

GLEN COVE
HERALD
Gazette



Rockin' along with Laurie Berkner
 Page 21



Special Section:
Men's Health



Get 'em to the Greek (fest)
 Page 9

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Zach Gottehrer-Cohen/Herald Gazette

JACK KAFFL ASKED Rebecca Tan to the prom at the Glen Cove School District's first Senior Walk.

'Prom-posal' at Landing

Elementary students cheer graduating seniors

By **ZACH GOTTEHRER-COHEN**
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The Glen Cove School District hosted an event on June 15 that officials said they hoped would become a tradition. In the Senior Walk, graduating seniors, decked out in caps and gowns, paraded through the halls of the district's elementary schools, much to the delight of the younger students, who stood against the walls and cheered them on.

At Landing Elementary,

students' hands flew up, seeking high-fives as members of the class of 2018 marched by. The seniors' robes billowed as they stretched out their hands to oblige the youngsters.

For the seniors, "It's just a great culminating event," said Landing Elementary School Principal Benjamin Roberts. For his students, he added, "They get to see the journey they're about to take, and then on to the next levels."

Roberts and district Superintendent Dr. Maria Rianna

both said that the event was particularly special for elementary students with siblings who were graduating. One Landing student, who the district requested not be identified, said of his older brother, one of the seniors who participated, "It's crazy how he's already graduating." He spoke softly and sounded sad when he said he would miss his brother, who would soon depart for college.

The event is likely to hold a special place in the memories

CONTINUED ON PAGE 12

Silverman, Villa suits continue

Councilwoman mulls appeal; developer alleges defamation

By **ZACH GOTTEHRER-COHEN**
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Glen Cove City Councilwoman Marsha Silverman and her wife, Roni Epstein, have filed a notice to appeal an Oct. 4, 2017, order by the Nassau County Supreme Court dismissing their lawsuit against Livingston Development Corp., the city, the Glen Cove Planning Board and others over Livingston's Villa project. People familiar with the case say that a deadline to perfect the appeal is fast approaching.

The couple declined to elaborate on the status of the litigation, nor would they say whether they intended to move forward ahead of the deadline.

Livingston — which did not reply to several requests for comment — agreed in April 2016 to reimburse the city's legal fees associated with the case.

being developed on about four acres of blighted property along Craft and Ralph Young avenues. It will comprise 176 condominium units in six 2½- to four-story buildings, with 16 units of affordable housing.

There are many passionate people in Glen Cove who unfortunately say no before they get all the facts.

REGINALD SPINELLO
 Former mayor,
 Glen Cove

In their suit, Silverman and Epstein claimed, among other arguments, that the city did not take the necessary "hard look" at the environmental impact of the development. If it had, the suit alleges, it would have found soil contamination that would have triggered more thorough studies.

The day before Judge George Peck dismissed the case, and about a month before the 2017 election in which Silverman won a seat on the City Council, Livingston filed a defamation lawsuit against Silverman and Epstein, claiming that the couple moved into their home adjacent to the

The Villa at Glen Cove is

CONTINUED ON PAGE 12



b r a n c h

real estate group

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Schumer, Suozzi pledge support for ferry

By ZACH GOTTEHRER-COHEN

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On June 18, New York Senator Charles Schumer pledged to prevent “pointy-headed bureaucrats in Washington” from forcing the city to pay back millions in grant funds that helped build the Glen Cove Ferry Terminal if it fails to begin offering service by January 2019.

“I will do everything I can,” Schumer said, “whether it’s persuading the [Federal Highway Administration] not to do it or writing something in legislation that won’t allow them to do it.”

He continued, “The Feds are telling Glen Cove citizens to walk the proverbial plank and pick up a tab of \$16 million on a deadline that everyone agrees should be extended.”

Schumer said that the claw back was “nasty,” and added, “there’s no rationale for it.”

The senator credited Congressman Tom Suozzi, a former mayor of Glen Cove, with bringing the issue to Schumer’s attention, and with spearheading the initiative to build a ferry terminal when he was mayor.

Suozzi pointed to the cooperation of



Zach Gottehrer-Cohen/Herald Gazette

STANDING OUTSIDE THE Glen Cove Ferry terminal, Senator Charles Schumer said he would throw his support behind efforts to prevent the federal government from forcing the city to pay back grant money if it fails to meet a deadline to begin ferry service.

RXR Realty, the real estate company behind the Garvies point development, who has offered to chip in \$1 million in subsidies for two years to help the city sweeten the deal for prospective ferry operators. “The developer doesn’t really

want to see this operation up and running until all the construction is in place,” Suozzi said, citing construction vehicles as obstacles for would-be ferry commuters.

Mayor Tim Tenke agreed, adding,

“We want to put our best foot forward when we open this ferry.”

Suozzi added that RXR’s promise of subsidies would be a boon for the developer’s future tenants. Subsidies improve transportation, and better transportation “makes people’s lives better,” he said. “It all feeds off each other and causes economic development.”

City officials met a few weeks ago with officials from the FHA — from which the grant money is paid out — and the state’s Department of Transportation — which is helping administer the grant at the state level — to ask that the deadline be extended by a year, to allow development on Garvies Point to progress further before opening the terminal for business.

The January 2019 deadline had been extended from a 2017 deadline, according to Deputy Mayor Maureen Basdavanos. Neither she, nor Ann Fangmann, 19 months into her role as executive director of the Glen Cove Community Development Agency, which handles most of the city’s grants, could say from the information they had on-hand how many extensions the city had been granted, nor when the first deadline was set.

Council to vote on 35 percent water rate hike

By ZACH GOTTEHRER-COHEN

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The Glen Cove City Council will vote on whether to raise the city’s water utility rates by 35 percent, following a public hearing at City Hall on the evening of June 26. If the rate is approved, the average residential water customer will pay about \$6 more per month, according to Sandra Clarson, the city’s controller, and the city will take in about \$748,000 in extra revenue.

The extra revenue from the rate hikes would be put toward debt service payments on nearly \$4 million in borrowing for water infrastructure improvements that the city approved in April. The city will have to pay back \$235,000 in 2019, according to Clarson, who noted that payments on that particular bond would decrease annually.

The city is planning to borrow an additional \$2.5 million next year, according to Amy Franklin, the principal account clerk in Clarson’s office. If it does, it will need to cover additional debt service, though Franklin said that it was difficult to project how much those payments would be ahead of time.

At a working session of the council on June 19, the council members discussed possible alternatives. Councilwoman Marsha Silverman distributed projections she had compiled for a tiered rate system. Her proposal included no rate hike for residents who used the least water, and higher rates for those who used more, which she said would be an incentive to conserve.

Under the current system, which breaks up residential water rates into



Christina Daly/Herald Gazette

THE CITY IS considering whether to increase residents’ water rates to offset recent and upcoming borrowing related to updates to the troubled water system.

three tiers, Silverman said, 86 percent of residents fall under the lowest tier, from zero to 45,000 gallons per quarter. “So it’s not really tiered today,” she said, “if almost everybody is getting the same rate.”

Silverman estimated that her tiered system would be equivalent to about a 28 percent across-the-board rate hike.

“I’m with you about conservation,” said Councilwoman Pam Panzenbeck, who had previously joined Silverman in asking Clarson for projections for a tiered system. “But this,” she continued, “is about fundraising.”

Panzenbeck also said that she could not, “in good conscience,” vote for a 35 per-

cent hike. Councilman Michael Zangari, who asked Clarson to clarify whether the city could address the debt service payments at a lower rate increase, joined her.

A 15 percent increase would cover payments on this year’s debt, Clarson said, but not next year’s.

After some debate, Tenke said that it might be best to save the vote for a later date. Silverman asked, and Clarson confirmed, that if the council postponed its decision, the timeline for implementing the higher rates would be delayed by a full quarter, resulting in insufficient revenue to cover the debt service payment, which becomes due in January.

The city’s water rates have not been

raised since 2004, Mayor Tim Tenke said, adding that that rates would be 41 percent higher if rates had been increased two percent since then.

The rate hikes, Tenke argued, were “an investment” in the city’s water infrastructure. He noted that in the past, revenue from the city’s water utility had sometimes been used to pay for things unrelated to water, and blamed the stagnant rates for the problems that have, until recently, beleaguered the city’s wells.

In late March, only two of the city’s six wells were operational, three due to contamination that required special filters and a fourth that was undergoing repairs after being struck by lightning last summer.

New anti-tunnel group joins the opposition

By LAURA LANE

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The founding of a new nonprofit organization, Coalition Against an UnSound Crossing, has ramped up the opposition to Gov. Andrew Cuomo's plans to build a tunnel from Oyster Bay to Rye. Led by environmentalists, a Marine, an advertising executive and a retired Newsday reporter, among others, the bipartisan organization plans include education and advertising.

The Village of Bayville's Anti-Tunnel Committee has been hosting a series of meetings the past few months for different communities sharing a PowerPoint presentation that includes information on the ramifications of a tunnel. The coalition's efforts will overlap with those of the village and Town of Oyster Bay, which have created a petition against the tunnel.

"We will have consultants, lawyers, the kinds of things the village and town don't have the resources for," said Bill Bleyer, the vice president of the coalition, a retired Newsday reporter. "We will have traffic and environmental consultants and basically, will be going through everything the state issues and pick it apart."

Heather Johnson, the executive director of Oyster Bay's Friends of the Bay since Oct. 2017, is the president of UnSound coalition. "It makes sense for the Friends of the Bay to be involved with the coalition," Johnson said. "We have heard from people very close to the governor that he is very serious about this."

The tunnel design calls for an 18-mile long multilevel tube with two lanes on each level. It would stretch for nine miles under the Long Island Sound, and for the other nine miles underground, on the North Shore and in Westchester. The entrances and exits would be north of the Seaford Oyster Bay Expressway and Jericho Turnpike, and south of the New England Thruway and Playland Parkway. The project, estimated to cost \$31.5 billion, would take 12 to 15 years to complete.

The UnSound coalition is looking to involve more non-profit leaders, civic groups, lawyers and organizations island-wide and from Westchester County, Bleyer said. The goal, he added, is to have one powerful voice to fight the tunnel.

The current coalition is, in part, homage to the Coalition Against an Unsound Bridge, started in the late 1960's by Donald and Evelyn Cotten to fight a plan by Gov. Nelson Rockefeller and Robert Moses to build a bridge from Oyster Bay to Rye. The plan was ultimately foiled when a wildlife refuge along the bridge's path was established.



Courtesy Wikimedia

A VENTILATION TOWER at the Holland Tunnel on the New Jersey side. Similar ventilation would be required for the proposed Sound tunnel, which according to Peter Janow, would require its own power plant.

According to Bleyer, who is also a historian, the Cottens, like the current coalition, concluded that, "All the politicians have their own agenda." He added, "No one is working to pull this all together. The Cottens pulled it all together and that's what we want to do."

The governor's December 2017 Long Island Sound Crossing Feasibility Study ignores the wildlife refuge. "The route map they put out shows the tunnel going under Oyster Bay Harbor," Bleyer said. "They say, 'Oh yes, there is a national wildlife refuge and we are not supposed to build anything over, under, or through it, but we will figure out a way.'"

Additionally, the feasibility study states that at least two ventilation towers would be needed for the tunnel that could be on the shoreline of Long Island. "That probably means four or six," said Peter Janow, the coalition's executive director, an environmentalist, who is a retired major in the U.S. Marine Corp. "The

fans, which will need to run 24/7, mean it will have its own power plant."

The coalition is holding a press conference on Wednesday, June 27 at 12:30 p.m. in Syosset-Woodbury Community Park, 7800 Jericho Tpk. The public is invited to attend to learn how to become involved in stopping the tunnel. To learn more about the coalition or to donate, go to www.unsoundcrossing.org.

We will have traffic and environmental consultants and basically, will be going through everything the state issues and pick it apart.

BILL BLEYER

Coalition Against an UnSound Crossing, vice president

CRIME WATCH

Arrests

■ Male, 36, from Glen Cove, arrested on Glen Street for open container of alcohol on June 10.

■ Male, 36, from Oyster Bay, arrested on Forest Avenue for fifth-degree criminal possession of stolen property, third-degree aggravated unlicensed operation and other VTL violations on June.

■ Male, 41, from Glen Cove, arrested on Cedar Swamp Road for circumvent interlock operate without device, two counts of second-degree aggravated unlicensed operation, and two counts of third-degree aggravated unlicensed operation on June 11.

■ Female, 36, of Hauppauge, arrested on Mason Drive for second-degree aggravated unlicensed operation and two counts

of third-degree aggravated unlicensed operation on June 11.

■ Male, 40, from Burlington Flats, NY, arrested on Grove Street for second-degree attempted grand larceny and fourth-degree attempted grand larceny on June 13.

■ Female, 49, of Deer Park, arrested on Walnut Road for second-degree aggravated unlicensed operation and other VTL violations on June 14.

■ Male, 26, of Glen Cove, arrested on Bridge Street for fourth-degree criminal possession of a weapon on June 14.

■ Two males, 26 and 43, the former arrested on Bridge Street for consuming alcohol in a public place, and the latter arrested for open container of alcohol on June 16.

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HOW TO REACH US

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THE WEEK AHEAD

Nearby things to do this week



Dinner at 8, dead by 9

The Slayers Players Theatre Company presents a murder mystery dinner theater on Thursday June 28, 7 p.m., at Sea Cliff Manor, 395 Prospect Ave., Sea Cliff. The laugh-a-minute comedy stars local performers and includes a dinner buffet. Tickets are \$65 plus tax. Visit www.eventbrite.com for tickets.

Coast Guard art at North Shore Historical Museum

Through Sept. 15, the North Shore Historical Museum will be home to a series of works from the Coast Guard Art Program, a national project that utilizes fine art as a tool to educate audiences about the United States Coast Guard. Among the 10 artists that comprise this year's exhibit, two hail from Glen Head. 140 Glen St., Glen Cove. Info: (516) 801-1191.



Charter boat fishing trip

The Captain Lou Fleet is the largest long Island fishing charter boat on the South Shore. The Glen Cove Senior Center will offer a fishing trip to catch fluke, seabass porgies, and blackfish on Thursday, June 26. Participants can take home all proper size fish that they catch. Join in this amazing day of fishing on the sea. Trip Includes: bus, boxed lunch, fishing poles, bait and tackles, tips, snacks and water. Info: (516) 759-9610.

An historian in the gallery

Join historian and collector Dr. Jay Tartell at Nassau County Museum of Art, on Saturday, June 23, at 3 p.m., for an unforgettable trip through the Jazz Age using records played on period talking machines. An expert on the early history of the phonograph and recording industry, Dr. Tartell is also a connoisseur of the jazz recordings of the 1920s, a selection of which he has curated (along with the exhibit of rare phonographs, Victrolas and radios) specially for the museum. By sharing his collection of voices from the past, the events, performers, composers, and musical styles of the '20's achieve new vibrancy. Info: (516) 484-9338 or www.nassaumuseum.com.



Welcoming the summer solstice

Celebrate the solstice by spending the longest day of the year outside on the lush grounds of Sands Point Preserve, on Thursday, June 21, 6:30-8:30 p.m. Enjoy guided walks in the woods, and along the pond and shoreline. Also get involved in some nature-based art projects and participate in a family yoga session, lawn games, plein air watercolor painting, and more. Bring a picnic meal and relax. Info: (516) 571-7901 or www.sandspointpreserveconservancy.org.



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HERALD SCHOOLS

Fitness and technology at Finley M.S.

Glen Cove sixth- and seventh-grade students at Finley Middle School are using Chromebooks in physical education classes as part of a new initiative led by teachers Matt Carbone, Steven Tripp and Angela Zupa.

The teachers, under the direction of Principal Nelson Iocalono, developed an eight-minute fitness video for students to complete at home. The workout routine was comprised of various exercises, including crunches, push-ups, wall sits and running in place. They would then enter what they completed onto a Google Sheet created by their teachers. During the same eight-week period, teachers would begin each physical education class with the same routine to monitor the students' prog-

ress and to provide them with an additional opportunity to record their results.

"We really want our students to realize that fitness and exercise is not an every other day activity. It's something they should do every day," Mr. Tripp said.

Mr. Carbone said using the Chromebooks to enhance physical education class was a no-brainer.

"Anytime the students can implement technology in class it's a win because the students love it," he said.

The teachers are looking towards creating an assignment for students to take part in over the summer months as a way to encourage daily health and fitness.



Photos courtesy Glen Cove Schools



FINLEY STUDENTS JOGGED in place so that they could log their workouts into Google Sheets on their Chromebooks.

R. M. FINLEY Middle School student Maddie Kaffl showed off the routines she logged using her Chromebook.



Courtesy Glen Cove Schools

Glen Cove Board grants tenure to district educators

Glen Cove City School District officials and the professionals who were granted tenure. The Glen Cove City School District Board of Education held a tenure recognition ceremony on June 6. Congratulations to the following district professionals on receiving tenure: teachers Stefani Borgia Anisimov, Diane Bruschini, Adam Cirmigliaro, Jessica McKenna; Assistant Coordinator of Special Education Betsy Lashin and Glen Cove High School Principal Antonio Santana.

-Zach Gottehrer-Cohen

Report: Haiti's situation still precarious

Nassau TPS holders say little has changed in the Caribbean island nation

By **RONNY REYES**

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The seventh and final part in this Herald series.

Stephane Casseus was all of 11 years old when the earth suddenly shook and split in Port-au-Prince, Haiti, the nation's capital, on Jan. 12, 2010.

"I was just a kid when the earthquake hit," Casseus, now 20 and living in Elmont, said. The disaster of monumental proportions left him confused and wondering what had happened, he said.

The magnitude-7 earthquake and aftershocks decimated Haiti, killing roughly 200,000

people and displacing more than a million Haitians from their homes, according to the Disaster and Emergency Committee, an international aid group.

Casseus's family fled the Caribbean island nation, eventually settling in Elmont, which has one of the largest Haitian communities in the country. Along with 1,400 other Haitians living in Nassau County, Casseus received Temporary Protected Status, which allowed him to study and work here and become part of the community.

Now he has a driver's license, works part-time as a personal trainer, volunteers for State Assemblywoman Michaelle Solages and attends Nassau County Community College, where he studies business management in the hope of opening his own gym in the future.

A recent decision by the Trump administration and the Department of Homeland Security to rescind TPS for Haitians, Salvadorans, Guatemalans and Nicaraguans is putting Casseus's future in jeopardy, though.

A DHS news release recently stated that Haiti had improved since the 2010

earthquake, and the extreme conditions that caused the mass migration of Haitians to the U.S. no longer existed. DHS cited an internal investigation as justification to revoke Haitians' status.

Recently released documents obtained by the non-profit National Lawyers Guild through the Freedom of Information Act, however, revealed that the DHS report actually spelled out Haiti's pervasive problems of hunger, homelessness and social unrest caused by natural disasters, political upheaval and violence, weak and destroyed infrastructure, and a badly battered economy.

Reality on the ground

Last November, Francis Cissna, director of U.S. Citizenship and Immigration Services, wrote to DHS, stating that Haiti had made "significant progress in recovering from the 2010 earthquake, and no longer continues to meet the conditions for [TPS] designation."

Cissna explained that Haiti's successful presidential election in 2017, reconstruction efforts, and drops in cholera outbreaks and homeless camps marked major improvements in the country. The memo argued that some 5 million Haitians remained food-insecure and hungry because of Hurricane Matthew, a Category 5 monster that struck in October 2016, rather than the 2010 earthquake. Thus, Cissna said, the quake should no longer serve as justification to continue TPS for Haitians.

"That's not really how it's supposed to work," said Patrick Young, program director for the Hempstead-based Central American Refugee Center. "It's disingenu-

ous to end the program without looking at what's going on right now."

Young, who advocated for TPS in the 1990s, said previous administrations understood that the status should remain in place until conditions on the ground truly improved. Young explained that the DHS report, despite claims to the contrary, outlined why

precisely Haitians living in the U.S. should continue to receive TPS.

The report cited several studies by the United Nations and humanitarian groups that found nearly half of Haiti's population of nearly 11 million struggled with hunger. The country continues to contend with annual spikes in cholera. Reconstruction is slow. And the World Bank forecasts that Haiti's gross domestic product is growing by less than 1 percent per year, with little outside help from donor nations and private investors.

"Where is all the money we promised Haiti?" U.S. Rep. Gregory Meeks, a Democrat from Queens, asked at a "Haiti is Beautiful" event at the Elmont Memorial Library in February. "Those millions of dollars need to be accounted for."

Funds that Haiti has received has come from smaller non-profits like Mission of Hope, which uses local contractors to help rebuild homes. A number of foreign governments set up their own aid programs in Haiti, rather than donate directly to the government because of its volatility before the 2017 election. The DHS report noted that half of Haiti's government offices in Port-au-Prince remained in shambles because of the earthquake.



Herald file photo

ATTORNEY PATRICK YOUNG, program director for the Central American Refugee Center in Hempstead, said the Trump administration appears willing to 'do anything' to end the Temporary Protected Status program.

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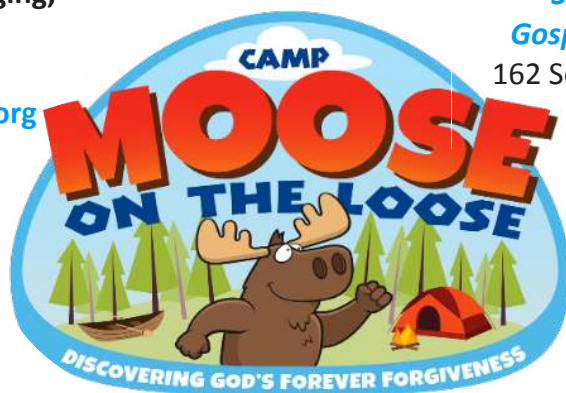
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HERALD SPORTS

Long Island edges NYC in thriller

BY TONY BELLISSIMO

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For a second year in a row, the Empire Challenge was decided with no time left on the clock.

New York City, seeking a third straight victory in the high school football all-star senior showcase, hit on a 30-yard Hail Mary touchdown pass as time expired but Long Island thwarted the ensuing two-point try to hold on for a thrilling 28-27 win before a crowd of 8,452 last Friday night at Hofstra.

"We considered kicking the extra point and going for overtime, but ultimately we went for the win," NYC head coach Anthony Odita said. "Both teams played a great game."

NYC won last year, 37-35, on a 32-yard field goal at the horn, and nearly topped those heroics after Long Island scored the tiebreaking touchdown on a 34-yard flea-flicker from quarterback Tommy Heuer (Oceanside) to receiver Owen Glascoe (Massapequa) with 41 seconds remaining.

On fourth-and-14, Heuer, who went 9-for-19 for 83 yards, cut left after handing off to teammate Derek Cruz as Glascoe ran a post pattern. Heuer took the toss-back and found his Nassau Conference I rival streaking behind the secondary for a 28-21 lead after Farmingdale's Briant DeFelice's booted his fourth successful extra point.

"The entire defense bit on it," Glascoe said of the trickery. "We practiced it all week. I had to make that catch."

Long Island offensive coordinator Rob Blount, who last fall guided Oceanside to its first county championship in 40 years, said the gadget play wasn't clicking in the days leading up to the game but did when it counted. "We ran it probably five or six



photos by J.Heck/Herald Gazette

WESTHAMPTON'S DYLAN LAUBE scored three touchdowns for L.I. to earn MVP honors

times in practice and dropped it almost every time," he said. "It didn't look like we were going to use it, but it was a good spot and we basically ran out of things to call. It's great that it worked."

NYC connected on a magical pass of its own, with quarterback Michael Nicosia (Archbishop Stepniac) capping a snazzy 74-yard drive with a heave to Sheepshead Bay's Titus Leo, who made a dynamic leaping grab in the corner of the end zone on the last play of regulation. However, after Nicosia went 5-for-5 on the final drive, Sayville's James Lyons got a hand on his two-point conversion pass to preserve Long Island's first win since 2015.

Westhampton's Dylan Laube scored L.I.'s first three touchdowns — all on



LAWRENCE'S SUQUAN STAYS, right, worked against NYC's Lavon Bartholomew during the 23rd Empire Challenge, which drew a crowd of 8,452 last Friday night at Hofstra.

direct snaps — and earned Most Outstanding Player honors. He had 76 yards on 13 carries and added 25 yards on two receptions. Quarterback Nick Anzalone (Lindenhurst) was 5 of 9 for 66 yards, while Garden City's Andrew DeSantis led the defense with 6.5 tackles.

NYC's offense racked up 486 total yards, including 259 on the ground led by Erasmus Hall's Shamar Logan (76 yards, one touchdown), Lincoln's Jonathan Cato (69, 1) and Justin Felder (63 yards) of Holy Cross.

Nicosia hooked up with teammate Tyler Winston (five catches, 102 yards) on an 18-yard scoring strike to give NYC a 7-0 lead late in the first quarter. Laube scored on a 5-yard run on the first snap of the second and added a 1-yard plunge with 3:24 remaining in the half as L.I. took a 14-7 lead. It was tied at 14 at halftime thanks to Logan's 20-yard touchdown.

Laube had the only touchdown of the third quarter, another 1-yard run from the Wildcat formation.

"It was an exciting back-and-forth game," said Lawrence's Joe Martillotti, who coached an offensive line that included Oceanside's Vin Schell and Mike Scibelli. "It's the way an all-star game should go down."

Other local participants included Lawrence's Suquan Stays, Chris Collier and Christian Rodas, Wantagh's Gavin Casey and Jack Lavache, Seaford's Andrew Chirico, Freeport's Aaje Grayson, Elmont's Chester Anderson, and Oceanside's Bryan Aguilar.

Long Island now holds a 13-8 edge in the series. Sixteen of the 21 meetings (the first two matchups featured Nassau vs. Suffolk) have been decided by fewer than eight points, including five by a point.

	1	2	3	4	F
New York City	7	7	0	13	27
Long Island	0	14	7	7	28

NYC: Winston 18 pass from Nicosia (Palacio kick)

LI: Laube 5 run (DeFelice kick)

LI: Laube 1 run (DeFelice kick)

NYC: Logan 20 run (Palacio kick)

LI: Laube 1 run (DeFelice kick)

NYC: Cato 1 run (Palacio kick)

LI: Glascoe 34 pass from Heuer (DeFelice kick)

NYC: Leo 30 pass from Nicosia (pass failed)

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HERALD NEIGHBORS

Festival proves it's great to be Greek

More than 15,000 people attended the annual Greek Festival at the Church of the Holy Resurrection in Brookville recently. Residents from far and wide gathered at the festival to enjoy thrilling rides, carnival games, and authentic Greek culture. The festival kicks off a fun-filled season of fairs held throughout the North Shore.

Volunteers from the church and local businesses worked through the summer sun to make the festival a success. The weekend, full of food, music and dancing, attracted large crowds of Greeks and non-Greeks too.



Photos by Ryan Hedlund/Herald Gazette

—*Allyssa Seidman*

PEOPLE FROM NEAR and far decided to kick up their dancing shoes during the circle dance.



ELINA GOLUVEVA, LEFT, and Alisa Smolyakova, of Garden City, got a taste of the Greek life from food vendors Anastasia Amanatiolin and Lambros Tsampas.



NICK PHILLIPS AND his father Mike fried up some fresh pastries for the masses of hungry guests.



TELLY ANDRIOTIS, OF Oyster Bay, tested his strength.



A COLORFULLY PAINTED Emilio Muraviova, of Brooklyn, took a ride on the merry go round at the Greek festival.



A FEW SEASONED dancers from the Church of the Holy Resurrection in Brookville showed onlookers how to truly dance like a Greek.

COMMUNITY CALENDAR

Thursday, June 21

Summer reading kickoff in Glen Cove

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 3 p.m. Start your summer of reading with a performance by the National Circus Project who will present circus skills from around the world, including juggling, spinning plates, devil sticks, balancing and clowning. Join the fun, laughter and excitement with lots of audience interaction and participation. Open to children of all ages. Register at www.glencovelibrary.org. (516) 676-2130.

Music jam

Sea Cliff Village Library, 300 Sea Cliff Ave., Sea Cliff, 7 to 9 p.m. Head to the library with your instruments for an old-fashioned jam, or come to just hum along. (516) 671-4290.

Adult summer reading kickoff

Locust Valley Library, 170 Buckram Rd., Locust Valley, 7 p.m. Nothing rocks more than summertime, rock n' roll, and a good movie! Clive Young, who has been in the music industry for 25 years, will take you behind the scenes of some of your favorite rock n' flicks and discuss the way they reflected the times and why they still resonate with us today. You will also see fun clips from classics like "Grease," "A Hard Day's Night," "Back to the Future" and much more! All welcome. Registration requested. (516) 671-1837.

Friday, June 22

Strummin' and Drummin'

Coe Hall, Planting Fields Arboretum, 1395 Planting Fields Rd., Oyster Bay, 6 p.m. Bring a blanket and picnic dinner to Coe Hall for a night of free family fun. The guys have a lively, fresh, funky approach to kids' music! Lots of crowd interaction, loads of instruments, hands-on drumming, adventurous stories, and great catchy original songs. All done with the perfect combination of education and entertainers. No reservations required. (516) 922-8668.

Saturday, June 23

Yoga at the Beach

Sea Cliff Beach, 96 The Blvd., Sea Cliff, 8 a.m. The Coordinating Events Committee for Sea Cliff Beach is sponsoring free, 45-minute yoga classes for five Saturdays, exclusively for Sea Cliff Beach members. Bring your own yoga mat. All attendants will be required to show a beach tag for entry and sign a waiver to participate.

Sea Cliff Farmers Market

St. Luke's Church, 253 Glen Ave., 9 a.m. to 1 p.m. Sea Cliff Farmers Market is an open-air market offering a selection of locally grown vegetables, fresh baked goods, fresh pressed juices and micro-greens and sprouts. All products are grown or produced on Long Island. Saturdays through Oct. 27.

Sunday, June 24

Gold Coast Cruisers car show

Morgan Memorial Park, Germain St., Glen Cove, 10 a.m. to 3 p.m. The park will be



Photos courtesy Metro Creative Connection

Sea Cliff's 'Secret Garden Tour' is back

On Saturday June 30, from 10 a.m. to 3 p.m., a selection of hidden gardens will be open to the public, displaying the floral ambitions of some of the village's private residents. Tickets are \$25 per person and can be purchased on the day of the tour at Pirie Park, 326 Sea Cliff Ave. Advance tickets are available at Sherlock Homes Real Estate, 305 Sea Cliff Ave., and Daniel Gale Realty, 266 Sea Cliff Ave. For further information call (516) 662-2821. Sponsored by the Sea Cliff Beautification Committee.

filled with classic cars and smooth rides to entice car enthusiasts of all ages. The show is open to all "show quality" cars, trucks, classics, street rods, muscle cars and antiques.

Monday, June 25

Chair yoga

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 2 p.m. Barbara Croen and Leslie Arluck's class encourages fitness for those who have restricted mobility. Come get fit while you sit! (516) 676-2130.

Fruit salad mason jars

Gold Coast Library, 50 Railroad Ave., Glen Head, 6:45 p.m. Make this festive set of three, hand-painted mason jars that will make your summer tables pop with personality. (516) 759-8300.

Learn 'Italiano'

Gold Coast Library, 50 Railroad Ave., Glen Head, 7 p.m. Elena Florenzo from "Thinking Italian" returns to teach the basics of the Italian language. This is a four week program in which Elena will lead an interactive, fun class. A non-refundable \$12 fee due at time of registration. (516) 759-8300.

Tuesday, June 26

Line dancing with Carol Rodriguez

Locust Valley Library, 170 Buckram Rd., Locust Valley, 6:30 p.m. Come join a

great program that teaches the simple steps of line dancing. Enjoy a fun evening dancing while listening to a variety of popular songs. This type of movement is

a great way to exercise your body and brain while having fun. Wear comfortable clothing and shoes or sneakers. Registration requested for this free



Girls Rising presents: BeachFest

Head to Sea Cliff Beach on Saturday, June 30 between noon and 10 p.m. for BeachFest, sponsored by Girls Rising. Enjoy music across two stages, a beer tent courtesy of Garvies Point Brewery, arts and crafts vendors, yoga and paddling clinics for kids, a photo booth, merchandise, and much more! Rain date: July 1. 96 The Blvd., Sea Cliff.

program. (516) 671-1837.

Lego club

Gold Coast Library, 50 Railroad Ave., Glen Head, 4 p.m. We'll supply the LEGOs, you supply the creativity! Join our new LEGO Club to freely imagine and build to your heart's content! Recommended for children in grades 3 through 8. (516) 759-8300.

Wednesday, June 27

Paint party

Gold Coast Library, 50 Railroad Ave., Glen Head, 6:30 p.m. Join Celia Cargill from "Authentic Heartworks" and paint a beautiful peacock feather painting. Have a fun night out and bring home a painting to hang up and admire! A \$10 non-refundable fee due at time of registration. (516) 759-8300.

Story time on the beach

96 The Blvd., Sea Cliff, 10:30 a.m. to 12 p.m. Listen along to a summertime story while sitting on the soft sands of Sea Cliff Beach and watching boaters and bathers enjoy the sun. (516) 671-4290.

Thursday, June 28

Larry Martone and friends

Veterans Memorial Park, 130 Prospect Ave., Sea Cliff, 7 to 9 p.m. Bring your blankets, chairs and picnics to Sunset Sernade at Memorial Park, overlooking Hempstead Harbor, and enjoy live music performed by local artists. Admission is free. Sponsored by the Sea Cliff Civic Association.

Lego build-a-thon

Glen Cove Library, 4 Glen Cove Ave., Glen Cove, 2 p.m. Come to the library for a family Lego build. Recommended for children grades K and up. (516) 676-2130.

Friday, June 29

BabyTime: Mommy Moves

Locust Valley Library, 170 Buckram Rd., Locust Valley, 10:30 a.m. Parents with children up to 18 months old are invited to join Cristy of "My Mommy Moves" for a fun, easy-to-follow, dance fitness class showing you how to workout with your little one! Make sure to bring a baby carrie. Not for ladies only! Register online. (516) 671-1837.

Saturday, June 30

Vegetable orchestra

Raynham Hall Museum, 20 West Main St., Oyster Bay, 1 to 3 p.m. Join in on this free program as part of the Oyster Bay Music Festival. Children can make and play their own vegetable instruments. (516) 922-6808.

HAVING AN EVENT?

Submissions can be emailed to llane@liherald.com.



Courtesy City of Glen Cove

DECKED OUT LIKE Old Glory, last year's July 4 Children's Bike Parade rode through downtown Glen Cove, spreading national pride.

Independence day 2018 in Glen Cove

The City of Glen Cove's annual July 4 festivities celebrate great traditions with a free concert, fireworks and a children's bike parade.

Coordinated by the Glen Cove Youth Bureau and the mayor's office, the annual July 4th Children's Bike Parade has become a morning holiday tradition for kids of all ages and their families. Children take bikes, scooters, wagons, strollers and battery-powered vehicles and roll down the streets of downtown Glen Cove to City Hall with their spirited energy and patriotism in full view.

"Our city is the best place to celebrate the July Fourth on Long Island as we have music, a classic children's bike parade and an amazing fireworks show in a beautiful beach and park setting at Morgan Memorial Park," said Mayor Timothy Tenke.

The parade starts at 10 a.m. Children are asked to arrive at the Robert M. Finley Middle School at 9:30 a.m. to decorate their bikes and wagons to be entered into a raffle to win great prizes. There will also be free refreshments, a July Fourth arts and crafts project, giveaways and a patriotic sing-along with Tenke.

After the bike parade, all residents are invited later in the day to Morgan Memorial Park for a 7:30 p.m. concert featuring

the Northwinds Symphonic Band. Under the musical direction of Helen Bauer with support from conductor Barbara Sherwin, this year's program will feature familiar marches, patriotic favorites, big band and Broadway classics and a musical salute to the Armed Forces. The band will also perform The Stars and Stripes Forever while fireworks by Grucci brings bright bursts and spectacular pyrotechnic artistry to the skies high above Morgan Memorial Park at 9:15 p.m.

In case of rain, the concert will be held indoors at St. Patrick's Church Parish Hall on July 4th and the fireworks will be rescheduled for Thursday, July 5 at 9:15 p.m. Residents are reminded that bags and backpacks are subject to search at Morgan Memorial Park for contraband including alcohol and fireworks.

Parking restrictions will be in effect in the Landing neighborhood on July 4. Starting at 9 a.m. on Wednesday, July 4, there will be no parking on Germaine Street, Landing Road or McLoughlin Street west of Carpenter Street. Parking for individuals with handicap parking permits will be available in the Morgan Park parking lot. For residents who watch the fireworks from the Long Island Sound, safe boating is encouraged.

Let us hear from you!

We want to know what you think. Send your letters to 2 Endo Blvd., Garden City, NY 11530 or email lane@liherald.com

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ACROSS

- 1 Grand story
- 5 Recipe meas.
- 8 Slender smoke
- 12 Stereo precursor
- 13 Conger or moray
- 14 Opposed to
- 15 Sit on eggs
- 17 Highlander
- 18 Rib
- 19 Off the path
- 21 Thing
- 24 Golf prop
- 25 Related
- 28 Sandwich shop
- 30 Shock and —
- 33 Lair
- 34 Duck down
- 35 Vast expanse
- 36 Pouch
- 37 Male 38-Across
- 38 See 37-Across
- 39 Eggs
- 41 Unrivaled
- 43 Legendary
- 46 Adult insect
- 50 Sahara-like
- 51 On an angle
- 54 Rinky- —
- 55 Use the microwave
- 56 Unrivaled
- 57 Long story

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- 59 Tackles' teammates
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- 9 Enlarge
- 10 Old portico
- 11 Compassion
- 16 Wager
- 20 Use a swizzle stick
- 22 Fix a manuscript
- 23 Olymptics prize
- 25 Billboards
- 26 Mauna —
- 27 Arriving
- 29 Toy block name
- 31 Teensy
- 32 Listener
- 34 Jacob's brother
- 38 End
- 40 Bullshot ingredient
- 42 Zero
- 43 Crazes
- 44 Operatic solo
- 45 Dimension
- 47 Any time now
- 48 Neuter
- 49 Rhyming tributes
- 52 "Platoon" setting, for short
- 53 Innards of a PC

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(WINNER!)

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Original Cast from the York Theatre Production. Photo: Cass Riegg

979778

Children 'see the journey they're about to take'

June 21, 2018 — GLEN COVE HERALD GAZETTE

CONTINUED FROM FRONT PAGE

of at least two of the seniors. As he passed the elementary school students, they cheered for Jack Kaffl, whom many recognized as a counselor in the city's summer camp program. Kaffl brought up the rear of the procession, but broke ranks to retrieve something from the lobby of the school after the other graduates had lined up outside.

When he returned, he held a poster-board sign that read, "You're the Rebecca to my Jack" — an allusion to the TV show "This is Us" — "Let this be us. Prom?" The Landing students erupted in a deafening roar.

As Kaffl waited in the lobby, the walk's student organizers orchestrated a second walkthrough, this time with Rebecca Tan at the back. When his classmates walked past a beaming Kaffl, they offered handshakes and high-fives of support.

Tan gasped when she saw him, and

after collecting herself, nodded affirmatively at her prom date. Then she rushed Kaffl and they shared a kiss and an embrace. Several young students reacted

with variations of "Eww," but when Tan buried her face in Kaffl's chest, the crowd applauded. Some faculty members, including Rianna, wiped away tears.

Besides the "prom-pos-al," as Rianna dubbed it, the Senior Walk, she said, was a way for older students to help motivate the youngsters. "They wanted to show the kids it's important to be graduating," she said. "It's an important and happy event to be entering the next phase of their lives."

At this point in their development, elementary-school students are "beginning to think about some of their career options," Roberts said. "They're still in this cute, juvenile place of 'I want to be so-and-so,' which is great," he added, noting that what was most important was that the event allowed the children to get a

All the kids, when they come back, they say that everything looks way smaller.

JESSIE KAFFL
Teacher's assistant,
Landing Elementary
School



Zach Gottehrer-Cohen/Herald Gazette

GLEN COVE HIGH School Principal Alan Hudson led graduating students through the crowd of elementary-schoolers.

sense of how their hard work can pay off. "The big thing we want for our students is that they continue to work hard so that all those opportunities and those doors open up at each level as they progress."

For many of the older students, the event also had elements of nostalgia and gratitude. Jessie Kaffl, Jack's mother, who

works as a teacher's aide at Landing, said, "All the kids, when they come back, they say that everything looks way smaller." She added that the event was also about reconnecting with old teachers. "It's a big part of them. I think they're excited to come back and see the people who helped shape them."

Livingston said councilwoman had spread 'lies'

CONTINUED FROM FRONT PAGE

Villa property in 2011 — years after zoning changes and environmental studies were completed — with the specific goal of launching Silverman's political career by sabotaging the development.

"If we had known about the plans for the Villa, we absolutely would not have moved in," Epstein said. She noted that while shopping around for homes, she had checked the city's zoning map, which is posted online. At the time, according to a log of updates included with the map, it did not reflect the changes that allowed the development to proceed until two years after the couple moved in.

Former Glen Cove Mayor Reginald Spinello — whose letter to the editor in last week's Herald Gazette blasted Silverman for misrepresenting his administration — said that in his opinion, the lawsuit against Livingston was "absolutely politically motivated," an attempt to tap into a segment of the Glen Cove electorate that resists change.

"There are many passionate people in Glen Cove who unfortunately say no before they get all the facts," Spinello said, adding that he believed Silverman "interprets the facts to her own benefit and doesn't want to know what the reality of the situation is."

Spinello said he supported the Livingston project, and added that even though it began under a Democratic administration — Ralph Suozzi's — "nobody wanted to figure out how to pay for it, but I got it done at no cost to the taxpayers."

As for the litigation, Spinello said, "The lawsuit speaks for itself. It has



Courtesy The Livingston Group New York

THE VILLA PROJECT, which broke ground in December, is the subject of a lawsuit by City Councilwoman Marsha Silverman and Roni Epstein, who live next to the property. Above, an artist's rendering.

nothing to do with me."

Livingston's defamation case cites numerous posts that Epstein and Silverman had made on various Facebook pages, which, it said included "blatant factual misrepresentations" about the Villa project and "personal lies and attacks" against the company's owner, Daniel Livingston.

In a legal filing responding to those allegations, Silverman and Epstein claimed that any developer that needs to seek public approvals for its projects "should expect and accept that its conduct and proposals would be subject to scrutiny and critique."

In September 2016, the court barred Livingston from continuing work on the

Villa while the case progressed. Almost a year later, the developer asked the court to force Epstein and Silverman to pay it over \$11 million to cover the financial costs it sustained while its work was halted.

Danielle Agolia contributed to this story.



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Gazette
June 21, 2018

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Your path to well-being

Make some lifestyle changes to for optimal health

Good health should be a priority, but sometimes men don't give it the importance it deserves. As fathers, brothers, uncles, cousins and friends, you need to take charge of your health — if not for our sake, then for the sake of those you love. There's just no excuse anymore to put your health at the very bottom of your to-do list.

Read on for ways to live a happy life, courtesy of nutrition/fitness Christopher Mohr, PhD, RD and Kara Mohr, PhD, FACSM.

Sleep. More. Yes, this is by far at the top of the list. You don't get enough sleep. From burning the candle at both ends, putting in too much time at the office and then trying to get to your daughters soccer game, dance recital, or sons karate practice.

You're exhausted. Oh yeah, and then experts tell you to eat together as a family and you also want to spend time with your spouse all while trying to finish a big project at work and you're on your email until the wee hours of the night! Power down and get some solid sleep (seven to eight hours/night). You'll do better at all those other things when rested.

Eat breakfast. Intermittent fasting is all the rage right now. While that may work for some, for most nutrition experts will advise, as indicated in most of the scientific literature, that a high quality breakfast is best. And that's the key — high quality, meaning some color (veggies and/or fruit), some protein and fiber. A veggie omelet, for example. A couple hardboiled eggs with a piece of fruit. A homemade protein smoothie.

The list can go on, but fueling your body in the morning is best.

Power down. You may be physically present with those who matter, but being mentally present is most important. Set deliberate "no electronics" time each night with your family and actually talk. To real people. It's amazing.

Start your day smarter. Rather than immediately checking your iPhone as soon as your eyes open, try a new routine. Maybe pick up a magazine and read. Take a few extra minutes to play with your kids. Or spend five extra minutes making a quality breakfast. Down time is necessary and will boost your brain function.

Move. More. Any and all move-



When it comes to building and maintaining a healthy lifestyle, we all know that eating right and working out are more or less the keys. But there's more to being healthy than choosing brown rice over white and hitting the gym. To take your health to the next level, you've got to think details.

ment is excellent — and necessary. So in addition to your sprints or higher intensity short duration training, add general movement too. Maybe it's walking, cycling, playing tennis or swimming — whatever you love — do it.

Eat bacteria. It may be weird to think about, but your body is not your body. Well, it's not just your body. You share it with around 100 trillion bacteria in and all over your body. It's known as your microbiome and it plays a major role in human health, so much so that it is often referred to as the "forgotten organ."

There are data showing your specific microbiome affects everything from immunity to skin and heart health, vitamin D status, digestive health and more — and while your microbiome is "set" by the age of four, you can alter the microbiome through diet, antibiotic use and the use of probiotics. You've surely heard about "live, active cultures" in yogurt, right (AKA, probiotics)?

There are at least 350 specific strains of probiotics that each have unique benefits. Embrace the bacteria, since they clearly embrace you. Including foods in your diet like Greek yogurt and Kefir and fermented foods like sauerkraut and Kimchi, among others, is a wise idea. You will continue to see more and more about this entire area of nutrition research. It's time to move on beyond just carbs, fat and protein.

Eat protein more frequently. As of now, most eat the majority of protein at night. But it would be bet-

ter to spread intake more evenly throughout the day. Include a fairly equal amount with all meals and snacks. Eggs, nuts, cottage cheese, fish, chicken, turkey, Greek yogurt, protein shakes — mix it up, just be sure to eat it frequently!

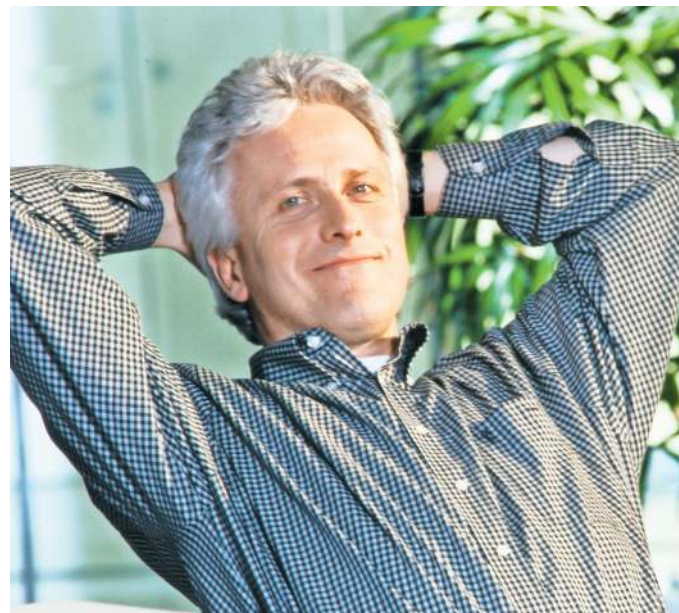
Eat Your 3's. Eat fish regularly. With heart disease the #1 killer of men (and women) in America, eating more fish or replacing other protein sources with fish is a smart idea.

Pick up heavy things and put them down. As we age, we all can lose muscle mass — around one percent per year after age 30. That, along with lifting weights, will surely help prevent or reduce that normal loss. Use it.

Floss. And, of course, brush. Hopefully I don't need to remind you to brush. But I likely need to remind you to floss. Doing one without the other is like riding a bike with a flat tire. Not quite as efficient. The plaque between and around your teeth that linger in your mouth can raise your risk of heart disease. Scary, so pull out that floss at least once a day at night.

Wear sunscreen. All too often men skip this step — whether they're at the beach or just in their daily day to day routine. Skin cancer is a real issue.

Continued on page S-5



Stay on top of your health guys. The sooner you do it the better.

Live your best life

Keys to a healthier you

June is Men's Health Month. It's celebrated across the country with a variety of preventative screenings, health fairs, and other education and outreach events — as a reminder for men to take steps to be healthier. But why the need for an entire month devoted to your health? Because most of you are stubborn.

A large number of men don't actively engage in preventative health or the healthcare system early in life. And the older you guys get, the less likely you are to get involved. There are plenty of excuses. You're too busy. It's too expensive. You feel fine. Or the worst of all, "I don't get sick."

Heart disease, cancers, unintentional injuries, diabetes, suicide and stroke are some of the top causes of death for men. Many of these have early signs and symptoms, and can be prevented and treated if caught early. But society has traditionally expected boys to be tough and ignore pain. So you push through symptoms and hide your feelings, thinking this makes you more of a man.

Unfortunately, that just makes you more likely to die from these conditions. In fact, the Men's Health Caucus reports you will live about five years less than women.

Don't miss your regular check-ups and screenings. A recent survey found that 25 percent of men who were sick or in pain would wait as long as possible to see a doctor (Is there a prize you are trying to win?) and 17 percent would wait at least a week after the first onset of illness.

If you have signs and symptoms of some of the most common diseases and illnesses, such as chest pain, shortness of breath, excessive thirst, urination problems, fevers, weight loss, numbness or persistent headaches, (basically anything that causes you to not feel like you) get yourself to the doctor. And preventative medicine? It prevents things! Keep up with your vaccines, your annual physical, and screenings like a colonoscopy. They're important. Just because you feel well doesn't mean that you are well.

Physical activity reduces your chance for many illnesses and diseases. It's good for the body and the mind. Studies show that adults need at least two and a half hours of moderate intense aerobic activity every week and muscle strengthening activities two or more days a week. Feeling tense or sluggish? Regular exercise, as little as 20 minutes a day, can improve your mood and energy level, decrease stress and boost brainpower.

Make healthy food choices. Belly up to the produce section of your local farmer's market or grocery store and stock up on a variety of fruits and vegetables. Consume food and drinks high in calories, sugar, salt and fat in moderation. These unhealthy foods should be an extremely limited part of your diet.

They might taste really good, but they are slowly killing you. Choose healthier alternatives for more snacks and meals and you'll live to eat another day. ■

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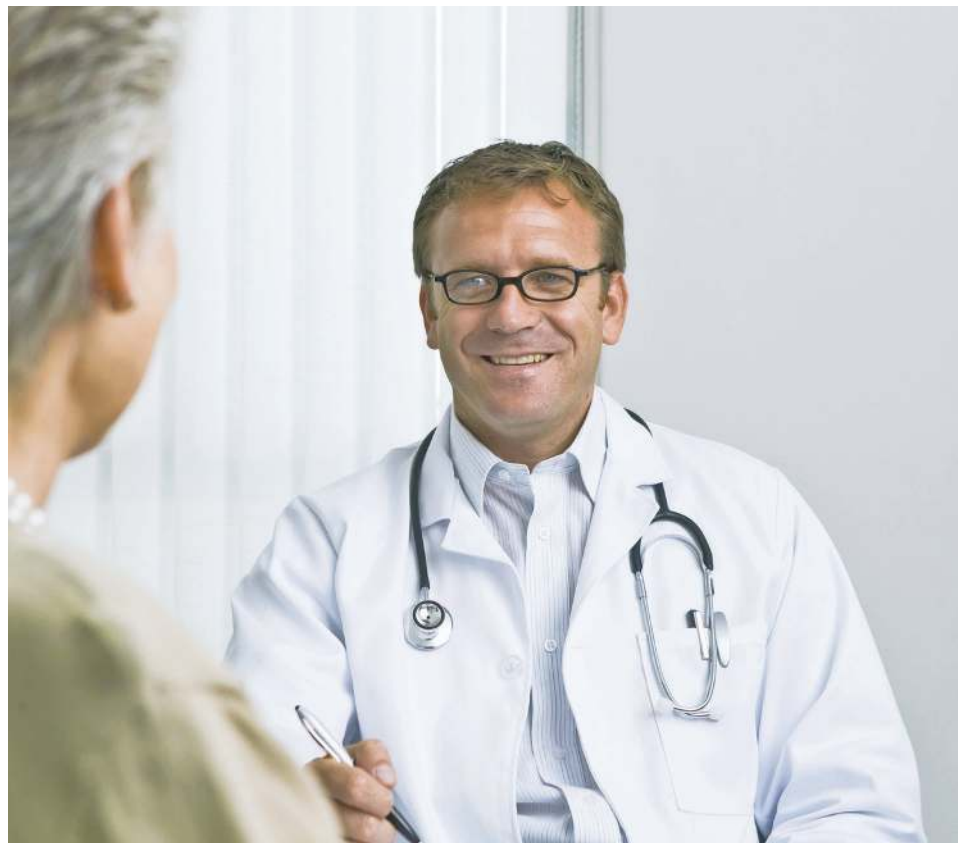
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Men who learn to recognize the signs and symptoms of prostate cancer can improve their chances of surviving a potential diagnosis.

Understanding prostate cancer

Recognizing the signs and symptoms

Prostate cancer is a deadly disease that forms in the tissues of the prostate, a gland in the male reproductive system that is found below the bladder and in front of the rectum. The National Cancer Institute estimates that nearly 30,000 American men will lose their lives to prostate cancer in 2014, and roughly 15 percent of American men will be diagnosed with prostate cancer at some point in their life.

Despite its status as a potentially deadly disease, prostate cancer can be beaten. In fact, the NCI notes that the five-year survival rate for men diagnosed with prostate cancer between 2004 and 2010 was 98.9 percent, proving that a prostate cancer diagnosis is not a death sentence. Like many types of cancer, prostate cancer is most effectively treated when discovered in its early stages. For example, the five-year survival rate for patients diagnosed with localized prostate cancer, which describes cancer that is found only in the part of the body where it started, between 2004 and 2010 was 100 percent.

Men are often their own best friends when it comes to fighting prostate cancer. Men over 50 should speak to their physicians about routine prostate cancer screenings, which include the prostate-specific antigen test or the digital rectal examination. Such screenings can help detect prostate cancer early and dramatically improve a man's prognosis. In addition to screenings, men can learn the signs and symptoms of prostate cancer to further improve their chances of surviving a diagnosis.

Early signs

Prostate cancer does not always show signs or symptoms in its early stages, and that's because it tends to be slow-growing. A

sign of prostate cancer refers to something that a physician or healthcare professional can observe and recognize, while a symptom is something that only the person experiencing it can feel. It's important men recognize that certain symptoms associated with prostate cancer may be caused by other conditions and that the presence of these symptoms does not mean a man has prostate cancer. However, it's equally important that men who notice symptoms associated with prostate cancer bring them to the attention of their physicians immediately.

Changes in bladder habits are among the most common symptoms of prostate cancer and these symptoms tend to be early indicators of the disease. These changes may include a frequent need to urinate, especially at night; an intense need to urinate; difficulty in starting or stopping the flow of urine; inability to urinate; weak and/or interrupted urine stream; and burning or pain during urination.

Blood in urine or semen and painful ejaculation may also indicate the presence of prostate cancer.

Late signs

When prostate cancer is not detected early, the cancer then grows larger and may metastasize, or spread to other organs of the body. This spreading can produce the following late signs and symptoms, which differ greatly from those that appear during the early stages of prostate cancer.

- Bone pain, especially in the back, hips, thighs or neck
- Weight loss
- Fatigue
- Low red blood cell count (anemia)
- Weakness or numbness in the legs or feet
- Loss of bladder or bowel control

Make some lifestyle changes to for optimal health

Continued from page S-3

Eat water. Watermelon, cucumbers, greens, melons and really a lot of fruits and veggies are more than 90 percent water. That's a lot of nutrient dense volume for very few calories. In other words, these foods fill you up without filling you out.

Drink your water too. Along with eating water dense fruits and veggies, drinking water is smart too. Try this healthy habit — every morning, the first thing after getting out of bed fill up a large glass of ice water and drink it before coffee, tea or eating anything. It's invigorating and gets your day started right. Try it.

Get regular check ups. Men often feel invincible. It's not true. Once you hit 20, you should get blood work done at least every five years according to the American Heart Association. Awareness is great and data suggests simple awareness gets about 50 percent of people to change habits.

Know your numbers. Then make it a game to improve them. Total cholesterol under 200, HDL ideally above 60 mg/dl (with a ratio between the two less than 4:1, so getting the total lower and HDL higher), LDL under 100, triglycerides under 150, blood pressure 115/75. And these just scratch the surface but are a good start of the happenings in your body.

Learn your Vitamin D status. This is another blood marker to add to your blood workup. You'll usually have to ask your doctor for this one and you need to ask for 25(OH)D test; it's typically not part of the normal routine. But it should be. Most experts agree the



You don't have to book sessions in the gym to get in shape. Outdoor exercises are just as effective as indoor, and can be more fun.

ideal range is between 40–80 ng/ml, even though levels above 30 will put you in the "normal" category. Aim for ideal —not "normal."

Get in the kitchen (to cook, not just eat)! The more you cook, the better you look and the healthier you will be. Take out and fast food are fine on occasion. Not all the time. So get in the kitchen. Cooking is an

essential life skill.

Grab your nuts. The food, that is. Nuts are one of the healthiest foods available – pistachios, walnuts, almonds, Brazil nuts — all are amazing for you in their own, respective ways. Some data suggests two 1 ounce servings per day can even help with weight loss. Outside of that, they're portable, convenient, and not perishable so travel well.

Flatten your spare. You don't have to have a six pack, but aiming to flatten that spare tire will dramatically improve your health. It's not just weight that's an issue, but where you carry it. And the beer belly or spare tire, is a huge risk factor for all sorts of disease.

Play. Working out doesn't have to only be going to a gym and moving heavy iron or moving mindlessly on a treadmill watching the clock tick away. If you have kids, take them to the park, play tag, run around with them, or play in the pool. Or maybe grab some friends and shoot some hoops. Whatever it is you like, do it. This engages your mind and keeps you moving, without thinking that you're moving. We were meant to move, not sit for hours and hours on end.

Set a goal and crush it. It gets the blood flowing and gives you something to work towards.

Stand up. If you're like most, you're an active couch potato. Some healthy professionals consider sitting to be the new smoking. Maybe you hit the gym for 30 minutes each day. Great. But then most of the other 23.5 hours are sitting or lying down sleeping.

You need to move, more. Set a phone to get up and move around every 60 minutes. It's not only great for your body, but data suggests standing for as little as two minutes improves blood flow to your brain so you're more alert to work more efficiently. Maybe you could even swing for a standing desk to boost productivity and improve your health. ■

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We are pleased to welcome Dr. Eric Conley to Berke Eye Care. Dr. Conley has over 10 years of experience in ocular care, including work at Johns Hopkins University and Baltimore VA Medical Center.

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Maximize summer fun — and stay safe

Water fun and summer sun are a rite of passage. But each year, the emergency department at Glen Cove Hospital sees a spike in what are often preventable injuries and accidents. So as the summer season gets underway, keep these four safety measures in mind when your children are at play, advises John Colletta, M.D., at Glen Cove Hospital's chairman of emergency medicine.

Pool safety: All pools need to be enclosed by a fence and children, regardless of their swimming ability, should be monitored while in the pool at all times. One way to prevent accidents is to ensure that an adult is always present poolside. It is best to have multiple adults watching the children in case one needs to step away. Another solution is to have the children get out of the pool whenever the attending adult leaves the pool area.

Wear a lifejacket: The risk grows on open water. Life jackets should be worn by children and non-proficient swimmers whenever they are around a body of water. The safest time to remove a life jacket is when a person is on dry land and a siz-

able distance from a harbor, lake or even a pool.

Drink plenty of water: Dehydration is another issue during the hot weather. As people enjoy the sun in the great outdoors, they may forget to hydrate. Generally speaking, it is recommended to drink eight glasses of water a day, however more water is needed with increased heat and exercise. It's also important to keep in mind that caffeinated beverages such as soda, iced tea, and coffee can increase the risk of dehydration. If you consume a glass of a caffeinated beverage as described, add a glass of water as well to balance the dehydrating effect of caffeine.

Apply sunscreen: Sunscreen should be applied early and often when enjoying the outdoors. Sunscreen should be put on initially a half hour prior to going outside and reapplied approximately every two hours. Hats with wide brims can also protect the face from the sun's harmful rays.

Keeping all of these things in mind should help families maximize summer fun.



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Achieve the highest quality of life through hormone balance

Now more than ever, women and men are struggling with symptoms of hormone imbalance. With the birth of her son in 2004, Kim Petry experienced severe hormonal imbalance causing anxiety, stubborn weight, hot flashes and achy joints.

"I spent more than 10 years going to doctors, trying medications and many diets," said Petry. "I tried everything, and no program corrected the real issue which was hormone imbalance."

Discovering Be Balanced Hormone Weight Loss Centers in 2017, transformed her life. The Be Balanced program is designed to naturally balance hormones, aid in losing stubborn weight and diminishes symptoms like hot flashes, mood swings and low energy. The approach works to remove candida yeast, detoxify the liver and balance hormones through all-natural supplementation and glandular support.

Within a month, Petry's symptoms disappeared and she lost weight.

Having such a profound impact on her health, Petry decided to switch gears from a finance career and open a Be Balanced Center on Long Island. "I wanted to bring all-natural hormone balance and



wellness to the area as I have seen firsthand how it can transform your life" said Petry.

"Our clients are seeing amazing transformations. They typically lose 15 to 25 pounds in 28 days but more importantly, the symptoms of hormone imbalance are diminished. When you feel good and look good, you feel empowered to reach for the stars," said Petry. "I plan on bringing that to everyone who is struggling with issues caused by hormonal imbalances and weight gain."


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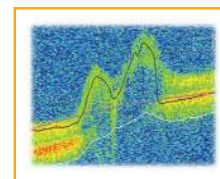
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The eyes... More than just the window to the soul

It's often said that "the eyes are the window to the soul," however, comprehensive eye examinations provided by Dr. Eric Conley and Dr. Stanley Berke at Berke Eye Care in Westbury go beyond the "soul" to allow for the detection of systemic illnesses that present as signs within your eyes. Early detection can decipher the source and newer technologies utilized at Berke Eye Care are capable of detecting many conditions before they cause irreversible damage.

Some of the many systemic conditions with ocular signs include high blood pressure, diabetes and stroke which demonstrate blood vessel changes long before any physical symptoms arise. Many patients suffer from chronic headaches and dry eye symptoms relating to common eye tasks, however, these can be signs of more significant pathologies like thyroid disease or inva-



sive brain lesions.

Technologies in our office can often identify these diseases as well as previously concealed conditions such as Multiple Sclerosis, Alzheimer's Disease and Sleep Apnea. In medicine, early detection is critical for successful outcomes and prevention of permanent damage. Be sure to have your eyes examined regularly with Drs. Conley and Berke at Berke Eye Care.

Dr. Eric J Conley is a Comprehensive Eye Doctor at Berke Eye Care specializing in ocular disease diagnosis and management and is currently

accepting new patients. Schedule today by calling 516-794-2020.


Berke Eye Care

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Get out there and get moving

Start the countdown to a better workout

Drop the remote — let's go!

After a long bout of 'couch potato Olympics,' getting started with physical activity can be a battle. The best place to start is to look at all the positives of getting active and staying active:

- ✓ It burns body fat and helps to deflate the old spare tire around your waistline.
- ✓ It's a natural stress buster.
- ✓ It helps to control your blood cholesterol. It reduces the 'bad' cholesterol while
- ✓ Increasing the 'good' cholesterol in your blood.
- ✓ It gives your heart a good workout, helping to keep it pumping strong.
- ✓ It increases certain chemicals in the brain that make you feel good.
- ✓ It increases muscle mass.
- ✓ It reduces the risk of developing some diseases and can add years to your life.
- ✓ It can assist in boosting your self-esteem, via a better body image.
- ✓ It helps to keep your bowel habits regular.
- ✓ It gives you the opportunity to meet new friends.
- ✓ It helps you to sleep better — so you'll feel more refreshed and lively throughout the day.
- ✓ It's great for your bones — helping to keep them strong.
- ✓ It can help to maintain strength, stamina, flexibility and a high metabolism — all things that we tend to lose with age.

Cardio workouts versus weights

Is your goal to lose body fat or simply

gain muscle? Or is it a combination of both? If you want to lose the extra weight, then cardio workouts are the thing for you. If it is big muscles that you are after, then add weights training to your weekly routine.

If you want to drop the weight and achieve better muscle definition, then your weekly program should include cardio workouts plus weight training.

The best types of cardio workouts for fat loss include 'weight bearing' exercise like fast walking, jogging, aerobics, football, soccer, tennis, squash, snow skiing and so on. Weight supported exercise like swimming and cycling are less effective in shifting unwanted fat stores.

For a safe and effective weight training program see a gym instructor or a personal trainer rather than designing your own. They can tailor a weights program to your needs and provide instruction on how to handle the weights correctly without injuring yourself.

Flatten the spare tire

Carrying a spare tire (excess fat) around your middle is a burden on one of our most important internal organs — the heart. So, if you get rid of the bulge, you'll be happy and your ticker will be over the moon too!

Try these strategies to deflate the spare tire. Clock up some 'incidental activity' time. This includes things like walking around the office, taking the stairs instead of the elevator and yard work. The

more incidental activity you do, the more calories you will burn during the day. Remember — every little bit counts!

Block out some 'me' time. Make a one-hour appointment with yourself, three to four times a week. And consider this appointment as important as any other work-related appointment or meeting. It's important not to let other things override your exercise time.

Think beyond the gym. Throwing a frisbee to your kids in the park or taking the dog for a walk or jog counts as physical activity. So if the gym is not your scene, try and think of what you really like doing and just do it.

The most important thing is to move your body, get the heart pumping and have fun while doing it.

Find an exercise buddy. An exercise buddy can help you get motivated and keep motivated. You will both benefit from the partnership.

Make a schedule that works for you

You've probably heard that it's best to exercise in the morning to kick-start your metabolism for the day and help you sleep at night. You may have also read that your workout will be more productive if it's done between 4 and 6 p.m. when your body temperature is highest.

The most important thing about your workout schedule is that it fits you. If you're not a morning person, a workout plan that requires you to get up two hours early every



You're ready to work out. Maybe you've let your workout routine lapse, or perhaps you just recently gave up the recliner and set aside the bowl of chips to pursue a healthier lifestyle. Either way, take the one body you've been given and make it look and work its best.

day may not last. The same goes if you're consistently "running on empty" after work — force yourself into an evening workout regimen and you'll likely throw in the towel before long.

Find a time that works for you, whether in the morning, during your lunch break or in the evening, and stick with it. ■



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Nancy Burpee has overcome impossible challenges all her life. The latest was lung cancer.



Nancy Burpee has been swimming competitively all her life. Not only against other elite swimmers, but also against a rare connective tissue disease. Then she faced her greatest challenge: lung cancer.

Nancy was told she faced a choice: either major invasive surgery or wait and see if the tumor would shrink. Instead, she turned to NYU Winthrop Hospital and Dr. Laurence Spier, one of the country's top robotic lung surgeons. Dr. Spier not only removed the tumor without removing the entire lung, he was able to "tease" her lung free from the chest wall. Nancy was amazed at the improvement in her breathing and stamina. In just three weeks, she was back in the pool, swimming faster than she had in years.

Thanks to NYU Winthrop, Nancy is still competing. And in all the ways that count, she remains undefeated. To learn more, call 1-866-WINTHROP, or visit nyuwinthrop.org.

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STEPPING OUT

Where to go, what to do, who to see

Sharing her tunes

Preschool fave Laurie Berkner goes solo

She's a fixture on children's entertainment scene, but Laurie Berkner is so much more than that. Known as the "Pied Piper of Pre-schoolers" or the "Queen on Kindie Rock," Berkner is an industry unto herself. She has been a long time mainstay of kids TV ("Noggin," "Jack's Big Music Show" and "Sing It, Laurie!") and her original songs, music videos, books, and three original off-Broadway musicals have made her ubiquitous in American households.

Berkner, based in New York City, is also popular on the concert circuit — both with her band and doing her own thing. She arrives solo at Hofstra University on Sunday, bringing her "Greatest Hits Solo Tour" to her young fans.

She's acclaimed as the uncrowned queen of children's music and the power behind the progressive "kindie rock" movement. What sets her apart? Her music speaks to kids without talking down to them, charming youngsters without boring grown-ups. Berkner finds inspiration in her audience.

"I want to create songs that matter for children," she says. "I was singing once and saw a four-year-old girl shut her eyes and start swaying to the music. I thought, 'That's the reason I got into music.' It keeps me wanting to do more."

Her solo show features popular hits like "Bumblebee (Buzz Buzz)," "Victor Vito," "We Are The Dinosaurs," and "Rocketship Run," plus — as a special treat for fans — a few well-loved songs that are not often heard at her full-band concerts.

"When it's just me I get to fool around a bit and do more a capella," she says. But, of course, she has plenty of favorite tunes from her extensive catalogue to play for her fans. And she makes sure there is plenty of interaction with all the families in attendance — her trademark.

"Almost every song choice has something the kids can do movement-wise," she says. "They can jump, spin, blast off. This is definitely not a 'sit down and watch me' show."

A former pre-school music teacher by day and indie rocker by night, Berkner started selling her music 20 years ago out of her living room on her own label, Two Tomatoes Records.

She has received much critical acclaim throughout her evolution into a children's music superstar. Time Magazine lauded Berkner as "a kind of sippy-cup Sheryl Crow. Berkner inhabits a kid's curious perspective in her lyrics and pens folk-pop melodies that bear repeated — very repeated — listenings."

The Wall Street Journal named her 'one of the most popular children's performers in America ... her music is



Courtesy Jayme Thornton

Laurie Berkner, acclaimed as "the Adele of the pre-school crowd" by the New York Times, is ready for families to rock along with her during a concert that showcases many of her favorites.

distinctive because it speaks to kids without talking down to them, charming youngsters without boring grown-ups."

Looking back on her transformation from her rock band days to the darling of the family music circuit, Berkner is both delighted and surprised at her career's progression.

"I didn't anticipate this to be a career," she says. "I never thought about the TV stuff and the books — the longevity of it all." (In 2017, Simon & Schuster Books for Young Readers began publishing a series of picture books by Berkner; each one based on one of her songs. "We Are The Dinosaurs" was released in March 2017. "Pillowland" came out in November 2017 and "Monster Boogie" is scheduled for next month.)

"I didn't imagine I'd do as well as I have. It's weird to think of myself as the 'Queen' of kids music. I feel very lucky."

She attributes her success to "some combination of thinking about what it feels like to be a kid while writing and



Courtesy Todd Owyong

Laurie Berkner often shares the stage with some of her "friends."

singing. It's easy to forget to do that. The kids feel an ownership of my music. They use their bodies to express the songs and feel like they [the songs] are their own."

Berkner reaches even the youngest in the audience with dynamic expressions of musical joy in tunes like "I'm Gonna Catch You" and "Rocketship Run." She gives everyone a chance to catch their breath between high-energy moments by including quieter interludes featuring songs such as the classic "Moon Moon Moon." Through Berkner isplays an instinctive understanding of children's natural rhythms and energy.

"I could play all day, but the kids might get tired," she adds.

Of course, she'll be sure to involve her audience in many of their favorites, including "Party Day," and the memorable "Pig on Your Head."

"Come ready to have fun," Berkner says. "And don't forget bring your dancing shoes and an animal for your head."

The concert is presented by the Marion & Aaron Gural JCC of Cedarhurst. All proceeds will benefit the S.H.O.P., the Gural JCC's new Sustenance Hope Opportunities Place, which provides food, clothing and support services to those in need.

"I'm excited to support the S.H.O.P.," Berkner adds. "I don't have an opportunity to do a lot of fundraisers and am thrilled to be involved in this fundraising effort."

— Karen Bloom
kbloom@liherald.com

LAURIE BERKNER

When: Sunday, June 24, 3 p.m. \$36 and \$54 VIP, which includes a meet-and-greet following the show. Tickets are available at etix.com.

Where: Hofstra University, John Cranford Adams Playhouse, Hempstead. For more information, call Stacey Feldman at (516) 569-6733.



SEASONAL DELIGHTS Garden Festival

Old Westbury Gardens' Westbury House welcomes visitors to its Garden Faire and Gymkhana — as a kickoff to its latest exhibit "The Great War: Portraits of Privilege, Duty, and Sacrifice," which will be on display in Westbury House through Oct. 7. In June 1918 John S. Phipps held a gymkhana on his estate for the relief of the families of British and Canadian servicemen during World War I. It included equestrian games and demonstrations, food tents and flyovers by military aircrafts based at Mitchel

WEEKEND Out and About

Field. Old Westbury Gardens commemorates this event with a special weekend of activities, including World War I re-enactors, period vehicles, crafts and games for kids and equestrian demonstrations. And in keeping with the "British" flavor of the original Phipps's gymkhana there will be a tea tent featuring English baked goods, music performances, and dance demonstrations, along with other experiences. The Band of Long Island will perform a salute to the Great War on Saturday at 6:30 p.m. Saturday, June 23, 10 a.m.-8 p.m.; Sunday, June 24, 10 a.m.-6 p.m. \$12, \$10 seniors, \$7 children 7-17, \$10 students. Old Westbury Gardens, 71 Old Westbury Rd., Old Westbury. (516) 333-0048 or www.oldwestburygardens.org.

STEPPING BACK IN TIME Living History

It's 1936 again in the Vanderbilt Mansion. Consuelo Vanderbilt Balsan is enjoying a reunion of her friends in the women's suffrage movement. During the mansion's

popular, annual tours, guides dressed as members of the Vanderbilt family and household staff tell stories about the estate's famous residents and their world-renowned visitors. Stories told are based on the oral histories of people who worked for the Vanderbilts as teenagers and young adults. Some originated in Mr. Vanderbilt's books of his world travels and extensive sea journeys. This summer of 1936 was particularly eventful. "The movie Captains Courageous with Spencer Tracy is playing in the theaters, and Agatha Christie's new novel, Dumb Witness, is in the bookstores," said Stephanie Gress, director of curatorial affairs. "Legendary aviator Amelia Earhart is lost at sea in July, and European leaders are faced with threats of German expansion. The U.S. Post Office has just issued a commemorative stamp in honor of the women's voting rights activist and social reformer Susan B. Anthony on the 30th anniversary of her death in 1906." Saturday and Sunday, June 23-24, 12:30, 1, 2, 3 and 4 p.m. \$8; available only at the door. Vanderbilt Museum, 180 Little Neck Rd., Centerport. (631) 854-5579 or www.vanderbiltmuseum.org.



ARTS & ENTERTAINMENT

Coming Attractions

Performances/ On Stage



Cirque du Soleil

The inventive circus troupe returns to Long Island with their "Big Top" show "Volta," Friday, June 22, 8 p.m.; Saturday, June 23, 4:30 and 8 p.m.; Sunday, June 24, 1:30 and 5 p.m. Through July 1. Nassau Coliseum, Uniondale. (800) 745-3000 or www.ticketmaster.com or www.nycblive.com.

Cassandra House and Quarter Horse

The singer-songwriter shares a double bill with Americana band Quarter Horse, presented by the Folk Music Society of Huntington's Hard Luck Cafe series, Thursday, June 21, 8:30 p.m.; open mic at 7:30 p.m. Sky Room Cafe, Cinema Arts Centre, 423 Park Ave., Huntington. (631) 423-7611 or www.cinemaartscentre.org.

Music Jam

Bring an acoustic instrument and voice and join in or just listen, Thursday, June 21, 7 p.m. Sea Cliff Library, 300 Sea Cliff Ave., Sea Cliff. 671-4290 or www.seaclifflibrary.org.

Singin' in the Rain

Musical adapted from the 1950s MGM movie musical, Thursday and Friday, June 21-22, 8 p.m.; Saturday, June 23, 3 and 8 p.m.; Sunday, June 24, 2 and 7 p.m.; Wednesday, June 27, 2 and 8 p.m. John W. Engeman Theater, 250 Main St., Northport. (631) 261-2900 or www.engemantheater.com.

Trevor Hall

The acoustic rock singer-songwriter in concert, Thursday, June 21, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountry.com.



Dave Hill

The indie rocker turned comic performs stand-up, Friday, June 22, 9:30 p.m. Sky Room Cafe, Cinema Arts Centre, 423 Park Ave., Huntington. (631) 423-7611 or www.cinemaartscentre.org.

Happy Together Tour

The Turtles, featuring Flo and Eddie, perform '60s favorites, Friday, June 22, 8 p.m. With Three Dog Night's Chuck Negron, Gary Puckett & The Union Gap, Paul Revere & The Raiders' Mark Lindsay, and The Association. NYCB Theatre at Westbury, 960 Brush Hollow Rd., Westbury. (800) 745-3000 or www.livenation.com.



The Liverpool Shuffle

A splendid time is guaranteed for all when The Liverpool Shuffle visits Old Westbury Gardens to open its Picnic Pops series, on Wednesday, July 11, at 7 p.m.

Bring a lawn chair or blanket and a couple of friends, along with a picnic, and the popular tribute band will provide the soundtrack for an enjoyable evening on the estate's lush grounds. Arrive early to picnic and stroll the gardens. The gates open at 6 p.m. Step lively and take a dance lesson, offered at 6:30 p.m., to set the tone for those classic Beatles sounds to come.

The band, led by Joe Refano, brings together veterans of the New York music scene, all avowed "Beatlemaniacs." Their lively renditions of those iconic Fab Four tunes will keep everyone in a groovy mood and even get folks up on their feet.

Tickets are \$12; kids 17 and under are free with an adult.

Old Westbury Gardens, 71 Old Westbury Rd., Old Westbury. For more information, call (516) 338-0048 or visit www.oldwestburygardens.org.

The Purple Xperience

The band in concert, with a tribute to Prince, Friday, June 22, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountry.com.

The Como Brothers

The urban pop singer-songwriters in concert, Saturday, June 23, 6 p.m. Coe Hall, Planting Fields, 1395 Planting Fields Rd., Oyster Bay. 922-8600 or www.plantingfields.org.



Peter Cetera

The award-winning singer-songwriter and former Chicago bass player in concert, Saturday, June 23, 8 p.m. NYCB Theatre at Westbury, 960 Brush Hollow Rd., Westbury. (800) 745-3000 or www.livenation.com.

The Mike Nesmith and Mickey Dolenz Show

The duo in concert, with hits from The Monkees era, Saturday, June 23, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountry.com.

Joe Dubs and the Jazz Connection

The popular jazz band in concert, Sunday, July 24, 12:30-2 p.m. and 3-4:30 p.m. Program includes classics of Cole Porter and George Gershwin to the hottest composers of later decades. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. 484-9337 or www.nassaumuseum.org.



Chase Rice

The country singer-songwriter in concert, Thursday, June 29, 8 p.m. The Paramount, 370 New York Ave., Huntington. (800) 745-3000 or www.ticketmaster.com or www.paramountry.com.

For the Kids

Strummin' and Drummin'

An interactive concert performance, Friday, June 22, p.m. Program includes sing-alongs from around the world, stories and original songs. Coe Hall, Planting Fields, 1395 Planting Fields Rd., Oyster Bay. 922-8600 or www.plantingfields.org.

Studio Saturday

Drop in to The Manes Center to create projects and work inspired by Nassau County Museum of Art's current exhibit, Saturday, June 23, 11 a.m.-4 p.m. Spend up to an hour exploring a range of materials, techniques, and themes. For all ages. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. 484-9338 or www.nassaumuseum.org.

Radiant Rainforest

Explore Planting Fields' main greenhouse and examine exotic plants, such as the banana plant, while learning about rainforest animals, Sunday, June 24 12-1:30 p.m. Registration required. Planting Fields, 1395 Planting Fields Rd., Oyster Bay. 922-8600 or www.plantingfields.org.

Create Stations

An array of activities are available to Whaling

Museum visitors, Tuesday and Thursday, June 26 and 28, 2-4 p.m. The Whaling Museum, 301 Main St., Cold Spring Harbor. (631) 367-3418 or www.cshwhalingmuseum.org.

Lego Build-a-Thon

Get creative with Legos, Thursday, June 28, 2 p.m. For grades K and up. Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove. 676-2130.

Museums/Galleries and more...

The Age of Tiffany: Between Nouveau and Deco

An exhibition that places Tiffany within the context of other decorative art from the Heckscher Museum's permanent collection. Through July 22. Heckscher Museum of Art, Main St. and Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org.

Coast Guard Art

An exhibit depicting the mission of the U.S. Coast Guard, including search and rescue and boat patrols, along with buoy tending and training exercises. Artists on view include James Consor, Karen Loew, and Glen Head residents Susanne Corbelletta and Charles Van Horn, among others. Through Sept. 15. North Shore Historical Museum, 140 Glen St., Glen Cove. 801-1191 or www.northshorehistoricalmuseum.org.

Finding Peace: An Artist's Journey

A solo exhibition by landscape/seascape painter Gia Horton Schifano. Through June 24. B.J. Spoke Gallery, 299 Main Street, Huntington. (631) 549-5106 or www.bjspokegallery.org.

Heavy Metal: Photographs by Jan Staller

An exhibition of Staller's large-scale photographs that transform the industrial environment. Found industrial objects are

presented as sculptural artifacts of the post-industrial age. Through July 29. Heckscher Museum of Art, Main St. and Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org.

Urban Pop

An exhibition of artists who bring a myriad of visual cultural influences to their fine art practice. Some hone their skills on the street, others working in the studio find their own version of pop urban art, some having unique language of their own, that can't be categorized within a specific movement. Through Sept. 8. Gold Coast Arts Center, 113 Middle Neck Rd., Great Neck. 829-2570 or www.goldcoastarts.org.

Movie Time

See "Father Figures," a comedy about two adult brothers who set out to find their biological father, Thursday, June 21, 2 and 6:30 p.m. Oyster Bay-East Norwich Public Library, 89 East Main St., Oyster Bay. 922-1212.

Sketching in the Galleries

All ages can express their creativity and sketch in the museum's gallery space, Sunday, June 24, 11 a.m.-5 p.m. Help yourself to a variety of drawing supplies, grab a seat and create. Free with admission. Heckscher Museum of Art, Main St. and Prime Ave., Huntington. (631) 351-3250 or www.heckscher.org.

Film Screening

See "Sammy Davis, Jr.: I've Gotta Be Me," first major film documentary to examine Davis' vast talent and his journey for identity through the shifting tides of civil rights and racial progress during 20th century America, presented by Gold Coast Arts Center, Wednesday, June 27, 7:30 p.m. Bow Tie Squire Cinemas, 115 Middle Neck Rd., Great Neck. 829-2570 or www.goldcoastarts.org.

Book Signing

Join President Bill Clinton and James Paterson to celebrate the release of their new novel, "The President is Missing," Thursday, June 28, 11 a.m. Book Revue, 313 New York Ave., Huntington. (631) 271-1442 or www.bookrevue.com.



Anything Goes: The Jazz Age

The wild times and brilliant work of a tightly connected group of musicians, artists and writers during the 1920s are the subject of this exhibition. On view are masterpieces of the '20s, including neoclassical paintings by Picasso. Through July 8. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. 484-9337 or www.nassaumuseum.org.

Having an event?

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How to share what's important to you in the Herald Gazette



It's not only for organizations, elected leaders or non-profits. Neighbors in the News is a celebration of our neighbors and everyone can participate.

If you have a special moment you would like to share, like a 100th birthday celebration, your child's athletic achievement or a simple outing with your family in our coverage area send us your photo and a short descriptive paragraph.

Email your submission to Senior Editor
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INVITATION TO BID:
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Participating Districts:
North Shore Central School District
&
Glen Cove School District
PUBLIC NOTICE is hereby given that sealed bids will be received by the Board of Education, North Shore Central School District, 112 Franklin Avenue, Sea Cliff, New York, 11579, for Carpentry Supplies. The bids shall be in accordance with the Specifications and Terms of the proposed Contract. These proposals will be received by John Hall, Director of Facilities at: North Shore Central School District Administration Offices 112 Franklin Avenue Sea Cliff, New York 11579 (516) 277-7835

until 10:00 a.m. prevailing time on Tuesday July 3rd, 2018 at which time they will be publicly opened and read aloud. The bid opening will take place in the conference room at the Administration Offices.
OBTAINING DOCUMENTS:
The Documents, including specifications may be obtained at the North Shore Central School District, 112 Franklin Avenue, Sea Cliff, New York, 11579 between the hours of 8:00 a.m. and 4:00 p.m., Monday through Friday.
BID SUBMISSIONS
The Owner reserves the right to waive any informalities in any proposals, or to reject any or all proposals and to advertise for new proposals.
BY ORDER OF THE:
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North Shore Central School District
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LEGAL NOTICE
NOTICE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, June 26, 2018, at 7:30 p.m. in the Council Chambers at Glen Cove City Hall, 9 Glen Street, Glen Cove, NY to discuss amending Sec. 265-46 Schedule XIV: Parking Prohibited Certain Hours, of the Code of Ordinances as it relates to parking lot adjacent to Sons of Italy and Morris Avenue. All interested parties will be given an opportunity to be heard.
Tina Pemberton
City Clerk
97355
[To Place A Notice Call 516-569-4000x232](http://ToPlaceANoticeCall516-569-4000x232)

265-49 Schedule XVII: Time Limit Parking, of the Code of Ordinances as it relates to parking lot adjacent to Sons of Italy and Morris Avenue. All interested parties will be given an opportunity to be heard.
Tina Pemberton
City Clerk
97356
LEGAL NOTICE
NOTICE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, June 26, 2018, at 7:30 p.m. in the Council Chambers at Glen Cove City Hall, 9 Glen Street, Glen Cove, NY to discuss amending Sec. 265-46 Schedule XIV: Parking Prohibited Certain Hours, of the Code of Ordinances as it relates to parking lot adjacent to Sons of Italy and Morris Avenue. All interested parties will be given an opportunity to be heard.
Tina Pemberton
City Clerk
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OLEG SHOLOMOV, et al Defendants
Attorney for Plaintiff(s) Fein Such & Crane, LLP 1400 Old Country Road, Suite C103, Westbury, NY 11590 Attorney (s) for Plaintiff (s). Pursuant to a Judgment of Foreclosure and Sale Entered March 27, 2018 I will sell at Public Auction to the highest bidder at the Calendar Control Part (CCP) 100 Supreme Court Drive, Mineola, New York, 11501 on July 24, 2018 at 11:30 AM. Premises known as 39 Titus Road, Glen Cove, NY 11542. Sec 23 Block 55 Lot 394. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the City of Glen Cove, Nassau County, State of New York. Approximate Amount of Judgment is \$1,223,304.90 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index No 021490/07.
Mary Giordano, Esq., Referee FWMN420 97191

THE GREAT BOOK GURU

Biotech gone awry

Dear Great Book Guru,
The Sea Cliff Beautification Committee will hold its Secret Garden Tour on Saturday, June 30, from 10 a.m. to 3 p.m. and I will be stationed at a friend's beautiful backyard. There will be time I'm sure for some good reading before and after...any suggestions?

-Secret Garden Sojourner



ANN DIPIETRO

Dear Secret Garden Sojourner,
I just finished one of the best books I have read this year: "Bad Blood," by John Carreyrou, a Wall Street Journal investigative reporter. This book has it all: intrigue, corruption, jealousy, paranoia, lies, romance, redemption and a cast of unbelievably colorful characters. Elizabeth Holmes began Theranos — a company based on a revolutionary blood testing concept — in 2004, when

she was 19 years old. By 2015, she was declared the youngest female billionaire, with a paper fortune of \$9 billion. This past weekend she was indicted for fraud, and her fortune was devalued to zero. Carreyrou's book underscores the power of lies, charisma and greed. Backed by powerful but smitten men, including Henry Kissinger, George Schultz, Gen. James Mattis, Rupert Murdoch, the corporate CEO's of Walgreens and Safeway, and a bevy of world famous scientists, Holmes carried off this billion-dollar scam. It is an incredible story, a cautionary tale indeed, but moreover, a great read. Not to be missed and highly recommended!

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

OBITUARY

Charlotte E. Davis

Charlotte E. Davis, of Glen Cove, N.Y. died on May 27, 2018 age 79. Former wife of the late James; mother of Gregory (Shirley), Charlotte, Virginia (Ray), David, Kim, Shannon and the late James (Rose); special love of the late David Zachary; sis-

ter of Joan, Rose Marie, William and the late Sonny, Robert, Ethel, Consuela, Juanita and Haywood; grandmother of 17 and several great-grandchildren. A visitation and service was held at the Calvary AME Church of Glen Cove, officiated by Rev. Craig Wright. Arrangements made by Dodge-Thomas Funeral Home.

NEWS BRIEF

Herald Gazette welcomes award-winning intern

After a senior year full of studies, recognitions and unforgettable memories, Sea Cliff resident Zoe Malin, who graduates from North Shore High School this week, will lend her talents to the Sea Cliff/Glen Head Herald Gazette before attending Northwestern University's prestigious Medill School of Journalism in Chicago this fall. In recognition of her outstanding achievements, the Herald Gazette awarded Malin the Excellence in Journalism Award on her first day of work on June 15.



Zach Gottehrer-Cohen/Herald Gazette

Solution time: 25 mins.

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OPINIONS

A new playbook for American diplomacy

President Trump's travels last week stirred the diplomatic world on two fronts. First, he stopped in Canada for the G-7 leaders' conference, and held firm in his insistence on "fair trade" for U.S. manufacturers and farmers. Then he headed to Singapore to open a peace offensive with North Korea's dictator, Kim Jong-un. In



**ALFONSE
D'AMATO**

both cases, the president wasn't following the usual U.S. playbook for such meetings, but in both cases his bold moves deserve support.

On trade, Trump is right to vigorously protest the lopsided nature of the U.S. trading relationship with Europe and our

Canadian and Mexican neighbors. He has been consistent in demanding more balanced trade with these countries, as well as China. He has come to the defense of American steel and aluminum producers who suffer from unfair below-cost dumping of these key manufacturing materials. And, more recently, Trump has raised legitimate questions about the imbalanced tariffs imposed by our trading partners on U.S.-produced autos and American dairy

products.

The president is right when he says that German auto tariffs of 10 percent on American-made cars, versus 2.5 percent U.S. auto import tariffs, are unfair. There's no good reason why German auto manufacturers couldn't build more of their cars here in the U.S. rather than shipping them in from Germany. American auto manufacturing costs and quality are highly competitive.

If Trump makes good on imposing a 25 percent tariff on imported German cars, it would be a powerful incentive for the German car companies to make their cars here for the American market. The best answer, of course, would for Germany to voluntarily reduce its auto exports to the U.S. while simultaneously increasing production of vehicles in the U.S.

And the president is on the mark when he calls out Canada for 270 percent tariffs on American dairy products. Free trade is a two-way street, but Canada has regularly gone too far in protecting its agricultural producers, with both excessive tariffs on imports and generous subsidies for exports. The North American Free Trade Agreement was supposed to redress these imbalances, but it hasn't, and it should be

renegotiated for a fairer deal for U.S. businesses and workers.

What won't help in this battle on trade is our taking our eye off the ultimate goal and engaging in overheated rhetoric with our trading partners. Calling Canadian

Calling Justin Trudeau, the Canadian P.M., 'dishonest and weak,' as Trump did, didn't help.

Prime Minister Justin Trudeau "dishonest and weak," as Trump did after the G-7 summit, was counterproductive. And when White House Trade Adviser Peter Navarro said that there's "a special place in hell" for Trudeau for challenging higher U.S. tariffs on steel and aluminum imports from Canada, he did the president no favor: Trade negotiations are bruising enough without adding schoolyard insults.

What will work is hanging tough on these trade talks until better deals can be struck. The past several presidents, Democratic and Republican, have been strait-jacketed by their unquestioning devotion to "free trade," even as the U.S. suffered from one-sided trade agreements costing American workers their jobs. The voters in the swath of industrial and agricultural states who handed Trump the presidency now have a champion in him, and if he plays his cards right, their support will be rewarded with improved business and job growth.

On North Korea, the president has also been engaged in a negotiating gambit decidedly at odds with old-school ways of diplomacy. But those old ways likewise produced no tangible results, instead allowing North Korea to build a sizable nuclear arsenal and the missiles that can carry nukes to the American mainland. So Trump's tactic of first talking tough about North Korea, and then opening the door to negotiations, made good sense. He may have rattled Kim just enough to persuade him that talking with the U.S. is better than fighting it.

Based on what I'm told by experts on North Korea, I don't believe we can be too sure that Kim will ultimately move away from his dependence on nuclear weapons to keep himself in power. But by pausing upcoming U.S.-South Korea joint military exercises, Trump gave Kim an opening to move to denuclearize, and to concentrate on resuscitating North Korea's moribund economy. And along with this incentive comes the ultimate reality that if North Korea chooses to continue down its old path, it may still face the "fire and fury" the president promised.

War or peace? It's Kim's choice to make.

Al D'Amato, a former U.S. senator from New York, is the founder of Park Strategies LLC, a public policy and business development firm. Comments about this column? ADAmato@liherald.com.

Endnote: writing the story of my mother

Nora Ephron said that everything is copy, and in the life of a columnist, that is especially true. You live your life and observe your life at the same time, sifting experience for the right ingredients to whip up 750 words.

Many of my columns have been about my parents, who lived long and well and were kind and funny and iconic of their generation, the Greatest Generation. My



**RANDI
KREISS**

dad died in November 2016, at the age of 97. Today I write about my mother, who died last week at age 94.

She was Pearl Bromberg, born in 1923, to Anne and Morris Brownstein, two first cousins, and doesn't that explain a lot? She always wanted a

middle name, but that yearning was a metaphor for many deprivations she felt growing up. Over the years, I tried to wrest the family secrets out of her, but she grew vague when talk turned to her childhood. There were hints of her mother's infidelities and her father's rages and too few happy memories.

She grew up in Canarsie, Brooklyn, with two sisters and a brother, all of them

scrapping for attention from parents trying to put food on the table. They lived Life 101, without much reading or art or music, focusing their time and energy on getting by.

Shouting was what passed for conversation. There was a lot of free-floating anger:

Grandpa Morris once got arrested for chasing a woman down the block with a butcher knife because she insulted President Roosevelt.

It was a rocky beginning for Pearl, but her life took a sharply different path when she met Stanley Bromberg in the summer of '43 in Rockaway Beach. Did I mention she was gorgeous? My dad was handsome and well read and witty and — wait — going to be a dentist! They fell seriously hard in love, a mutually supportive and generous love that lasted for their 72 years together.

Their marriage and their success repaired much of her childhood injury. They were everything to one another, a rhyming couplet, a duo, a tandem life rolling along with remarkable good luck and in blessed good health.

Their life together was an inspiring story, and I got to write about so much of it: their Rockaway romance, my mother as a Brooklyn bride in a rented fairy tale wed-

ding gown, the years they lived behind my dad's first office with my pregnant mom sleeping in the dental chair. I wrote about their strange encounters with modern technology, our fights over how long to cook the Thanksgiving turkey; how, in their 90s, they rode in an open carriage in

a New Orleans second line parade and how, if I went to prison for 25 years for ax murder, my mother would be outside the gates waiting for me, with just one question: "Can I carry your suitcase?"

I don't think my mother felt that her own mother loved her unconditionally, above and beyond right or wrong, to the ends of the earth. But that's how my mother loved me. And that's what I get to carry, as she passes on.

Three years ago, I wrote about the cruise my sister and I took with our parents on their 70th anniversary. My mother was already cranky and difficult, but then, she was shouldering a heavy burden, my father. He got old and confused and simply didn't care much about anything but his "Pearlie." As his primary caregiver, she became resentful of her diminished life, but it wasn't in her DNA to carve out space for herself.

When he died, she wanted to live with

us, but that was just a bed and a roof; she didn't really want to live at all. I wrote about that, too, and about end-of-life choices, and the extraordinary work of hospice and the wrenching decisions adult children sometimes have to make, amid conflicting instincts.

Can I confess? I hardly knew my mother as a person in the world, and I didn't know her as a woman at all. We weren't friends in that way, but we were fiercely intertwined as mother and daughter. Her Stanley was her sun, and her children and grandchildren were the rest of her universe. Everyone else came in last.

She was the quintessential mother, who loved her children beyond reason and believed everything we said or did was touched by genius. I mean, how can you not succumb to that?

This is not to suggest a perfect relationship. I choose today to look at the piece that made me feel loved in the world and helped me love others.

When you're my age and your mother dies, it isn't a tragedy or even untimely. It's in keeping with the facts of mortality. My job, I think, is to take care of myself the way she took care of me, forget the grievances, hold on to the good stuff and seed it into the world among the children and grandchildren and friends I love.

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HERALD EDITORIAL

Staying safe when the summer heats up

Summer is finally here. It should be a time of joy, spent barbecuing in the backyard and hanging out at the beach. Too often, however, summer turns tragic when it needn't. The American Red Cross offers the following guidelines to help you stay safe as the temperature climbs.

During a heat wave

- Never leave children or pets alone in enclosed vehicles.
- Stay hydrated by drinking plenty of fluids, even if you don't feel thirsty. Avoid drinks with caffeine or alcohol.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors, because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Use a buddy system when working in excessive heat. Take frequent breaks if you must work outdoors.
- Check on family, friends and neighbors who don't have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- Check on your pets often to ensure that they aren't suffering in the heat.

Know what to do in an emergency

The American Red Cross first-aid app offers emergency-response information in simple, easy-to-follow steps. Available for iPhone and Android devices, the free app gives you instant access to the information you need to handle the most common first-



aid emergencies. It also features videos, interactive quizzes and straightforward advice.

Learn to swim

The best way to safely enjoy the water is to learn how to swim. Enroll your family in age-appropriate Red Cross water-orientation and learn-to-swim courses. Basic water-safety rules are part of these classes. You'll learn how to tell if a swimmer is in distress or is drowning, and how and when to call for emergency help. You'll also learn how to help someone in trouble in the water while keeping yourself safe.

To find classes for you and your family, contact your local aquatic facility.

Water safety tips

A Red Cross water-safety poll released in 2013 showed that nearly half of Americans said they had had an experience in which they were afraid they might drown, yet more than half planned to engage in activities that would put them at risk of drowning over the

summer.

Members of the Aquatic Sub-Council, part of the Red Cross Scientific Advisory Council, have developed the Circle of Drowning Prevention and Chain of Drowning Survival protocols to raise awareness of the most important steps swimmers can take to reduce the number of preventable drownings.

Circle of Drowning Prevention shows the layers of protection that can help prevent potential drownings, including:

- Pay close and constant attention to children you are supervising in or near water.
- Fence in pools and spas with adequate barriers, including four-sided fencing.
- Learn swimming and water-survival skills.
- Make sure children, inexperienced swimmers and boaters wear U.S. Coast Guard-approved life jackets, and always swim in areas watched by lifeguards.

The *Chain of Drowning Survival* illustrates the steps you should take when you spot someone in distress in the water, including:

- Recognize the signs of a struggling swimmer, and shout for help.
- Rescue and remove the person from the water without putting yourself in danger.
- Call emergency medical services.
- Begin rescue breathing or cardiopulmonary resuscitation if necessary, and use an automated external defibrillator, or AED, if available.
- Transfer care to advanced life support if needed.

For more, visit www.redcross.org.

LETTERS

It's time to rethink health care funding

To the Editor:

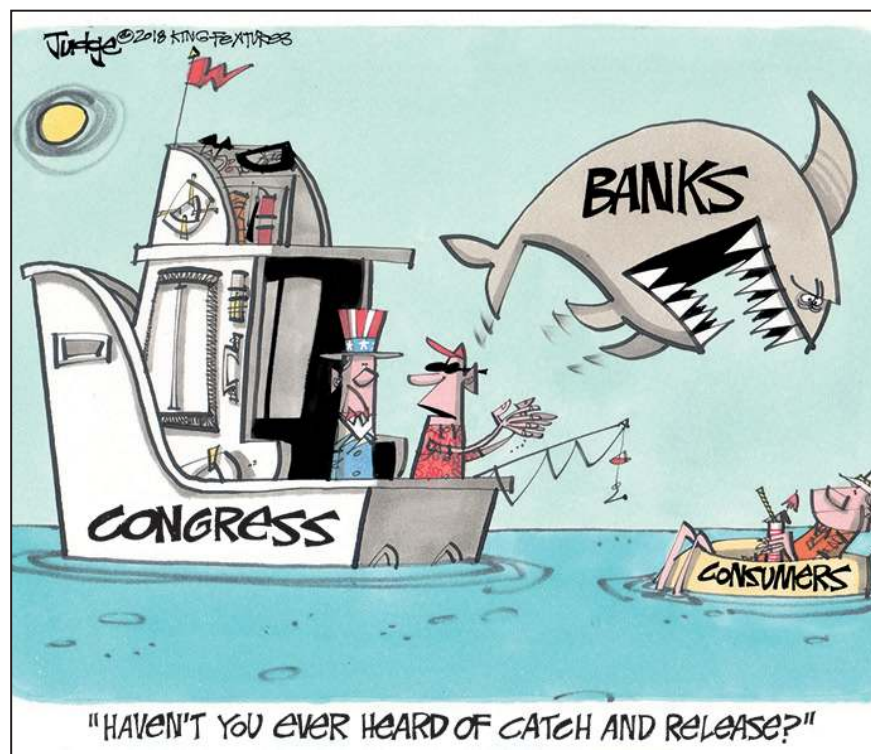
Re the editorial "Health care remains the nation's central issue" (June 7-13): I would like to add another reality that is hardly portrayed, if at all: employer-provided health care.

There are many people who put up with dead-end jobs that pay substandard, stagnant wages because of employer-provided health coverage. This stifles job mobility, because a worker has to see whether a possible future employer provides health coverage. Big companies have too much power to hamper job movement. There are some name companies that are extremely

profitable and self-insured, yet have no desire to improve the health coverage of their employees. In fact, they know they have the upper hand and exploit their workforce as much as they can, because they know they can.

Employer-provided health care is also used as a negotiating tool by some companies in dealing with unions. In my opinion, health care coverage should be like auto, home and liability insurance: portable and not affected by job movement, displacement or termination.

Small businesses would reap a harvest in not having to worry about providing health care coverage. Tax reform was



OPINIONS

How about a Pride Month to be even more proud of?

As I scrolled through social media on the first weekend of June — LGBT Pride Month — my online world was bursting with unapologetic queerness. My feed featured a cascade of rainbows, clips from “RuPaul’s Drag Race” and loud-and-proud LGBT memes. I cruised Facebook for what felt like hours, a big, gay grin plastered across my face. For reasons I don’t fully understand, I pine for this month each year like a child longs for Christmas.



**ZACH
GOTTEHRER-COHEN**

The TV was playing “The Laramie Project,” a docudrama about the 1998 murder of Matthew Shepard, a 21-year-old gay man from Laramie, Wyo. October will mark 20 years since Shepard was brutally beaten, tied to a fence and left to die in the cold.

The breakneck pace of progress for the LGBT movement makes it seem like the hatred that killed Shepard is a relic of the distant past. But it’s not. I was 5 when he was killed. In a not-so-distant past, could that have happened to me?

The LGBT movement, like most equality movements, has a body count. There are the names we know, like Shepard’s. There are

hundreds of names we don’t know, victims of hate slayings whose lives never got made into movies — or even made the local news. There are the thousands upon thousands who suffered and died early in the AIDS epidemic, while the Reagan administration was making jokes about the disease. How many people could have been saved by a simple public health campaign instead of the indifference shown by those at the highest levels of our government?

As I thought about Shepard and the other martyrs of the movement, one phrase rattled around in my head: They died for our Pride.

Those who experience Pride from the outside, for whom it is synonymous with “Pride parade” and the accompanying flamboyant joy, might find such a sobering notion at odds with the apparently festive spirit of gay pride. It’s one of the many ways that society puts us at odds with ourselves.

“Do I contradict myself?” wrote queer American poet Walt Whitman. “Very well then, I contradict myself. I am large, I contain multitudes.” For me, Pride contains multitudes. It’s the contentment of being in a community I don’t have to explain myself to. It’s the weariness of having to navigate a

world that didn’t give me much in the way of cultural roadmaps to love or sexuality. It’s the sadness I feel when older queer people, who grew up in more oppressive times, talk about the fear, exile and loneliness of their journeys. It’s the gratitude that I’m young and gay in these times, and not those.

Pride has become, for many of our straight allies who don’t always grasp the depths of its meaning, just another reason to party.

Pride is a celebration that is about all those things, good and bad. It’s about celebrating, and also about healing. But I’m concerned about the direction Pride has moved in the years since the Supreme Court decided on marriage equality. The parades, which began as protests against harassment, discrimination and violence, appear to have lost that urgency, even though there is still work to be done. Pride has become, for many of our straight allies who

don’t always grasp the depths of its meaning, just another reason to party.

Pride parades have become corporate exercises in performative acceptance, a branding mechanism for “woke” companies, a “pinkwashing” of the same American capitalism that has, in many ways, failed the queer community.

Forty percent of America’s homeless youth are LGBT, according to a 2016 report by Polaris, a not-for-profit that studies

human trafficking. The report also determined that they are up to seven times more likely than homeless heterosexuals to engage in “survival sex” to meet basic needs like food and shelter. In 2018, in almost two-thirds of these United States, employers can fire LGBT people because they are LGBT, with no repercussions.

Since 2015, the year we won the right to marry, 86 transgender people have died violently. Each of the past four years has been more deadly than the last for the trans community.

We’re more than just LGBT. We stand at the intersection of a hundred other issues. We are queer women. Queer immigrants. Queer people living in poverty. Queer people of color. Queer people with disabilities. Marriage equality was a big win, but for most of us it was only symbolic. It doesn’t help us with the problems that touch our lives every day.

As Pride Month comes to a close, let’s resolve to do it differently next year. Let’s organize Pride marches, not Pride parades. Let’s keep in mind both our history and our future. Let’s celebrate ourselves and one another by standing up for ourselves and one another, by demanding real, not symbolic, changes that have tangible benefits for the whole queer community. Next Pride Month, let’s do something to truly be proud of.

Zach Gottehrer-Cohen is the assistant editor of the Glen Cove Herald Gazette.

LETTERS

supposed to be about the middle and working classes, who have been left behind for decades. It became a haven for more tax breaks for the already prosperous big companies and the wealthy. Anthem Blue Cross is realizing billions in profits, and a tax savings of an additional billion isn’t enough. The company now wants to cut reimbursement rates to South Nassau Communities Hospital.

This is what happens when for-profit health insurance companies go up against a not-for-profit entity. So much for trickle-down economics.

It is disgraceful that in the 21st century, a great nation such as ours is so far behind in providing health care because of the huge footprint of big business, health insurance and drug companies. When the middle and working classes have to resort to coin jars, GoFundMe pages and fundraisers to pay for medical emergencies and expenses to avoid ruin, the status quo is working for the few, but not the majority.

TONY GIAMETTA
Oceanside

Taking ‘Pride’ in Long Beach

To the Editor:

Two weekends ago, Long Beach hosted its second annual celebration of Long Island Pride. For me it was a proud weekend, seeing the city continue a significant social, cultural and community-based event that every resident could enjoy.

Just over a year ago, Long Beach hosted Long Island Pride on the Beach for the first time. It was a massive undertaking, with all city departments and staff — as well as countless community members — working together to make it happen.

Like any new event, the progress from its first year to this month was tremendous, as the event was smooth and welcoming, not to mention a helpful economic development boost for the city and county, with tens of thousands of people in attendance for the weekend’s festivities.

The success of Pride is an example of how Long Beach works together, regardless of personal politics, when there’s an opportunity to do something special. Chatting with students and families from Parkland, Fla., over dinner the night before they led the Pride on the Beach parade and interacted with members of our community two weekends ago was moving. It reminded me of when the city took part in the March for Our Lives movement months ago, and stood in solidarity with millions across the country.

At the close of Pride weekend, thousands of us watched a tribute to those lost to gun violence, both at Marjory Stoneman Douglas High School and the Pulse Nightclub in Orlando, Fla. Being able to see the shared emotions of the young people who served as the parade’s grand marshals, along with all in attendance, made it a moment I’ll never forget.

Long Beach is a city with character. We live in a region — on an island — that constantly faces adversity, challenges itself to

FRAMEWORK by Christina Daly



With visions of future World Cups dancing in their heads — Atlantic Beach

be better, and consistently shows everyone that it has unmatched resiliency. While our government and political climate face real challenges and division, together we can and will work to be on the right side of history one step at a time. It’s why I’m raising my family here, and it reminds us all why we need to make progress toward equal justice for all.

Pride on the Beach is a signature event for our city and for Nassau County. It is an event that aligns with our core values. It’s an honor to see Long Beach continue to support this celebration of inclusion and equality. I feel a tremendous sense of pride knowing that during this event I can walk out my

door, join neighbors and be part of something truly special.

JACK SCHNIRMAN
Nassau County comptroller

Schnirman was Long Beach’s city manager from 2012 to 2017.

CORRECTION

Joseph McCann, mentioned in the story, “Uh-oh, gov. comes to town,” in the May 31 – June 6 issue is the current Glen Cove City Court Judge.

Whether you're buying, selling or renting, you sit back and relax.

We'll take the stress. You worry about more important things like running out of good beach reads. Summer lasts only 99 days, so enjoy it while you can.

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