Association: FCAli.org

Interfaith Nutrition Network: The-Inn.org

Island Harvest: IslandHarvest.org

Long Island Cares: LICares.org

Save the Great South Bay: SaveTheGreatSouthBay.org

ger this season.

Beyond food insecurity — limited or uncertain access to adequate food — there are numerous other causes that need our support. The holiday season can be especially difficult for those without homes. Groups like the Interfaith Nutrition Network, in Hempstead, provide shelter, meals and supportive services to help the unhoused regain some sense of stability. Contributing to these efforts — whether through monetary donations, clothing drives, or simply offering your time — can help others who are less fortunate experience the warmth of the season.

At this time of year, we also highlight the importance of supporting our local youth. Organizations like Big Brothers Big Sisters of Long Island and the Family & Children's Association offer mentorships and resources to empower young people. By donating to these programs or

becoming a mentor yourself, you can have a lasting impact on a young person's life.

And let's not forget our environment, which sustains us all. As we celebrate the bounty of the land, consider supporting groups like Citizens Campaign for the Environment or Save the Great South Bay. Their work to protect Long Island's natural beauty ensures that future generations can enjoy the landscapes and waterways we too often take for granted.

Of course, there's also local news, which continues to face economic headwinds. Organizations like the Empire State Local News Coalition help sustain New York's local news organizations — like the Herald — so reporters can tell the important stories about your friends and families, and shine a light on all of the issues mentioned here.

The beauty of giving back is that it doesn't always have to be monetary — your time and skills can be just as valuable. Many local nonprofits, shelters and community centers are in dire need of extra hands during the holidays. A few hours spent wrapping gifts for underprivileged children, serving meals to veterans, or taking part in a community cleanup can ripple outward in meaningful ways.

Finally, don't forget Dec. 3, Giving Tuesday, the annual nationwide day of charitable giving. For more information on this growing grass-roots effort, go to givingtuesday.org.

As we gather around dinner tables this season, let's remember that gratitude is most powerful when it inspires action. Thanksgiving and Friendsgiving remind us of our interconnectedness — our shared humanity and the strength of our communities. Together we can ensure that everyone, in every corner of Long Island, feels the gratitude of the holidays. Each of us has the power to make the season brighter for others. This year, let's not just celebrate; let's give.

LETTERS

Where is this ship of state sailing?

To the Editor:

Re Peter King's column last week, "Trump makes the comeback of all comebacks": It's fair for Mr. King to celebrate Donald Trump's "comeback," and to take his share of reflected glory for strongly supporting him. But, weeks into the transition, is there no trepidation over what is being wrought?

Mr. King long served honorably

in a Congress that will now be directed to self-emasculate. There are threats of courts-martial, military-assisted deportations, even gender tests for House members. Furors will multiply over staff, from cabinet positions on down. Promises are made of \$2 trillion in budget cuts. Mr. King's experience-based thoughts might be useful.

We sail soon into heavy seas aboard the USS "Caine Mutiny," with Captain Queeg in command.

BRIAN KELLY
Rockville Centre



OPINIONS

Democrats, it's time to re-evaluate

Too many of my Democratic colleagues have been asking, "How could people vote for Donald Trump?" when, instead, they should be asking, "Why did people vote for Donald Trump?"



**TOM
SUOZZI**

President-elect Trump won my congressional district by 18,000 votes. I managed to overcome that Democrat-to-Republican deficit, and won my district by 11,000 votes. In fact, it now looks like I'll rank in the top three "overperforming" Democratic congressional candidates in the country. That also means that while most everyone who voted for Vice President Harris voted for me, another 20,000 people, voted for both Trump and me. I'm grateful to every voter who supported me, but we need to learn some lessons from the 20,000 ticket splitters.

When I talk to voters, it's clear that they want me to continue to reject extremism. They like my embrace of common-sense solutions and my focus on border security. They want me to keep working to restore the state and

local tax deduction, they're happy that I support law enforcement and promote bipartisanship, and they see that my team and I work hard to serve my constituents.

Elected officials need to listen to the people more than they listen to the "experts." In my race to replace the expelled George Santos in February, many of the "experts" suggested that I shouldn't be talking about tackling the immigration crisis, because it was a "Republican" issue. I'm glad I didn't listen to them.

Now I have another message for my party. I think that Trump's election, and our losses in the Senate and the House, happened because too many Americans are more worried about the far-left influence on the Democratic Party than they are about what Trump is going to do.

The public is fed up with an agenda of culture wars, identity politics and lack of focus on the basic issues of wages, benefits, public safety and people's general quality of life. The reality is that most Democrats have not embraced extremist positions of defunding the police, decriminalizing the border and identity politics. Yet the extremist voices get all the attention, and few

Democrats are willing to speak out against them for fear of retaliation by "activists," even though the majority of Americans do not agree with their positions.

Don't get me wrong — the Republicans have plenty of extremists. You've heard of Marjorie Taylor Green and Lauren Bobert and Matt Gaetz? You don't hear Republicans speaking out about the danger of guns and the lack of background checks. You don't hear them talking about some of the more extreme things Trump says. Like many Democrats, few Republicans are willing to

stand up to the extremists in their own party. But we lost this time, and I'm a Democrat, so I'll focus on my side of the aisle. More important, I'm an American, so I'll focus on America.

It's time for members of my party, and all Americans, to have honest conversations about what we need to do to move our country forward without being intimidated by people who disagree.

There isn't one simple answer, other than to listen to the people. People who make enough money to have a decent standard of living are fed up with the culture wars, the anarchy on college

campuses, the refusal to even talk about transgender women competing in women's sports, and other difficult, hot-button topics that swirl around social media these days.

Many more Americans in the middle class, or who aspire to be in the middle class, are concerned about those same issues, but they're even more concerned about the need to make enough money so they can buy a house, have health insurance, educate their children and retire one day in security, without being scared.

I commit to continue to listen to my constituents. Right now, I think they're concerned about the border. They want me to support law enforcement. They're concerned about the cost of living. They want the state and local tax deduction back.

They want me to work hard, to try to solve problems and to try to make their lives better. They want me to work for the people and not for the party. They want me to fight against things that I think are wrong, whether they're coming from Trump, the Republicans or my own party. They also want me to work with the president, and other elected officials on both sides of the aisle, to get things done. And that's what I'm going to do.

Tom Suozzi represents the 3rd Congressional District.

LETTERS

The Sands proposal: nothing but trouble

To the Editor:

The Las Vegas Sands proposal to spend \$6 billion — that's billion with a B, folks — had me wondering from where Sands expected to recover their investment plus the daily cost of operations and the profit from the project. It wasn't really a wonder, more of a fact, given all the expected losses the gambling public would be leaving behind.

A real concern is the draining of huge amounts of our underground aquifer to feed this unnecessary beast, a waste of our local water supply.

The proposal is now also offering an expansion of lanes on the Meadowbrook Parkway from three to four. All this would accomplish would be the removal of the mature trees and greenery along that stretch of parkway, leaving no shoulder.

Yes, it's a parkway, meaning there are no commercial vehicles. So without an adjacent commercial highway, all the daily delivery trucks that would be needed to supply this property would be feeding off the Long Island Expressway, the only commercial road, for miles through our local streets. That would be an unneeded burden on our local streets and neighborhoods, 24/7.

We do not need this disaster in the making.

Lastly, the Sands has been spending a lot of money locally on public relations, newspapers inserts, etc., to make the proposal sound appealing. Don't believe the wizardry, which, when you look behind the curtain, is really a corporate giant taking local amenities and infiltrating our local environment, all in the name of a profit to feed its own goals.

MICHAEL LEFKOWITZ
Accountants + Advisors
East Meadow

How about sharing a holiday meal at a diner?

To the Editor:

This holiday season, between Thanksgiving and New Year's Day, if you're too tired to cook, consider sharing a meal with family, friends or neighbors and patronize your local diner or restaurant. For decades I have enjoyed many excellent meals at many local diners.

Diners have been part of my life since I was a teenager. Eating out is a periodic ritual, and their portions are generous. Between the soup, salad, rolls, coleslaw and pickles, along with the main course, diner dinners satisfy the heartiest appetites. Who's never taken a doggie bag home with leftovers to eat the next day? Many times we've bagged our desserts to go.

FRAMEWORK by Francine Berman



At the 'Wicked' Experience — Universal Orlando Resort

Many Long Island neighborhoods have seen changes over the years. New immigrant groups sometimes favor their own ethnic foods and restaurants. Diners have also lost customers over time to fast-food restaurants.

Remember, these people are our neighbors. Our local entrepreneurs who own and operate diners have continued to invest in our communities, creating new employment opportunities without the assistance of federally funded taxpayers'

stimulus dollars. They work long hours, pay taxes and provide local employment. If we don't patronize our local restaurants, these workers don't eat, either.

Why not honor the fond memories of some of our favorite diners that have come and gone by continuing to patronize those that remain? Here's hoping that diners don't go the way of the dinosaurs.

LARRY PENNER
Great Neck

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77 Linden Ln, Upper Brookville, NY | \$3,499,000



Hegemans Ln, Old Brookville, NY | \$2,325,000+



4 Locust Ave, Glen Head, NY | \$1,955,000



Linden Ln, Old Brookville, NY | \$1,745,000



100 Garvies Point Rd, 1317, Glen Cove, NY | \$1,599,000



2 Bonnie Dr, Northport, NY | \$1,099,000



167 High Farms Rd, Glen Head, NY



2 Locust Ave, Glen Head, NY



13 Circle Way, Sea Cliff, NY



39 Hitchcock Ln, Old Westbury, NY



102 Duck Pond Rd, Glen Cove, NY



35 Evergreen Cir, Manhasset, NY



16 Whitney Cir, Glen Cove, NY



17 Pembroke Dr, Glen Cove, NY



55 Pembroke Drive, Glen Cove, NY



100 Garvies Point, 1029, Glen Cove, NY



15 Hitching Post Ln, Glen Cove, NY



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