

GLEN COVE

Easy. Honest. Accurate.

Save on your property taxes with Nassau County's trusted tax reduction experts.



MAIDENBAUM

THE LEADER IN PROPERTY TAX REDUCTION



Apply online at
mptrg.com/heraldnote
or call 516.715.1266

Hablamos Español

Maidenbaum Property Tax Reduction Group, LLC

HERALD



Celebrating
the new year
Page 3

VOL. 35 NO. 2 JANUARY 8-14, 2026 \$1.00

Unparalleled Experience Brings It Home

Dedicated and Knowledgeable With Proven Results

Sheila Wenger

Licensed Real Estate Salesperson
O 516.759.0400 | M 516.507.9303
sheila.wenger@elliman.com

© Douglas Elliman elliman.com

© 2026 DOUGLAS ELLIMAN REAL ESTATE. EQUAL HOUSING OPPORTUNITY. 110 WALT WHITMAN ROAD, HUNTINGTON STATION, NY 11746. 631.549.7401.

Panzenbeck sworn in for a third term

By ROKSANA AMID

ramid@iherald.com

The City of Glen Cove began a new term of leadership as Mayor Pamela Panzenbeck was sworn in for a third term during an inauguration ceremony at City Hall that brought together dignitaries, community leaders, first responders and residents. Nassau County Executive Bruce Blakeman administered the oath of office to Panzenbeck, while City Court Judge Joseph Capobianco swore in City Council members Grady Farnan, Danielle Fugazy Scagliola, Michael Ktistakis, Kevin Maccarone, John Perrone and John Zozzaro.

The event blended celebration with reflection on Glen Cove's civic tradition. Former City Court Judge Richard J. McCord spoke about continuity of leadership in the city and the sacrifices required of those who serve in elective

CONTINUED ON PAGE 10



After Mayor Pamela Panzenbeck, center, in black, was sworn in, the City Council held its first session of the year.

Gov. Hochul proposes online safety laws for children

By ROKSANA AMID

ramid@iherald.com

Gov. Kathy Hochul is unveiling a new series of State of the State proposals focused on protecting children online and addressing what state officials have repeatedly described as a growing youth mental health crisis. The initiatives are designed to strengthen safeguards on social media and online gaming platforms, and to provide teenagers with tools to support one another when mental health challenges arise.

Reactions from parents and professionals who work in technology make it clear that many

New Yorkers are already concerned about how digital platforms affect children.

Michelle Ng, of Glen Cove, who is expecting her first child in April and works in the technology industry, said her career has shaped her perspective on young people's use of social media. "As a UX designer and future parent, yes, I completely agree with the plan to restrict social media usage," she wrote in response to a Facebook survey from the Herald, using industry shorthand for user experience. "When something is free, we (and our kids) are the products."

Ng, who has worked as a

software engineer and a product designer for Fortune 500 companies and startups and now runs her own design studio, added that UX designers are often responsible for making platforms highly engaging. Social media companies, she wrote, compete for user attention because apps are free and "are selling users products and their data to make money which need the users to stay on the apps more."

Hochul's proposals center on legislation that would shield children from online predators, scammers and harmful artificial intelligence chatbots increasingly embedded in digi-

tal platforms. As well, she is calling for a statewide expansion of Teen Mental Health First Aid, a program that trains adolescents to recognize signs of mental health and substance use issues among their peers and respond appropriately.

"As New York's first mom Governor," Hochul said in a statement on her website, "the

well-being and safety of our children has always been one of my top priorities, and today we are continuing to break new ground to give our kids the tools and safeguards they need to contend with the unprecedented mental health challenges and real world dangers that can sometimes be a byproduct

CONTINUED ON PAGE 9

HERALD
Community Newspapers

NEWS BRIEFS

Free online tax assessment grievance

Nassau County Legislature Minority Leader Delia DeRiggi-Whitton is inviting homeowners to take advantage of two free online Community Assessment Grievance Workshops designed to help residents better understand and challenge the assessed value of their property.

The workshops, offered in partnership with the Nassau County Assessment Review Commission (ARC), will guide participants step by step through the county's online grievance process. Homeowners who believe their property assessment is inaccurate will learn how to file a grievance, navigate required documentation, and understand what factors are considered when determining property values. Representatives from ARC will lead the presentations and be available to answer questions submitted through the chat feature during the sessions.

"With Nassau's tax rolls still frozen, it is essential for homeowners to protect their families from over-taxation caused by an inaccurate assessment," DeRiggi-Whitton said. "If you believe your assessment is incorrect, I encourage you to attend one of my office's workshops, where Assessment Review Commission experts will take you step

by step through the grievance process and make it easy to exercise your rights without hiring an outside service."

Residents are encouraged to familiarize themselves with Microsoft Teams prior to the workshop to ensure smooth access on the day of the presentation. Questions submitted during the sessions will be addressed following the presentations, and ARC representatives may also follow up directly with participants if additional information is needed.

The first workshop will be held from noon to 2 p.m. on Wednesday, Jan. 28, 2026. A second session is scheduled for 7 to 9 p.m. on Wednesday, Feb. 11, 2026. Both workshops are free and open to Nassau County homeowners.

For additional information or assistance, residents may contact Minority Leader DeRiggi-Whitton's office at 516-571-6211 or by email at dderiggiwhitton@nassaucountyny.gov. Homeowners who have never filed a grievance before are especially encouraged to attend, as the presenters will review common mistakes and misconceptions about the process.

–Roksana Amid

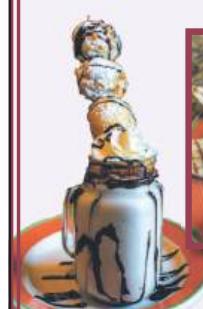
Nothing Could be Finer than Breakfast, Lunch, and Dinner at the Diner

Stop By For A Fabulous Meal, Quality Food, and Great Service



15% OFF

With coupon. Expires 5/31/26



187 Glen Street - Glen Cove, by CVS. • www.glencoivediner.com
516-676-1400 | Hours: Mon.-Thurs. 8am-9pm • Friday & Saturday 8am-10pm • Sunday 8am-7pm

Senior medical transportation program

A volunteer-run transportation program that has been a lifeline for Glen Cove's senior and disabled residents for nearly five decades is now facing a serious shortage of drivers — and its future may depend on new volunteers stepping forward.

Founded in the late 1970s as Glen Cove Rotary Rides, the free service helps those without reliable transportation get to and from medical appointments. It serves residents in Glen Cove, Sea Cliff, Glen Head, Glenwood Landing, Locust Valley, and parts of Old Brookville, providing door-to-door rides Monday through Friday from 9 a.m. to 1 p.m. Riders are picked up from their homes, taken to their appointments, and brought back home or to the Glen Cove Senior Center afterward.

The program is coordinated by Phyllis Burnett, who has managed dispatch and scheduling since 2012. It currently provides transportation for roughly a dozen residents each week, many of whom rely on it regularly. However, a decline in volunteer drivers has made it difficult to meet growing demand.

"We're looking for people who can just give a few hours a week," Burnett said. "Even one more driver would make a difference."

The service, which uses a decommissioned Chevrolet Crown Victoria police vehicle, operates on Monday, Tuesday, Thursday, and Friday mornings, traveling as far as Northern Boulevard for appointments. Riders are asked to schedule their trips at least a week in advance, but with limited volunteer availability, securing a ride has become increasingly challenging.

Volunteers can choose which day or days they are available, and no special qualifications are required beyond a valid driver's license and the ability to pass a background check. Drivers are asked to transport clients to appointments and provide a phone number where they can be reached for pickup afterward.

"This program has been part of our community for decades," Burnett said. "It's a small commitment, but it makes a huge difference in people's lives."

Those interested in volunteering or seeking more information can call (516) 676-2846 or visit the Glen Cove Senior Center, located at 130 Glen Street, Glen Cove, where applications are available.

Without new volunteers, a service that so many depend on could soon struggle to operate.

–Roksana Amid

©Douglas Elliman
elliman.com

Your Neighbor,
Your Trusted
Real Estate
Professional



Deeply connected to the

community and dedicated
to guiding you home. Count
on local insight, professional
advice, and a neighborly
approach to real estate.

Lisa Kasparian

Licensed Real Estate Salesperson

O 516.883.5200

M 516.458.5365

lisa.kasparian@elliman.com

SRS – Sellers Representative Specialist
ABR – Accredited Buyers Representative
SRES – Senior Real Estate Specialist



110 WALT WHITMAN ROAD, HUNTINGTON STATION, NY, 11746. 631.549.7401 © 2025 DOUGLAS ELLIMAN REAL ESTATE. ALL MATERIAL PRESENTED HEREIN IS INTENDED FOR INFORMATION PURPOSES ONLY. WHILE THIS INFORMATION IS BELIEVED TO BE CORRECT, IT IS REPRESENTED SUBJECT TO ERRORS, OMISSIONS, CHANGES OR WITHDRAWAL WITHOUT NOTICE. ALL PROPERTY INFORMATION, INCLUDING, BUT NOT LIMITED TO SQUARE FOOTAGE, ROOM COUNT, NUMBER OF BEDROOMS AND THE SCHOOL DISTRICT IN PROPERTY LISTINGS SHOULD BE VERIFIED BY YOUR OWN ATTORNEY, ARCHITECT OR ZONING EXPERT. IF YOUR PROPERTY IS CURRENTLY LISTED WITH ANOTHER REAL ESTATE BROKER, PLEASE DISREGARD THIS OFFER. IT IS NOT OUR INTENTION TO SOLICIT THE OFFERINGS OF OTHER REAL ESTATE BROKERS. WE COOPERATE WITH THEM FULLY. EQUAL HOUSING OPPORTUNITY. 



Photos courtesy Jill Nossa

The Jam Brothers at The Downtown Café.

BID sponsors New Year's Eve celebration

Downtown Glen Cove hosted a New Year's Eve celebration on Dec. 31, transforming the city's business district into a festive gathering space to ring in the new year. The event, organized by the Glen Cove Downtown Business Improvement District, ran from 5 p.m. until 1:30 a.m. and drew residents and visitors who came to enjoy live entertainment and community camaraderie.

Attendees gathered throughout the evening as music and onstage programming created a celebratory atmosphere. Families arrived earlier in the event to enjoy the beginning of the festivities, while later in the night adults and older teens stayed to welcome the arrival of the new year together. Local restaurants and nearby businesses benefited from the increased foot traffic, as many attendees visited shops and eateries before and after the program.

The outdoor setting allowed participants to circulate, greet neighbors, and reconnect with friends they had not seen during the holiday season. Residents said the downtown celebration offered a convenient, local alternative to traveling for New Year's Eve events and provided a safe, public place to celebrate. City officials and organizers emphasized that the goal of the event was to bring the community together, support the downtown area, and create an inclusive environment where all ages felt welcome.

As midnight approached, the crowd counted down the final moments of the year, cheered, and celebrated the arrival of the new one. The program continued into the early morning hours, concluding at 1:30 a.m. The Glen Cove Downtown Business Improvement District stated that events like this one were intended not only to celebrate milestones, but also to strengthen connections among residents and support local businesses throughout the year.

-Roksana Amid



DJ Shawn kept the crowd dancing at Meritage during the New Year's Eve celebration, energizing the room with music as guests counted down to midnight.



Jose Trombone Trio performed at Tocolo on New Year's Eve, filling the restaurant with live brass and upbeat rhythms as guests celebrated the countdown



Kirsten Maxwell played acoustic guitar at While in Kathmandu on New Year's Eve, providing an intimate live performance as patrons celebrated the final hours



Kerry Kearney and Jack Licitra performed at Jalisco on New Year's Eve, entertaining guests with live music as the restaurant's celebration carried into the midnight.

CALLING ALL ASPIRING JOURNALISTS!

ARE YOU A COLLEGE STUDENT LOOKING TO GAIN HANDS-ON EXPERIENCE IN JOURNALISM THIS SUMMER?

Herald Community Newspapers is offering an exciting opportunity to work alongside seasoned professionals and learn the art of storytelling, reporting and editing.

WHY INTERN WITH US?

At Herald Community Newspapers, you'll do more than just observe — you'll contribute!

- Cover local events and write news stories.
- Work closely with editors to polish your writing.
- Gain insight into the fast-paced world of community journalism.
- Build a portfolio of published work to showcase your skills.

WHAT WE'RE LOOKING FOR:

- Passionate and curious college students interested in journalism.
- Strong writing and communication skills.
- A desire to learn and grow as a storyteller.

How to Apply:

Send your resume to Herald Community Newspapers Managing Editor Jeffrey Bessen at jbessen@liherald.com

Don't miss your chance to be part of the Herald team this summer! Spots are limited, so apply today to start your journey in journalism. Your stories could be tomorrow's headlines.

Attorney advertising

Protecting Your Future
with Michael and Suzanne Ettinger
Attorneys-at-Law

Please join attorney Michael Ettinger for a live webinar, "Four Advantages of Using Trusts," on Wednesday, January 14 at 6:30 p.m. Register in advance at trustlaw.com

Myths About Estate Planning

The first myth to explore about estate planning is that you can do it yourself over the internet. This supposes that a trust is a generic legal document where you plug in names, addresses and amounts you want to give and then off you go! However, experienced estate planning lawyers will tell you the job is ninety percent social work and only ten percent legal.

Most of the time we spend with clients involves going over the social aspects of the estate plan. First, who should be in charge of your legal and financial decision-making in the event of death or disability? One person or more than one? Should they be required to act together or may they be permitted to act separately? How are the other family members going to feel about these choices? Who gets along with whom? What are my options and what do other people do and why? You need to be in a position to evaluate pros and cons and there's no counselling on the internet.

Getting an estate plan from out-of-state is fraught with other pitfalls. Take the New York form of power of attorney, for example. In our experience, even trained lawyers often make major

errors in drafting and executing the complex New York form of power of attorney. What chance does a lay person have to get it right?

Then there's the false sense of security one has in believing they have an adequate plan until it is too late — ultimately ending up with the family losing their home and life savings. Why? Because online estate planning does not address protecting assets from the extraordinarily high cost of long-term care either at home or in a facility. This involves planning with a Medicaid Asset Protection Trust (MAPT) — only available from an experienced elder law firm and not from the internet.

Consider this. Your chance of having your house burn down in any given year is about one in three thousand. Yet who doesn't carry homeowner's insurance every year? On the other hand, the mortality rate is stubbornly stuck at one hundred percent. Your estate plan for your family, your home and your life savings is simply worthwhile insurance that will one day pay off. Not only that, but you only pay for it once and have that insurance for the rest of your lifetime.

ETTINGER LAW FIRM
ELDER LAW ESTATE PLANNING SINCE 1991
trustlaw.com

Trusts & Estates • Wills & Probate • Medicaid
NO-COST CONSULTATION: 516-327-8880 or email info@trustlaw.com
100 Merrick Rd., Rockville Centre • 3000 Marcus Ave., Lake Success
Other offices in Huntington • Melville • Islandia

1332/34

THE GREAT BOOK GURU

Fatal farewell

Dear Great Book Guru,
I just came back from Sea Cliff's Polar Bear Plunge - what fun! While at the beach, some people were talking about a mystery their book club had chosen. It was set on Long Island but had an Irish twist. It sounded great - any thoughts?

Polar Bear Plunger

Dear Polar Bear Plunger,

"The Irish Goodbye" by Heather Aimee O'Neill is a wonderful book to start the new year. Set on the North Fork of Long Island - perhaps Greenport - the novel opens in 1990 where we meet three sisters: Maggie, Caitlin, and Alice Ryan and their brother Topher.

A terrible boating accident has just occurred, and a young friend, Daniel Larkin, is dead. To the girls' confusion and horror, Topher is taken away by the local police.



**ANN
DIPETRO**

The next chapter fast forwards to 2015. The sisters are back at the family home for the holidays, each with an intriguing, albeit troubling life story. Their mother who had been raised in an Irish orphanage is viewed by all as strict and very judgmental. Each sister harbors secrets she desperately wants to hide from her mother.

Into this turmoil the question of Topher and the boating accident arises, and we realize each of the sisters knows much more than has been revealed.

The term "Irish goodbye" has come to mean slipping away from a party to avoid long farewells and in this

story there has been a ghostly departure that still haunts the Ryan family after twenty-five years. A compelling read and highly recommended.

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

NEWS BRIEF

Winter themed paint party at the library

The Glen Cove Public Library will host a creative winter event, Paint Party: Snowy Shadows, on January 24 from 2 to 4 p.m. The in-person program will be led by artist Celicia Cargill of Authentic Heartwork, who will guide participants in creating a winter-themed painting to take home. All mate-

rials are included, and no prior painting experience is required. Space is limited and advance registration is required. A \$7 materials fee is payable at the Reference Desk upon registration. The library is located at 4 Glen Cove Ave. For more information, visit glencovelibrary.org or call (516) 676-2130.

Let us Know

News Brief items including awards, honors, promotions and other tidbits about local residents are welcome. Photographs may be emailed as well.

Deadline for submissions is noon Thursday, week prior to publication.

Send to ramid@liherald.com

GLEN COVE

HERALD

HOW TO REACH US

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

MAIN PHONE: (516) 569-4000

■ **WEB SITE:** glencove.liherald.com

■ **E-MAIL:** Letters and other submissions: glencove-editor@liherald.com

■ **EDITORIAL DEPARTMENT:** Ext. 327 **E-MAIL:** glencove-editor@liherald.com

■ **SUBSCRIPTIONS:** Press "7" **E-MAIL:** subscriptions@liherald.com **Fax:** (516) 569-4942

■ **CLASSIFIED ADVERTISING:** Ext. 286 **E-MAIL:** ereynolds@liherald.com **Fax:** (516) 622-7460

■ **DISPLAY ADVERTISING:** Ext. 249 **E-MAIL:** rglickman@liherald.com **Fax:** (516) 569-4643

■ **PUBLIC NOTICES:** Ext. 232 **E-MAIL:** legalnotices@liherald.com

The Glen Cove Herald USPS 008886, is published every Thursday by Richner Communications, Inc., 2 Endo Blvd. Garden City, NY 11530. Periodicals postage paid at Garden City, NY 11530 and additional mailing offices. Postmaster send address changes to Glen Cove Herald, 2 Endo Blvd. Garden City, NY 11530. **Subscriptions:** \$52 per year auto pay or \$65 one time payment within Nassau county (excluding qualified zip codes) or \$76 outside of Nassau County or by qualified request in zip codes 11542, 11545, 11547, 11548 or 11579. Copyright © 2026 Richner Communications, Inc. All rights reserved.

Let it Snow, STAY COZY ANYWAY

\$100 OFF

**Oil Heating System Repair
with FREE Oil Tank Inspection**

Must be installed by January 31, 2026. Cannot be combined with any other promotion or dispatch fee. Cannot be applied to dispatch fee. Oil tank cannot be buried or enclosed.

\$1000 OFF

Gas Boiler, Gas Furnace, or Heat Pump Installs, Oil-to-Oil, Oil-to-Gas, & Gas-to-Gas Conversions

Cannot be combined with any other offer.
Must be completed by January 31, 2026.



(516) 716-4501

UNIVERSE
HEATING-COOLING-PLUMBING-ELECTRIC

UniverseHomeServices.com

260 Smith Street, Farmingdale, NY 11735



WE'RE HIRING!
Scan code to apply today!

Financing Available



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

PARKER CARE. THE BEST. FOR THE BEST.



Parker Jewish Institute
HEALTH CARE AND REHABILITATION



Post-Acute Care | Sub-Acute Care | Short-Term Rehabilitation | Long-Term Care | Hospice Care | Palliative Care
Inpatient/Outpatient/Home Dialysis | Home Health Care | Medical House Calls | Senior Care Management | Center for Research and Grants

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

Go the distance

Timeless habits for better health

By Francesca Coltrera

A veritable avalanche of influencers, news headlines, and well-meaning friends and family offer conflicting advice on wellness. If you're overwhelmed by fads and hype around wellness, read on. Dr. Wynne Armand, a primary care physician at Harvard-affiliated Mass General Brigham health care, recommends simple habits to boost health and wellness in everyday life.

Quick fixes and fads may do little for our health, and some even prove harmful. Try to work healthy habits into your daily routines. If you're a parent, sharing and modeling them can help children and teens embrace wellness, too.

Bring mindfulness into your day

Mindfulness and meditation are overlapping techniques proven to ease stress, improve sleep, and enhance concentration.

"Anxiety and stress are very common issues in my practice," says Armand.

Worrying too often about the past or future is rarely helpful. The too-frequent release of stress hormones affects our heart, brain, and sleep, all of which have downstream consequences for our health.

Practicing mindfulness — whether simply by appreciating birds and plants on a walk in green space, or using apps like Calm and Headspace — anchors you in the present moment. This can calm anxiety, improve focus and concentration, and amp up positive feelings. When applied to eating, mindfulness may help with weight loss by encouraging people to slow down to savor meals.

Meditation knits together body and mind by focusing



on sensations, such as breathing, images, or a repeated word or phrase. One exercise that works equally well for adults and younger people is box breathing. The rhythmic pattern of breathing helps regulate the nervous system, reining in anxiety and stress, lowering heart rate and blood pressure, and boosting focus. The rhythmic pattern of breathing helps regulate the nervous system, reining in anxiety and stress, lowering heart rate and blood pressure, and boosting focus.

Prioritize sleep

Sleeping poorly can leave you feeling awful — snappish, foggy-headed, slow moving — and take a toll on your health over time. By contrast, getting sufficient, restful sleep supports the immune system, helps control weight, and aids physical well-being, mental well-being, memory, judgment,

and other cognitive functions. It may even extend longevity.

But how much sleep do you need? That varies with age and other factors: most adults need at least seven hours per night, according to the Centers for Disease Control and Prevention. However, sleep quality (a measure of refreshing, uninterrupted sleep versus tossing and turning) may be more important than nailing seven hours. And it's worth noting that too much sleep — nine hours or more in one analysis of multiple studies — is linked to higher risk for early deaths, too.

Be aware that sleep patterns and circadian rhythms that help rule sleep and wakefulness change over time. Good sleep hygiene can help. Tips include getting regular exercise, setting regular bedtime and wake-up times and turning off screens at least 30 minutes before going to bed.

Eat real, whole foods

A wealth of evidence shows that diets rich in vegetables, fruits, legumes and pulses like lentils, peas, and beans, and minimally processed foods support longevity and vitality. Plant-based and plant-forward diets are better for our health: research links them to lower rates of heart disease, certain cancers, and chronic illnesses like diabetes and obesity. They're better for the planet, too.

Move more, sit less

The hurry of life often short-circuits opportunities to be active. So, swap out the thought "What saves me time?" for a healthier one: "What keeps me mobile, flexible, and functioning well within my world?" Polishing off exercise requirements through a 30-minute block once daily is great, but you may reap even greater health benefits if you seek out ways to stay active throughout the day.

Photo: Adopting a healthier way of life moves us beyond quick fixes and fads

IT People treated
for cancer at MSK
live better, longer.
TAKES
MSK.

At Memorial Sloan Kettering Cancer Center, we're changing what you might expect from cancer care. We're improving treatments, advancing surgical techniques, and finding new ways to help you recover faster, feel stronger, and enjoy more of life. Because cancer care isn't just about living longer—it's about living fully. Our compassionate specialists are here for you in Uniondale, Commack, and Hauppauge.

Go to MSK.org/LongIslandCare or call 844-482-1838 to reach a cancer expert today.

©2026 Memorial Sloan Kettering Cancer Center. All rights reserved.
Based on Medicare patient data adjusted survival rate for all cancers combined when compared to all NCI-Designated Comprehensive Cancer Centers.



Memorial Sloan Kettering
Cancer Center

Because where you're
treated first matters.

Alexis Chidi, MD, PhD, MSPH
Thoracic Surgeon & Co-Director,
Lung Cancer Screening Program
MSK in Nassau

A new sign promoting local shopping

By ROKSANA AMID

ramid@liherald.com

A new “Welcome to Glen Cove” sign now stands along one of the city’s busiest gateways, marking not an entry to the community and a symbol of economic vitality and partnership. The Glen Cove Chamber of Commerce and PSEG Long Island, formally unveiled the double-sided landmark sign at 238 Glen Cove Ave., adjacent to Jeanine’s American Bistro, during a ribbon-cutting ceremony attended by city officials, business owners, and chamber members.

The sign greets motorists entering the city with “Welcome to Glen Cove,” while the reverse side reminds drivers to “Please Shop Local, Thank You.” Chamber leaders emphasized that the message reflects the organization’s ongoing work to support local commerce and encourage residents and visitors to spend locally. Businesses may purchase advertising space on the sign through weather-proof display panels designed to be visible to thousands of daily commuters.

Current participating businesses include the Deep Roots Farmers Market and Care First Home Solutions. Councilman Michael Ktistakis provided the landscaping, flowers, and maintenance, which are included as part of the project.

Chamber President Dr. Maxine Meyreis told attendees that the sign symbolizes far more than aesthetics. “This sign represents more than a gateway into Glen Cove and into our city,” she said. “It reflects the pride, the partnership and the economic vitality of our community.” She credited PSEG Long Island for providing the Community Thrive grant that funded the project, saying the utility’s support has allowed the chamber to undertake visible community improvements.

Meyreis highlighted the ongoing partnership with



Roksana Amid/Herald

City officials, business owners, and Glen Cove Chamber of Commerce members gather at 238 Glen Cove Ave. for the ribbon cutting of the new double-sided “Welcome to Glen Cove” sign, a project funded through PSEG Long Island’s Community Thrive grant and supported by participating local businesses.

PSEG Long Island representative Christine Bryson, saying, “She goes out of her way to let the Chambers know that this money is available and you’ve got to apply for it and make a project that’s worthy of their money. So here it is.” She noted that prior grant funding from the utility supported the installation of “six beautiful, sturdy trash barrels on the Cedar Swamp Road corridor coming into our city and helps to keep our city clean.”

Bryson said the utility’s goal is to continue working closely with local business groups through its grant programs. “All of us together make a great business

community so we’re really glad that we can be a part of that,” she said. She noted the Community Thrive program typically awards up to \$10,000 to chambers each year.

Mayor Pamela Panzenbeck praised the Chamber’s momentum and the new entryway. “We have the most wonderful booming, growing, dedicated, committed chamber of commerce,” she said, adding that the sign is “just beautiful,” and that the project would not have been possible without grant funding.

The landmark will serve both as wayfinding and a emphasis on small business support.

DESIGNED FOR THE COMFORT AND CONVENIENCE OF Dialysis Patients



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



Queens-Long Island Renal Institute, Inc. 271-11 76th Avenue | New Hyde Park, NY 11040
QLIRI.ORG | 718-289-2600

QLIRI provides:

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



LOCATED ON THE LOBBY LEVEL OF
Parker Jewish Institute
FOR HEALTH CARE AND REHABILITATION

1320480

Parents weigh in on youth online safety plan

CONTINUED FROM PAGE 1

of navigating today's digital world."

The proposals build on youth-focused technology policies advanced by the governor over the course of the past year, including banning smartphones in schools, adding social media warning labels, restricting addictive algorithmic feeds, and creating safeguards against A.I. companions aimed at children. State officials argue that children's digital lives are expanding rapidly, while existing protections have struggled to keep pace.

A central piece of the new package targets social media and gaming environments where children and adults can interact anonymously or across long distances. Lawsuits and investigations have alleged that some major platforms have failed to adopt sufficient safety tools for minors, leaving children vulnerable to grooming and exposure to explicit messages, violent material and content related to suicide.

The legislation would expand requirements for age verification on covered platforms, including online gaming services. It would also require "privacy by default," meaning that minors' accounts would automatically be set to the highest privacy setting. A user who a minor hasn't established an online connection would be prevented from messaging minors, viewing their profiles or tagging them in posts. Loca-



Courtesy Metro Creative

New state proposals aim to safeguard teens on social media and gaming platforms while expanding teen mental health training.

tion services would be turned off, children under 13 would need parental permission to form new connections, certain A.I. chatbot features would be disabled for minors, and parents would be able to limit financial transactions made through apps and games.

Portions of the package draw on legislation sponsored by State Sen. Andrew Gounardes and Assemblywoman Nily Rozic, who represent Brooklyn and Queens, respectively.

Glen Cove Schools Superintendent Alexa Doeschner wrote in an email to

the Herald that the district "welcomes the Governor's focus on protecting children and teens in digital spaces," noting that stronger safeguards, clearer expectations for platforms, and increased mental-health education can help families and schools reinforce healthy, balanced technology use. She described efforts that prioritize student well-being while supporting parent awareness as "an important step forward. According to Doeschner, students better understand the impact devices have on their mental health, and the district is seeing

"increased focus during instructional time and more face-to-face interaction among students," outcomes that align with the goal of creating spaces where students are fully engaged in learning and connected with one another.

Other Facebook respondents described seeing the emotional effects of online life among teens. "I am a ballet instructor living in Glen Cove and support these restrictions but I support even more holding off on gifting phones to our youth," Nicole Loizides Albruzzese wrote. "I see a increase in anxiety in our teens as they gain access to online media, text chats, etc." She added that young athletes and dancers already face intense pressure, "shouldn't have to feel obligated to keep checking in," and that teens should focus on "our moments, our training, our intentions, and our objectives."

Karen O'Mara Swett, of Sea Cliff, wrote she had been "coping with social media since MySpace" while raising three children, now ages 34, 26 and 25. All three, she said, have already decided that they will not give smartphones to her future grandchildren.

The proposals will go before the State Legislature in the coming session, continuing New York's ongoing debate over youth mental health, parental responsibility, and how far the state should go in regulating children's access to technology.

BEST HOME HEALTH CARE ON LONG ISLAND!



**CARING FOR LOVED ONES
24/7!
CARE BEYOND COMPARE**

LONG ISLAND'S PREMIER HOME CARE AGENCY
(516) 719-0909
tlccompanions.com
"EVERYONE NEEDS A Little TLC"

1327110

TLC COMPANIONS
Home Care

HERALD
LONG ISLAND CHOICE AWARDS
Presented by PSEG LONG ISLAND
choiceawards.com
WINNER



BUY 12 GET 12 MORE FREE!

ONLY \$34.99*
Reg. Price \$44.99
Special Limited Time Offer!

**27% SAVINGS
INCLUDING SHIPPING**

Hale Mini Honeybells

The once a year citrus sensation!

Buy 12 get 12 more FREE!

Call 1-516-853-7487
to Order Item 2692X
or Visit HaleGroves.com/H6YU54

Only \$34.99 plus \$7.99 shipping & processing. Satisfaction completely guaranteed.

Hale GROVES
Since 1947.
Hale Groves, Vero Beach, FL 32966

**27% SAVINGS!
INCLUDING SHIPPING!**

*Plus \$7.99 handling per pack to the 48 contiguous states. Limited time offer, good while supplies last. Not valid with any other offer. Limit 5 boxes per customer.

City leaders emphasize unity and trust

CONTINUED FROM PAGE 1

office. "Today is really a special occasion," McCord said, adding that inaugurations offer a moment "to look back at our history and traditions of Glen Cove, and why we're here and how we got here." Generations of leaders and volunteers helped create what residents enjoy today, he said, expressing confidence that the current administration would continue that work.

City Republican Committee Chair John Maccarone noted that although local elections can be contentious, they are rooted in deep civic commitment.

Under Mayor Pam's continued leadership, I have no doubts that our city will continue striving towards new heights.

MICHAEL RENGA

Senior,
Glen Cove
High School

in city deficits and improvements to athletic facilities and the municipal golf course. He credited support from the county and state, and noted Blakeman's role as a partner in those efforts.

Blakeman praised the city's spirit and diversity, describing Glen Cove as a community with residents who are both long-established and newly arrived but united by pride in their hometown. He said it was time to move past campaign season and focus on governing, saying, "As of today, the politics are over. Our job is to help the community." He also emphasized that public service isn't partisan, adding, "Our job is to help everybody."

State Assemblyman Charles Lavine echoed the bipartisan theme, and spoke about having worked productively with mayors of both parties over the years. "What is more important than your political affiliation," he said, "is your love and devotion for our community."

In his remarks, Glen Cove High School senior Michael Renga, one of the youngest speakers of the day, connected the city's political life to the experiences of local students and future leaders. Renga, who has been active in local politics since middle school and was recently accepted into American University's highly competitive international program, reflected on the support he has received from the community and the mayor, saying, "The unwavering support of the Glen Cove City School District and the members of our community has played a vital role in helping me

"Every person who ran for government did it because they love Glen Cove," Maccarone said, emphasizing the incoming council members' years of experience and adding that he hoped members would continue working collaboratively in the city's best interests.

Maccarone highlighted recent fiscal and infrastructure progress, including reductions



Roksana Amid/Herald photos

City Council members John Zozzaro, John Perrone, Danielle Fugazy Scagliola, Kevin Maccarone, Grady Farnan and Michael Ktistakis were sworn in by City Court Judge Joseph Capobianco.



Before he swore her into office, Nassau County Executive Bruce Blakeman praised Mayor Pamela Panzenbeck's dedication to the city.

achieve my dreams." He added that Glen Cove would always be his home, and that he intended to return after college and public service opportunities.

"Under Mayor Pam's continued leadership, I have no doubts that our city will continue striving towards new heights," Renga said.

Former Police Chief William Whittenton introduced Panzenbeck, and praised her administration's focus on public safety, infrastructure and fiscal stability. He also spoke about the strong relationship between City Hall and local law enforcement, and credited that partnership as a factor in strengthening Glen Cove's reputation as one of the safest cities in New York.

When Panzenbeck addressed the audience, she acknowledged both emotion and gratitude as she began her third term as mayor. "I am eternally

grateful to the voters of the city for placing your trust in me," she said.

Panzenbeck emphasized the work of city employees, calling them the backbone of municipal operations. She cited the Department of Public Works, parks crews, the water department, clerical staff, youth services and senior services among those who keep daily life functioning smoothly in the community. She praised first responders, and said that Glen Cove's safety record is a point of civic pride.

The mayor also made reference to a city policy that drew national attention — its ban on smoking marijuana in public parks, beaches and athletic facilities. The initiative received significant positive feedback, she said, crediting both the SAFE Coalition and the City Council for working together to pass it unanimously.



Members of the color guard presented the flags during the inauguration ceremony at Glen Cove City Hall.

Panzenbeck thanked her family for their support, and acknowledged the personal demands of public office. She also spoke about raising her children and grandchildren in Glen Cove, and the sense of community identity she believes the city instills in younger generations.

She touched on her roots in the Landing section of the city, and reflected on her journey to the mayor's office. "Imagine the little girl from Cole Street becoming the mayor," she said. "Who would have ever thought that possible?" She told residents she loved them, said she was proud to serve again and concluded with a blessing for the city and the country.

THANKS TO THE CONGESTION RELIEF PROGRAM, NEW YORK IS ON THE MOVE!

One year of the congestion relief program means real results for Long Island.

- Commute times are down 22% from the LIE to the Queens-Midtown Tunnel—meaning less time wasted in traffic and more time back in your day.

[SOURCE: Newsday, 8/6/25]

- **\$500 million** in transit improvements this year.

[SOURCE: CBS News]

- **\$1.5 billion-dollar LIRR** funding increase coming down the track.



Learn more



Long Island is moving forward thanks to 365 days of the congestion relief program.

Minimum wage increase to hit this month

By JORDAN VALLONE

jvallone@liherald.com

New York state's minimum wage increased on Jan. 1, marking the third straight year of increases. In New York City, Westchester and Long Island, the wage increased to \$17 per hour, and in the rest of the state to \$16 per hour.

This adjustment of \$.50 per hour is part of a planned series of increases, which will be indexed to inflation starting in 2027.

"From the tip of Montauk to Niagara Falls, this increase reflects our promise to put money back in New Yorkers' pockets and uplift our hard workers," Governor Kathy Hochul said. "By continuing these investments and indexing wages to inflation, we're making sure New Yorkers can keep up with rising costs by taking home more money."

ROBERTA REARDON
Commissioner,
New York State
Department of Labor

of Queens and is chair of the committee on labor, said. "Indexing the minimum wage to inflation was not radical, it was responsible, and it's how we make sure that work is rewarded with dignity today and in the years ahead."

The ability for the state to increase its minimum wages traces its roots back to a 2023 agreement between Hochul and the state legislature. Minimum



Courtesy Metro

Minimum wage increased in New York for the third year in a row. The wage increased to \$17 per hour, with the state looking to help workers make ends meet.

wage was also boosted by \$.50 per hour in 2024 and 2025. Starting in 2027, the minimum wage will increase annually at a rate determined by the Consumer Price Index for Urban Wage Earners and Clerical Workers for the Northeast Region — the most accurate regional measure of inflation.

The state's Department of Labor is working to educate employers and employees about wage changes. It offers free education seminars to help employers better understand labor laws and ensure compliance.

Workers can visit the Department of Labor's minimum wage webpage for more information, including an interactive minimum wage lookup tool to verify their correct pay rate. If you earn minimum wage and do not see an increase reflected in your paycheck, wage complaints can be filed at DOL.NY.gov or by calling (833) 910-4378.

"With costs rising, this increase is crucial for workers looking to make ends meet," New York State Department of Labor Commissioner Roberta Reardon said.

Multi-Organization Women's Networking Breakfast

How to Achieve Optimal Performance in the Workplace

Discover strategies to maximize your productivity and professional impact

Thursday, January 15, 2026
8-10 a.m.
The Mansion at Oyster Bay
Woodbury, NY

Kim Ross, MS, RD, CDN

Register today at WEDLI.org

Event Sponsor Media Sponsor

Be prepared before the next power outage.

It's not just a generator.
It's a power move.™

Receive a free 5-year warranty with qualifying purchase* - valued at \$535.

Call 516-973-5901 to schedule your free quote!

*Terms and Conditions apply.

GENERAC



Take the Next Step Toward Your Future

Continue your academic journey at a school that offers:

- Flexible credit transfers
- State-of-the-art facilities and industry-leading faculty
- Generous transfer scholarships and other financial aid options

TRANSFER TODAY!

Learn more at hofstra.edu/transfer
or call 516-463-6700.



1328616

HERALD
Inside LI

FREE WEBINAR

Power Smarter Energy Decisions with PSEG Long Island

FOR YOUR HOME – FOR YOUR BUSINESS – FOR YOUR BOTTOM LINE

Energy shouldn't feel overwhelming. This practical webinar breaks down your options so you can take control of costs, reliability, and usage with confidence.

January 30th • 10:00am

What You'll Learn:

- ✓ Lower and manage energy costs for your household or business
- ✓ Understand outage response & reliability priorities that impact homes and local businesses
- ✓ Use smart meters & Time-of-Day rates to better manage when and how you use energy
- ✓ Learn what makes PSEG Long Island #1 for Small Business Electric Service in the East, and how those service improvements benefit all customers

Hear from **Lou DeBrino, Vice President of Customer Operations** at PSEG Long Island to learn about practical tools, programs, and updates designed to help customers make confident, informed energy decisions.

REGISTER at www.LIHERALD.com/ENERGY

IN PARTNERSHIP WITH



**PSEG LONG
ISLAND**

CAN'T MAKE THE LIVE WEBINAR? REGISTER AND YOU'LL RECEIVE THE RECORDING!

To sponsor a webinar or for more information contact
Amy Amato at aamato@liherald.com or 516.569.4000 x224

HOST



MAUREEN FITZGERALD
Herald Community
Newspapers

GUEST



LOU DEBRINO
Vice President of
Customer Operations



**DON'T WAIT!
REGISTER
TODAY &
LEARN HOW
TO CUT COSTS**

STEPPING OUT



Fettuccine with Brussels Sprouts and Cranberries



Hearty Beef Stew with Roasted Vegetables



Rustic Roasted Winter Vegetable Chowder

New year, fresh flavors

Your kitchen beckons

By Karen Bloom

The holidays may be behind us, but winter's cozy rhythm is in full force. January invites us to nest at home and gather in the kitchen, where comforting, flavorful dishes warm both body and spirit — and gently set the tone for healthier habits in the new year. It's the perfect time to experiment "Top Chef"-style, playing with bold flavors and seasonal ingredients. After all, few pleasures rival a hearty, nourishing meal shared on a cold winter evening.

Consider adding these recipes to your repertoire.

Fettuccine with Brussels Sprouts and Cranberries

A satisfying plate of pasta is especially welcoming on a cold winter day.

- 4 slices bacon (approximately), cut into 1/2-inch pieces
- 2 cups (about 12 ounces) Brussels sprouts, trimmed and vertically halved
- 1 medium onion, sliced
- 1 cup chicken broth
- 1 4 cup dry vermouth
- 1 2 cup dried cranberries, coarsely chopped
- 6 ounces fettuccine (or another long pasta like spaghetti)
- 2 ounces Parmesan cheese, coarsely shredded
- Kosher salt and ground black pepper, to taste

Slowly cook bacon in a large, heavy-bottomed skillet over medium heat until fat is rendered and bacon is crisp, about 7 minutes. Remove bacon with a slotted spoon and drain on paper towels; set bacon aside.

Increase heat to medium-high, arrange Brussels sprouts cut-side down in the rendered bacon fat and cook, without stirring, until sprouts begin to crisp and brown on the cut face, about 2 minutes. Add the onion and toss to combine with the sprouts; cook, stirring occasionally, until onion is translucent, about 4-5 minutes. Add the broth, vermouth, and dried cranberries, scraping up any fond from the bottom of the skillet, and bring to a fast simmer. Cover, reduce heat to medium, and cook until the sprouts soften, about 10 minutes.

Meanwhile, cook the pasta until just al dente, reserving 1/4 cup of the cooking water. Transfer pasta to the skillet with the sprouts and liquid and toss continuously over medium-high heat for an

additional 1-2 minutes, or until most of the liquid is absorbed. (If pasta is too dry, add reserved cooking water a tablespoon at a time.) Season with salt and pepper and serve garnished with Parmesan cheese and reserved bacon.

Hearty Beef Stew with Roasted Vegetables

This classic stick-to-your-ribs stew is a terrific winter warmer-upper, served with a hearty bread or corn bread.

- 1 cup cubed butternut squash
- 1 cup cubed carrots
- 1 cup cubed parsnips
- 1 cup cubed sweet potatoes
- 1 cup cubed onion
- 2 tablespoons olive oil, divided
- 1 1/2 pounds boneless beef sirloin steak, cut into 1-inch cubes
- 3/4 cup chicken stock
- 3 bay leaves
- 1/2 teaspoon thyme leaves
- 1/2 teaspoon black pepper, coarsely ground
- 1/2 teaspoon salt
- 1/4 cup dry red wine

Preheat oven to 425°F. Toss vegetables with 1 tablespoon of the oil. Arrange in single layer on large baking sheet. Roast 20 minutes or until vegetables are golden brown.

Meanwhile, heat remaining 1 tablespoon oil in large skillet on medium-high heat. Brown beef in batches. Return all beef to skillet. Add roasted vegetables, stock, wine, salt, pepper, thyme and bay leaves.

Bring to boil. Reduce heat to low; simmer 10 minutes or until sauce is slightly thickened. Remove bay leaves before serving.

Rustic Roasted Winter Vegetable Chowder

A rustic, flavorful soup can be flavorful centerpiece to healthy, satisfying meal. This filling soup is packed with vegetables.

- 1/2 small butternut squash, peeled, seeded, and cut into 1-inch dice (about 2 cups)
- 3 medium parsnips, peeled, cut into 1-inch dice (about 1 cup)
- 1 medium sweet potato, peeled, cut into 1-inch dice (about 1 cup)
- 2 medium carrots, peeled, cut into 1-inch dice

(about 1 cup)
 • 1/2 fennel bulb, quartered & sliced thin (about 1 cup)

- 1/2 teaspoon plus 1/2 teaspoon kosher salt or coarse sea salt
- 2 tablespoons plus 3 tablespoons olive oil, divided
- 1 medium onion, diced (about 2 cups)
- 2 tablespoons all-purpose flour
- 4 cups vegetable broth
- 2 medium russet potatoes, peeled, cut into 3/4-inch dice (about 2 cups)
- 4-5 fresh thyme sprigs
- 1 cup milk or unsweetened plain almond milk
- Additional salt and freshly ground black pepper, to taste
- More pepper and thyme leaves for garnish

Heat oven to 400 F.

In a large bowl, toss the butternut squash, parsnips, sweet potatoes, carrots, and fennel with 2 tablespoons olive oil and 1/2 teaspoon coarse salt. Spread in a single layer on a large baking sheet and roast until tender and browned in places, about 40 minutes, turning a couple of times while roasting.

While the veggies are roasting, prepare the base of the soup. To a large saucepan over low heat, add 3 tablespoons olive oil. Add the onion along with a pinch of salt and a bit of pepper, then cook, stirring occasionally, until soft, about 10 minutes. Stir in the flour and cook for 3 minutes, stirring constantly.

Stir in the vegetable broth. Add the potatoes and thyme. Bring to a boil over medium heat then reduce heat to low. Simmer uncovered for 15 minutes or until potatoes are soft. Remove from heat. Pick out the thyme stems and discard.

Stir in the roasted vegetables. Carefully transfer about 3 cups of the chowder to the pitcher of a blender. Puree until smooth. Return the pureed mixture to the pot and stir to combine. The soup should be thick, rich, and creamy.

Stir in the milk. Place the pot back on the burner, and, with the heat on medium-low, return to a simmer, stirring often to prevent burning.

Taste and add additional salt and pepper if desired.

Serve garnished with an additional turn of cracked pepper and thyme leaves.

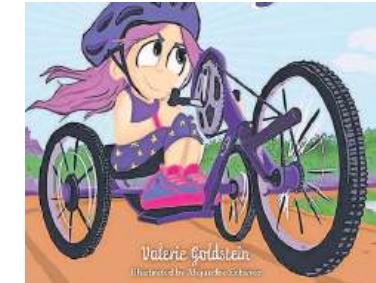


Yacht Rock Revue

Hailed by Rolling Stone as the "world's premier soft-rock party band," Yacht Rock Revue invites audiences on a nostalgic voyage through the melodies of the 70s and 80s. Since their humble beginnings in 2007, Atlanta, Ga.-based YRR has emerged as a pivotal figure in revitalizing yacht rock, sharing stages with icons and garnering a devoted following of "Anchorheads."

Inspired by soft rock's golden era, the 10-piece band has mastered the art of recreating the breezy laid-back tunes that defined a generation. From the sun-kissed melodies of Steely Dan and Michael McDonald to Hall & Oates' velvety harmonies, their repertoire spans beloved hits that evoke memories of palm trees, ocean breezes and carefree summers. But Yacht Rock Revue isn't just a tribute band. Their original compositions are a modern ode to the genre, capturing the essence of those bygone days while infusing it with a fresh and invigorating twist.

Thursday through Saturday, Jan. 8-10, 8 p.m. \$82, \$60.25, \$49.25 \$37.25. The Paramount, 370 New York Ave., Huntington. Tickets available at ticketmaster.com or paramountry.com.



V is for Violet

Families are welcome to Nassau County Museum of Art for a special storytime with children's author Valerie Goldstein. During the interactive reading of her inspiring picture book "Violet's Victory!", young audiences will follow Violet — a determined girl with lavender hair — as she discovers her inner strength, perseverance as she chases her dreams. Violet wants to participate in Sports Day at her school. She walks with crutches for support, which she calls her "magic sticks." Violet knows she will not be able to keep up with her classmates using crutches. Then she spots a purple handcycle! With determination and perseverance she participates in Sports Day. Every hue of purple is mentioned and makes for a perfect art connection. Following the reading, children and caregivers can meet the author during a book signing and participate in a hands-on craft inspired by Violet's journey. Designed to spark imagination and open the door to meaningful conversations, the session celebrates resilience, self-belief and the joy of trying something new.

Saturday, Jan. 10, 1:30-3 p.m. \$20 adult, \$10 members and children. Register at nassauumuseum.org or (516) 484-9337.

YOUR NEIGHBORHOOD CALENDAR

JAN 8 On Exhibit

Nassau County Museum of Art invites visitors into a world where reality is uncertain, dreams take shape, and the line between fact and imagination disappears. From dreamlike landscapes and uncanny portraits to images so exact they look like photographs, works in "Real, Surreal, and Photoreal" challenge what we see and what we believe. This exhibit explores how artists across generations have reimagined "the real" in strikingly different ways. Works from both American and European artists are featured. On view through March 8.

- Where: 1 Museum Drive, Roslyn Harbor
- Time: Ongoing
- Contact: nassauumuseum.org or (516) 484-9337

Planting Fields' Greenhouse Holiday Display

Step into the warmth of the Main Greenhouse, where a tropical oasis is transformed for the holidays. Brilliant poinsettias, vibrant greenery, and seasonal accents create a lush, immersive escape — an unexpected world of color and life amid the winter chill. Wander through this enchanting display and let the beauty and serenity of the season surround you!

- Where: 1395 Planting Fields Road, Oyster Bay
- Time: 10 a.m.-3:45 p.m., through Jan. 12
- Contact: plantingfields.org or call (516) 922-9210

JAN 9 'Violet's Victory'

Families are invited to Nassau County Museum of Art for a special story time with children's author Valerie Goldstein, who shares her inspiring picture book *Violet's Victory!* Follow Violet, a determined young girl with lavender hair, as she discovers her strength, perseverance, and the power of adaptive sports on her journey to achieve her dreams. After the reading, meet the author for a book signing and enjoy a fun, hands-on craft inspired by Violet's story of creativity, courage, and confidence. Children must be accompanied by an adult care giver; \$20 adult, \$10 members and children. Advance registration preferred.

- Where: 1 Museum Drive, Roslyn Harbor
- Time: 1:30-3 p.m.
- Contact: nassauumuseum.org or (516) 484-9337

Chip-A-Tree

Recycle your discarded Christmas trees at the City of Glen Cove Beautification Commission's annual



JAN 22

Paul Cornish Trio

Newly signed to Blue Note Records, Los Angeles-based pianist and composer Paul Cornish is making waves as one of the most innovative new voices in jazz. Presented in collaboration with Jazz at Lincoln Center, Tilles Center Atrium becomes an intimate lounge to showcase this exciting up-and-coming jazz talent. Cornish, who strives to inspire freedom and collaboration in his music and community, has performed extensively across the globe with such notable artists as Joshua Redman, Louis Cole, Mark Giuliana, and more. With Jonathan Pinson (drums) and Jermaine Paul (bass) he'll perform selections from his Blue Note Records debut album "You're Exaggerating." A Stanford Jazz Workshop alumnus, Cornish blends deep jazz roots with bold, forward-thinking vision, transforming tradition into an electrifying and inspiring musical journey. A standout talent from Houston's renowned High School for the Performing and Visual Arts, Cornish went on to earn degrees from USC and the Herbie Hancock Institute of Jazz at UCLA. Now a member of Joshua Redman's band, he has toured the world and was featured on Redman's NPR Tiny Desk Concert. "Paul is one of the most innovative pianists to come along in quite a while," says Blue Note President Don Was. "He is the next purveyor of that hallowed legacy." Don't miss this opportunity to witness Cornish's extraordinary artistry and boundless creativity live.

- Where: LIU Post campus, 720 Northern Blvd., Brookville
- Time: 7:30 p.m.
- Contact: tillescenter.org or (516) 299-3100

Chip-A-Tree. Trees are collected and processed into mulch. Trees may also be dropped off ahead at the Morgan Park parking lot in the designated area.

- Where: Morgan Park parking lot
- Time: 9 a.m.-noon

JAN 11

Ecotherapy Walk

Celebrate new beginnings with certified guide Linda Lombardo on an Ecotherapy Walk at Sands Point Preserve. Ecotherapy, also known as Forest Bathing, is not simply hiking in the woods, or a walk on a beach. The focus is on connection and relationship, allowing the heart to open to the beauty of the natural world, and at the same time, understand our belonging in that world. Register for individual walks or a series of three. \$135 for series of 3, \$120 members; \$49 per session, \$44 members.

- Where: 127 Middle Neck Road, Sands Point
- Time: 2 p.m.
- Contact: sandspointpreserveconservancy.org or call (516) 571-7901

In concert

Sands Point Preserve's reserve's historic mansions and waterfront grounds are the backdrop for

another edition of its unique chamber music series at Hempstead House, themed "Winter Dreams." Kick off the new year with a concert that blends music with messages of legacy, hope and resilience. Celebrate the life and vision of Dr. Martin Luther King Jr., reflecting on courage, compassion, and the dream of a better world. The program is performed by duolal ensemble-in-residence featuring Kathryn Lockwood, viola, and Yousif Sheronick, percussion, with violinists Rebecca Fischer and Karla Donahue Perez, cellist Christine Lamprea, and Bixby Kennedy, clarinet. With wine reception following. \$56, \$45 members.

- Where: Hempstead House, 127 Middle Neck Road, Sands Point
- Time: 3-5 p.m.
- Contact: nassauumuseum.org or (516) 484-9337

JAN 14

Friends of the Glen Cove Public Library meet

Friends of the Glen Cove Public Library will hold an in-person meeting open to members and interested residents.

- Where: 4 Glen Cove Ave.
- Time: 11 a.m.-noon
- Contact: glencovelibrary.org or (516) 676-2130

JAN 15

'Brown Bag' Art Chat

Grab your lunch and join Nassau County Museum of Art Docent Riva Ettus for her popular "Brown Bag Lecture" at the museum. Explore "The Real, Surreal, and Photoreal," through a lively and informative presentation. No reservations. First come, first seated.

- Where: 1 Museum Drive, Roslyn Harbor
- Time: 1 p.m.
- Contact: nassauumuseum.org or (516) 484-9337

Game Night

Meet up with friends or make some new ones at Glen Cove Public Library. Play a board or card game, from the Library's collection or feel free to bring your favorite games from home, or even Mah Jongg. Games are available anytime — just ask at the Information Desk.

- Where: 4 Glen Cove Ave.
- Time: Ongoing Thursdays, 7 p.m.
- Contact: glencovelibrary.org or (516) 676-2130

JAN 19

Ninja Née's Secrets of the Signal Tower

Kids in grades 2-5 are invited to Sands Point Preserve's Hempstead House to join the clever young scientist-turned-superhero Ninja Née as she unravels the mystery of strange flashes of light coming from preserve's old clock tower! In this hands-on STEM adventure, kids become part of the story by experimenting with mirrors, secret light codes, and even drawing their own working electric circuits to help save the day from the mischievous Dr. Chaos. This interactive workshop blends science, storytelling, and teamwork into one unforgettable mission. \$40, \$35 members. Registration required.

- Where: Hempstead House, 127 Middle Neck Road, Sands Point
- Time: 10 a.m.-noon
- Contact: sandspointpreserveconservancy.org or call (516) 570-2185

JAN 24

Paint Party: Snowy Shadows

Artist Celicia Cargill of Authentic Heartwork leads an in-person paint party at Glen Cove Public Library.

Participants are taught to create a one-of-a-kind winter-themed masterpiece. Space is limited and registration is required. \$7 fee covers all materials and is payable at the Reference Desk upon registration.

- Where: 4 Glen Cove Ave.
- Time: 2-4 p.m.
- Contact: glencovelibrary.org or (516) 676-2130

JAN 25

Art talk

Nassau County Museum of Art hosts Dee Shapiro, a New York-based artist, is known for her richly detailed paintings exploring geometry, architecture, and place. She discusses works from her City and Landscapes series featured in The Real, Surreal, and Photoreal exhibit, which capture the rhythm and structure of urban and natural environments. \$20, \$15 seniors, \$10 students (members free). Limited seating, register in advance.

- Where: 1 Museum Drive, Roslyn Harbor
- Time: 3 p.m.
- Contact: nassauumuseum.org or (516) 484-9337

Having an event?

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

Suozzi clashes with Jan. 6 demonstrators

By ROKSANA AMID

ramid@lherald.com

Rep. Tom Suozzi engaged in a heated confrontation outside the U.S. Capitol on Tuesday with a group of demonstrators who had received pardons for their roles in the Jan. 6, 2021 attack, leading to a tense verbal exchange and the intervention of U.S. Capitol Police officers.

Suozzi, a Democrat from Glen Cove, encountered the protesters as they gathered outside the Capitol. Members of the group waved American flags and held signs, including some that said, "Thanks for our pardons!" The ensuing exchange was witnessed by reporters and others and was widely captured on video, including footage later posted on X.

Suozzi was met by curses and insults, including being called a "fraud" and a "traitor." One protester asked him, "How do feel [with] the power of the American people surrounding you. We the people?" Protesters also made remarks about the events of Jan. 6.

Jan. 6, 2021, marked the day when Congress met to certify the results of the 2020 presidential election. Large crowds assembled in Washington, D.C., for rallies, and some individuals later breached security perimeters at the U.S. Capitol and entered the building, disrupting certification proceedings. During the breach, violence occurred, including clashes with law enforcement, assaults on officers, windows being smashed, the use of chemical irritants, and vandalism inside the building. Congress reconvened later that

night and completed the certification in the early hours of Jan. 7.

Suozzi, who was inside the House chamber during those events, grew irritated during Tuesday's confrontation and responded by questioning the group about violence directed at law enforcement that day. He asked, "How do you feel about beating up police officers? How do you feel about tasing police officers? How do you feel about committing crimes?"

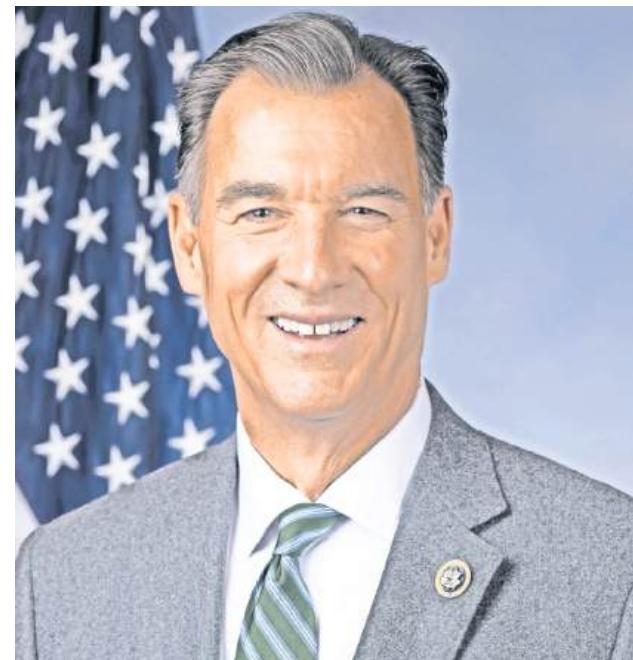
Capitol Police officers eventually positioned themselves on both sides of Suozzi and escorted him away from the crowd. As he was being guided from the scene, he instructed the demonstrators to "settle down!"

Earlier Tuesday, Suozzi posted video on X that he recorded five years ago from inside the House chamber as the Capitol was under attack, including footage taken as lawmakers were escorted to shelter.

He also posted multiple written reflections on the fifth anniversary of Jan. 6. In a midafternoon post, Suozzi wrote, "I was

in the House chamber inside the Capitol on January 6. It was very real. That day, I rededicated myself to overcoming the extremism and partisanship that has plagued our country. It is the only way forward." He added, "We cannot ignore history."

In a morning post, he reflected on being among the last to leave the chamber. "As one of the last people to leave the House chamber during the storming of the Capitol, that day is permanently seared into my memory. It was a frightening and shameful moment for our democracy, one that can never be normalized and must never be allowed to happen again," he wrote.



Herald file photo

U.S. Rep Tom Suozzi engaged in a heated confrontation outside the U.S. Capitol on Tuesday with a group of demonstrators who had received pardons for their roles in the Jan. 6, 2021.

Suozzi also addressed the pardons related to Jan. 6, writing, "The one thing I disagree with President Trump the most, was the pardoning of the January 6th criminals."

Suozzi did not comment to the Herald as of press time regarding the confrontation outside the Capitol.

12 HOLIDAY WINES

PLUS BONUS GIFTS

ONLY \$79.99

SAVE
\$155



Our experts handpicked this highly acclaimed collection to pair perfectly with your favorite dishes from Omaha Steaks. Uncork 12 bottles with bonus gifts for just \$79.99 (plus shipping and tax) as your introduction to the Omaha Steaks Wine Club – saving you \$155.

Then, look forward to 12 new selections every three months and enjoy a \$30 Omaha Steaks E-Reward Card with each future club case. You'll also save 10% on every 12+ bottle purchase and get free delivery every time you order. There's no commitment to continue and every bottle comes with our 100% guarantee.

Order now at GetOSWine.com/Sip304

or call 1.516.973.7683 and mention code AHNE001

Savings off retail price. Offer subject to availability and club enrollment. Omaha Steaks Wine is operated independently from Omaha Steaks, LLC. Full terms and conditions online. Void where prohibited by law.

OMAHA STEAKS® WINE

POWERED BY LAITHWAITES

132663

PICTURE PERFECT, NOW

WAIT UNTIL <
YOU TASTE IT



GET 8
FREE
BURGERS
A \$23 value!



Butcher's Savory Collection SAVE 56%

- 4 Butcher's Cut Filet Mignons (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (5 oz.)
- 4 Boneless Pork Chops (5 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)

8 FREE Omaha Steaks Classic Burgers (4 oz.)

81305DBC separately \$294.94 **\$129.99**
SPECIAL INTRODUCTORY PRICE

ORDER
NOW!

OmahaSteaks.com/Savory3101 | 1.888.792.3598

Ask for your FREE burgers with offer 81305DBC or Scan

THE BEST STEAKS OF YOUR LIFE OR YOUR MONEY BACK

*Savings shown over aggregated single item base price. Photos exemplary of product advertised. Limit 2. 8 free (4 oz.) burgers will be sent to each shipping address that includes 81305. Standard S&H added per address. While supplies last. Items may be substituted due to inventory limitations. Some products may not be available for sale in your area. Sales are subject to OmahaSteaks.com/terms-of-use. Expires 03/31/26. | 25M8964 | Omaha Steaks, LLC



THE FIRST OF
ITS KIND
ON LONG ISLAND!

**MARCH 3
2026**

**Crest Hollow Country Club
Woodbury**



**THE
ULTIMATE
BUSINESS
EVENT**



BUSINESS EXPO & WORKSHOPS

10:00 AM - 5:30 PM

Showcase Your Expertise at LI Business Summit

A business conference, trade show, and networking event celebrating the Long Island business community. Get in front of decision makers, gain new leads, and elevate your brand at this premier event.

- **Exhibit** your products & services to a targeted audience
- **Engage** in thought-provoking workshops covering AI, marketing, growth strategies, and much more
- **Connect** with other business owners & entrepreneurs



Network with Leaders



Learn & Grow



Boost Your Reach



Explore New Opportunities



Celebrate Success



To purchase tickets, visit www.richnerlive.com

HERALD Thrive Awards Dinner

6:00 PM - 7:30 PM

Do you know a small or family-owned Long Island business that's making a big impact?

Join us at the HERALD Thrive Awards dinner reception to celebrate the resilience, innovation, and dedication of Long Island's family and small businesses who drive our economy forward.

Whether they're creating jobs, leading with vision, or giving back to the community, these businesses deserve recognition.

Nominate today at richnerlive.com or scan!



Stew Leonard, Jr., Stew Leonard's



IN PARTNERSHIP WITH

VISHNICK MCGOVERN MILIZIO LLP
ATTORNEYS AT LAW

To learn more, contact Amy Amato:
aamato@liherald.com, 516.569.4000 x224



1329139



Photos courtesy Heidi Hunt

While many were fearless in jumping in the water, fewer decided to stay in the frigid harbor.

'Polar plunging' headfirst into a new year

The start of 2026 was rung in by Sea Cliff residents with their annual village-wide polar plunge. Dozens braved the icy January waters alongside friends, family and neighbors as the village welcomed the start of another new year.

—Will Sheeline

Attendees bravely charged into the waves to ring in the new year.



Some of the plungers spent more time in Hempstead Harbor's cold waters more than others.



Attendees Heidi, right, and Bill Hunt caught up with the polar plunge's polar bear mascot.

HERALD PUBLIC NOTICES

LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT
COUNTY OF NASSAU
DEUTSCHE BANK
NATIONAL TRUST
COMPANY, AS
INDENTURE TRUSTEE,
FOR NEW CENTURY
HOME EQUITY LOAN
TRUST 2006-2, Plaintiff
AGAINST MARIA
VISCO AKA MARIA E.
VISCO AKA MARIA
QUINONES, LEONARDO QUINONES

AKA LEONARDO D. QUINONES AKA LENNY QUINONES, ET AL., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly entered August 14, 2024, I, the undersigned Referee will sell at public auction at the North Side steps of the Nassau County Supreme Court, 100 Supreme Court Drive, Mineola, NY 11501 on

February 3, 2026 at 2:30 PM, premises known as 6 Norman Court, Glen Cove, NY 11542. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the City of Glen Cove, County of Nassau and State of New York, Section: 30 Block: 48 Lot: 43. Approximate amount of

\$1,256,812.05 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index #609051/2023. Michael Langer, Esq., Referee Tromberg, Miller, Morris & Partners, PLLC 39 Broadway, Suite 1250 New York, NY 10006 25-000648 88178 157523

To Place A Notice Call
516-569-4000 x232

HERALD MarketPlace

TO PLACE
AN AD CALL
516-569-4000 PRESS 5

1331668



**FRANCISCO'S
TREE SERVICE
& LANDSCAPING**

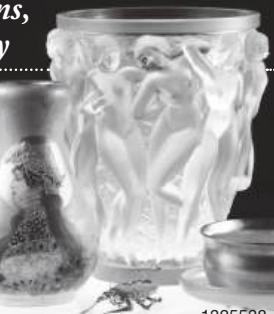
- Tree Removal
- Stumps
- Fertilization
- Planting
- Land Clearing
- Topping

FREE ESTIMATES Lic# H206773000
Office: 516-546-4971
Cell: 516-852-5415

*We Buy Antiques, Coins,
Fine Art and Jewelry*

Same Day Service
Free In-Home Evaluations
45 Year Family Business
Licensed and Bonded
Immediate Cash Paid

**SYL-Lee
ANTIQUES**
www.syl-leeantiques.com
516-671-6464



WIREMAN/CABLEMAN

- Flat TVs Mounted - All Wires Hidden
- High Definition Television Antennas Installed
- Camera & Stereo Systems Installed & Serviced
- Telephone Jacks, Cable TV Extensions & Computer Wiring
- Starlink Satellite Dishes Installed & Serviced

Veterans 10% Off

FREE Estimates

CALL DAVE davewireman.com / 516-353-1118 (text or call)
Lic 54264-RE All Work Guaranteed Credit Cards Accepted

MAURA MASON
Brick Paver Specialist



**BEST PRICES
AROUND!**
SPECIALIZING IN
**DRIVEWAYS
SIDEWALKS**
PATIOS • STOOPS & MORE

REAL & CULTURED STONES
MauraMasons@gmail.com
Lic / Ins Nass# 201208, Suff# H-46100

**Senior
Discount
Available**
**FREE
ESTIMATES**
516-456-7300

INSECT & DISEASE MANAGEMENT
FERTILIZATION & SOIL CARE
PRUNING • CABLING & BRACING

516-334-0648
bartlett.com
345 Union Avenue
Westbury, NY 11590
The F.A. Bartlett Tree Expert Company



**BARTLETT
TREE EXPERTS**
SCIENTIFIC TREE CARE SINCE 1901

Dr. Efrat Fridman, LCSW

Psychotherapist
Individual, Couple and Family Therapy

2 Pinetree Lane
Old Westbury, NY 11568
718-887-4400

Jacuzzi Bath Remodel
**Safety. Style.
Stress-Free
Installation.**
CALL NOW
516.540.6059

SPECIAL OFFER
**Waiving All
Installation
Costs!**

Add'l terms apply. Offer subject to change and vary by dealer. Expires 12/27/26.

JOIN OUR TEAM!

Be A Part Of A Growing
Multi Media Company
Based in Garden City



RICHNER
COMMUNICATIONS.

APPLIANCE DOCTOR
Serving Our Community For 45 Years
Washers • Dryers • Ranges • Ovens • Refrigerators
Freezers • Dishwashers • Microwaves
Prompt, Reasonable, and Reliable

\$10 OFF Repair
**\$12 OFF Repair
For Seniors**

All Repairs Guaranteed

Licensed • Insured • Family Owned

Call 516-764-7011

Be prepared before the next power outage.

**It's not just
a generator.
It's a power
move.™**

Receive a free 5-year warranty with qualifying purchase* - valued at \$535.

Call 516-973-5901 to schedule your free quote!

*Terms and Conditions apply.
GENERAC

NOW HIRING:

**SALES/MULTI MEDIA CONSULTANTS -
INSIDE & OUTSIDE* FT/PT**
Salary Range \$35,360 to \$100,000 including
Commissions & Bonuses

**REPORTER/EDITOR
FT/PT**
(Salary Range
\$20,000 to \$45,000)

**CIRCULATION ASSOCIATE
FT/PT**
(Salary Range \$17.00 per hour
to \$23 per hour)

TO ADVERTISE ON THIS PAGE

**BOGO
40% OFF**
Minimum purchase of 4

**+ \$200 OFF
Your Entire Purchase**
Minimum purchase of 4

ENDS 3/31

**RENEWAL
by ANDERSEN**
FULL SERVICE WINDOW & DOOR REPLACEMENT

516-540-5944

**PRINTING PRESS
OPERATORS FT/PT**
(Salary Range \$20 per hour
to \$30 per hour)

**MAILROOM/WAREHOUSE
HELP FT/PT**
(Salary is \$17.00 per hour)

DRIVERS FT/PT
(Salary Range \$17 per hour to \$21 per hour)

Email Your Resumes to
Careers@liherald.com

or Call **516-569-4000 ext 200**

*Outside Sales must have car

PLEASE CALL
516-569-4000
ext. 286

OR EMAIL
ereynolds@liherald.com

OPINIONS

Looking ahead to a new year of advocacy and action

Thank you to residents of Legislative District 11 for re-electing me and giving me the honor of continuing to serve you for another term.

A new year always gives me a spark of hope, and that fuels my determination to see Nassau County operate in a more equitable and responsible manner.



**DELIA
DERIGGI-WHITTON**

To finally get the opioid funds into the hands of front-line agencies. Nassau County has been far too slow in its efforts to get nearly \$100 million in opioid settlements to agencies providing lifesaving prevention, treatment and recovery resources. A review of Nassau's financial system shows that, as of December, less than 7 percent of that money had made it out of county bank accounts and into actual treatment initiatives.

Documenting a formidable L.I. journalist, Amy Goodman

Amy Goodman, an intrepid journalist and a Long Island native, explained after a recent screening of a documentary about her that she is "committed to independent media being the oxygen to a democratic society."

The documentary "Steal This Story, Please!" had its premier at the DC/DOX

film festival in Washington, D.C., in June, and has been shown at other film festivals, at which it has also received awards. And now she was "here on Long Island!" she exclaimed after the documentary was featured last month as the opening-night presentation of the Hamptons Doc Fest.

Goodman is a 1975 Bay Shore High School graduate, and after earning an anthropology degree at Harvard, she went to work at WBAI, the listener-sponsored radio station in New York City, part of the Pacifica network. It was there that Goodman co-founded and became — and still is — host and executive producer of "Democracy Now!" It



**KARL
GROSSMAN**

With hopes of getting this vital program onto a better path, the Legislature authorized the use of \$1 million of the funds to bring in an outside agency to cut through the red tape. But the funds have languished for years while lives continue to hang in the balance — and that must change.

Remove politics from community grants. Over the past two years, the Legislature's Democratic minority has fought tooth and nail to secure equitable resources for our communities. We have had to take this approach because County Executive Bruce Blakeman continues to act as though only the districts served by members of his party are entitled to those funds.

By sticking together as a caucus, we delivered \$1.3 million to equip our first responders and firefighters, and advanced long-delayed grants from the Hotel-Motel Occupancy Tax Fund to support cultural agencies, such as the Sea Cliff Arts Council, that boost regional tourism. Despite Blakeman's hyper-partisanship and stubbornness, we are delivering for our constituents. But there is much more work to be done in 2026.

To date, Republican districts have received approval for 58 Community

began as a radio program, and subsequently expanded to television, too.

Goodman has not only been a journalist on radio and TV, but has authored or co-authored books including "Standing Up to the Madness," "The Exception to the Rulers," "The Silenced Majority" and "Democracy Now! Twenty Years Covering the Movements Changing America," published in 2017. As the website for it then related: "In 1996 Amy Goodman began hosting a show on Pacifica Radio called Democracy Now! to focus on the issues and movements that are too often ignored by the corporate media. Today Democracy Now! is the largest public media collaboration in the U.S., broadcasting on over 1,400 public television and radio stations around the world, with millions accessing it online at democracynow.org."

A documentary is different than a book. I've authored books and also written and presented documentaries, and as a journalism professor at SUNY Old Westbury, I taught for years a course called "Documentary: Theories and Techniques." As John Grierson, the Scottish filmmaker credited with coining the term "documentary" in 1926,

Revitalization Program grants — for schools, libraries, parks and more. Democratic districts? Just two. In the new year, let's judge these projects by how they will enrich the lives of children and protect our first responders — not whether the applicant is Democrat or Republican.

Invest equally in Nassau's infrastructure. The Democratic minority secured a 2025 capital plan that invests in our law enforcement and medics, strengthens vital infrastructure and delivers tens of millions of dollars in resources for critical improvements in our districts. Looking ahead to the 2026 plan, I will continue to prioritize these upgrades for District 11:

Glen Cove, Glen Head and Sea Cliff: We remain focused on advancing the Shore Road flood-mitigation, traffic safety and beautification project.

Shore Road seawall, Baxter Estates: I continue to work with many levels of government to secure the roadway, protect the beach from erosion, add ADA-compliant sidewalks, improve lighting and provide amenities such as benches.

Baxter Pond, Baxter Estates/Port Washington: We are cleaning the basins

to improve water flow, and are working to secure approvals for dredging.

Crescent Beach, Glen Cove: Our test results at the end of the summer were very promising, and we hope to share more good news in the spring.

Extend a helping hand all year long. A project nearest to my heart during the Legislature's last term was our successful efforts to secure \$43,000 in American Rescue Plan Act funding that equipped Glen Cove's Nosh food pantry, and \$50,000 for Plant A Row for the Hungry, in Port Washington, to feed families throughout our region. With President Trump's megabill, underfunding of federal nutrition assistance programs was rampant, making it more critical than ever to support local hunger-fighting organizations.

That's where each of us comes in — and I know the generous hearts of Nassau County residents can more than meet the challenge. Please consider supporting one of the many toy drives that will put a smile on a child's face in 2026, and give what you can to your local food pantry throughout the year. Together we can give families the greatest gift of all this year: a chance at a new start and better days to come.

I wish all of you a joyous New Year!

Delia DeRiggi-Whitton, of Glen Cove, represents Nassau County's 11th Legislative District.

explained, a documentary focuses on an "actuality" — capturing and showcasing the real-life issues of real people, with the "original" people involved, and "original" scenes, conveying a truer picture of reality, he felt, than actors and a set could provide.

That's what the documentary about Goodman does. It starts with her trying to question Wells Griffith, the representative of the first Trump administration at a 2018 United Nations climate conference in Poland. She asks Griffith about President Trump's claim that climate change is a hoax. Griffith scrambles away up a series of stairways, with Goodman keeping up, and charges her with "harassment."

"A reporter asking you a question," Goodman responds, "is not harassment."

The documentary then shifts to Goodman's reporting on the 1991 killing of more than 200 independence protesters in East Timor by Indonesian troops, and shows her and fellow journalist Allan Nairn badly beaten. It includes her arrest, with other journalists, in a police sweep of an anti-war demonstration at the 2008 Republican National Convention in St. Paul, Minn.

It presents scenes of Goodman covering Native Americans in Standing Rock, N.D., in 2017, protesting the Dakota Access Pipeline, which brought with it the threat of oil spills that could contaminate the Missouri River and the Standing Rock Sioux Reservation's water supply, as Goodman faced arrest.

These are just some of the elements of "Steal This Story, Please!" The archival footage illuminates. The directing, by Carl Deal and Tia Lessin, is superb. The words of Goodman running through it are eloquent.

Here's the description of the documentary in the Hamptons Doc Fest program: "Undeterred by armed soldiers, smooth-talking politicians and riot police, journalist Amy Goodman has reported some of the most consequential stories of our time. 'Steal This Story, Please!' is a gripping portrait of Amy, the trailblazer whose unwavering commitment to truth-telling spans three decades of turbulent history. The film is both a call to action and a celebration of resistance, posing the question: What happens to democracy when the press surrenders to power?"

Carl Grossman has been an investigative reporter in a variety of media for more than 50 years. He is a professor of journalism at the State University of New York at Old Westbury.

HERALD EDITORIAL

Without January pressure, change works better

Every January, we perform the same ritual. We draw a hard line between who we were and who we intend to become, armed with resolutions that sound decisive and hopeful: lose 20 pounds, save more money, finally become more disciplined. And yet, by February, or sooner, many of these goals quietly dissolve. This isn't a personal failure. It's a structural one.

Traditional goal-setting asks too much of willpower and too little of reality. It assumes that motivation is stable, that life will cooperate, and that change happens neatly within arbitrary timelines. Behavioral research consistently shows the opposite. Willpower fluctuates. Stress, fatigue and unexpected events derail even the most sincere intentions.

A goal like "exercise five times a week" collapses the moment work runs late, a child gets sick or winter motivation disappears. The problem isn't laziness; it's designing change by focusing on outcomes instead of behavior.

Consider the familiar stories of those who set weight-loss goals. For weeks they follow strict rules, track every calorie and push through workouts fueled by January enthusiasm. Then, when the scale stalls or life intervenes, frustration sets in. The goal becomes a source of shame rather than support, and quitting feels inevitable.

Contrast this with someone who

builds a simple system instead: walking for 20 minutes after dinner, cooking the same three nourishing meals during the week, keeping snacks visible and convenient. No dramatic target, no deadline, just repeatable behaviors that fit real life. One approach relies on intensity; the other relies on design.

The same pattern shows up at work. Professionals set ambitious annual targets — revenue milestones by the third quarter, promotion by December — tying their sense of progress to metrics largely outside their control. When external conditions change, motivation craters.

A systems-based approach looks different: a weekly ritual of deep work, a monthly feedback loop, a principle of saying no to low-leverage tasks. These don't guarantee a promotion, but they dramatically increase clarity, energy and long-term momentum.

What replaces resolutions isn't a lowering of ambition; it's a smarter framework. Instead of obsessing over outcomes or focusing on inputs, what's important are the actions you can show up for even on imperfect days. Instead of intensity, prioritize consistency. Ten minutes completed daily beats an hour attempted sporadically. Instead of perfection, build adaptability. Systems that can bend won't break when life gets messy.

This reframing also forces us to rethink what progress means. In 2026, progress doesn't look like constant

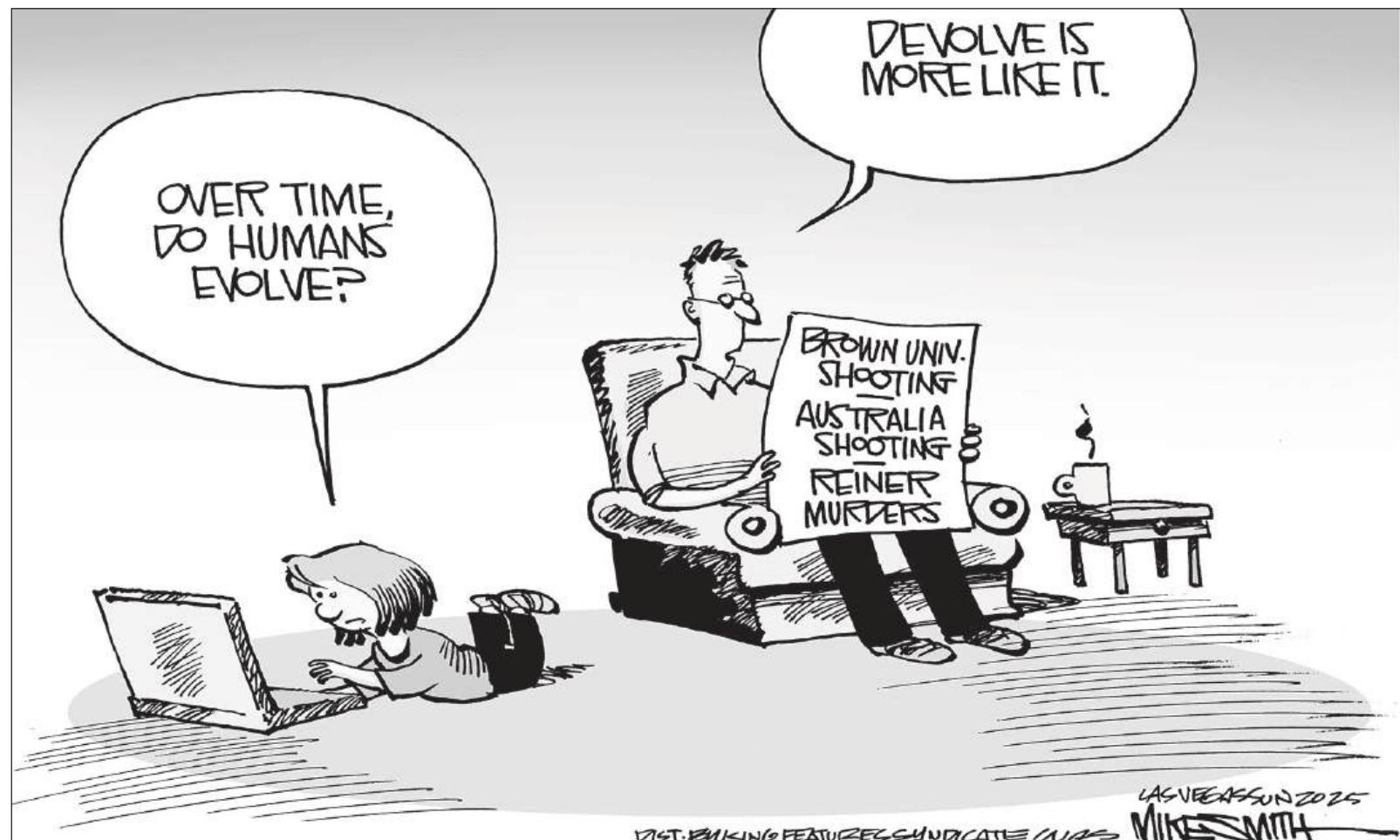
acceleration or public metrics that reward burnout. It looks like sustainability. It looks like habits that support physical and mental health, boundaries that protect attention, and routines that make good choices easier over time.

Progress is waking up with less dread. It's energy that lasts past Wednesday. It's the ability to course-correct without starting over.

The myth of the January fresh start persists because it's comforting. It promises a clean slate, a dramatic reset. But meaningful change rarely respects the calendar. People quit smoking on random Tuesdays. They start therapy after breaking points, not countdowns. They rebuild routines in April, September or the middle of a chaotic week. When we tie improvement to a date, we also tie failure to missing it.

A healthier approach is permission-based rather than deadline-driven. You can begin again at any point. You can adjust systems without declaring them broken. You can measure progress by how supported you feel, not how perfect your execution looks.

This January doesn't need another list of resolutions destined to expire. It can be a moment to design a life that works beyond motivation — one built on systems, rituals and principles that make showing up easier than giving up. For those tired of trying harder and ready to live better, that shift changes everything.



OPINIONS

Health and Human Services: less healthy, more disservice

It shouldn't be necessary to say this: Every day that Robert F. Kennedy Jr. remains in charge of America's public health system, the health of every American is at greater risk.

The Department of Health and Human Services exists to protect Americans from disease, contamination and preventable death. It depends on science, expertise and public trust. RFK Jr., now its secretary, has long questioned the scientific consensus on vaccines and other core public-health tools. The tension between those views and the mission of HHS isn't theoretical; it is immediate and consequential.

HHS oversees vaccines, food and drug safety, disease surveillance, medical research, and emergency health responses. Much of its work happens quietly, noticed only when it fails. Its effectiveness rests on credibility: the public's confidence that health guidance is grounded in evidence rather than ideology. That confidence is harder to sustain when the agency's leader has built a public profile on skepticism toward established science.

For years Kennedy has worked not

simply to question specific vaccines or treatments, but to cast doubt on the scientific enterprise itself — on research, on data and on the idea that fact-based medicine should guide health care decisions. He regularly portrays medical science as suspect, and institutions built on evidence as fundamentally untrustworthy. Those claims, long rejected by scientists and physicians, once lived at the fringes of public discourse. They now carry institutional weight — not because they have become more credible, but because leadership determines which facts are defended, which expertise is respected and which truths are allowed to blur into doubt.

This matters because vaccine skepticism isn't an intellectual exercise; it is a public health failure in slow motion. Declining vaccination rates are directly tied to the return of diseases once considered under control. Measles outbreaks are no longer theoretical; they are occurring now. When the HHS secretary consistently undermines confidence in science itself, the signal to the public is destabilizing: Evidence is optional, expertise is suspect, and facts are just other opinions. Parents are left navigating fear and misinformation instead of receiving clear guidance, and the consequences fall most heavily on children

and vulnerable communities. This is what irresponsible, reckless anti-science posturing looks like when it moves from rhetoric to governance.

The greatest risk of RFK Jr.'s leadership isn't dramatic upheaval. Public health rarely unravels overnight. More often, it weakens gradually. Guidance becomes less decisive. Research is second-guessed in ways that stall action rather than improve it. Fringe ideas receive attention in the name of balance. The result is delay — and in public health, delay costs lives.

The administration's decision to put Kennedy in charge of HHS reflects a troubling willingness to treat scientific expertise as negotiable. HHS was created because societies learned, often through painful experience, that coordinated, evidence-based action saves lives. Undermining that foundation doesn't lead to better outcomes; it invites preventable harm. That harm will not be shared equally. Children, the elderly, the immunocompromised, and communities with limited access to care are always the most vulnerable when public health falters. Doctors and nurses will confront illnesses they shouldn't be seeing. Hospitals will absorb the strain. Families will bear the consequences of uncertainty that should never have existed.

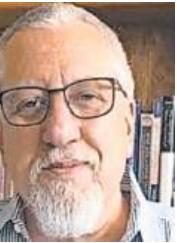
Kennedy frequently presents himself as an advocate for children and health. But protecting children requires more than questioning authority; it requires responsibility. It requires clear communication, respect for evidence, and a willingness to act decisively in the face of risk. Confusion isn't empowerment, and skepticism isn't a substitute for leadership.

Viruses and bacteria don't respond to debate. They exploit hesitation and mistrust. History makes this painfully clear: Public health failures occur not because science is wrong, but because leaders choose not to rely on it.

RFK Jr.'s tenure at HHS is already reshaping how Americans think about health guidance at a time when trust is fragile and the stakes are high. The likely outcomes — more preventable illness, more avoidable death and deeper public confusion — aren't matters of opinion. They are the foreseeable results of weakening the bond between science and policy.

Government has many responsibilities, but one should be beyond dispute: to protect the public using the best knowledge available. Anything less risks turning one of the nation's most important health institutions into something it was never meant to be — an experiment whose costs are paid in human lives.

Michael Blitz is professor emeritus of interdisciplinary studies at the City University of New York's John Jay College of Criminal Justice.



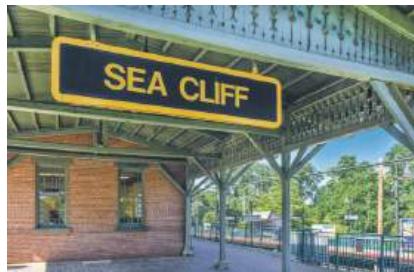
**MICHAEL
BLITZ**

The greatest risk of RFK Jr.'s leadership isn't dramatic upheaval. It's a weakening.

FRAMEWORK by Tim Baker



On the ice at Milburn Pond, no scarves or skates needed — Baldwin



Rory Aledort

Licensed Real Estate Salesperson
c.516.661.0028 | roryaledort@danielgale.com
roryaledort.sothbysrealty.com



My
Website



Follow on
Instagram

Sea Cliff Office | 329 Glen Cove Ave, Sea Cliff, NY | 516.759.6822

Welcome Rory Aledort

There's no substitute for local knowledge — and as a lifelong Sea Cliff resident, I know firsthand what makes this one square mile so special. My family has long been part of this community, and I take pride in helping others plant roots here too. My years as a talent agent taught me how to listen, advocate, and negotiate with precision — skills I now bring to every real estate transaction. Blending my North Shore expertise with years of experience in Brooklyn's competitive real estate market, I guide clients with honesty, professionalism, and care. As the New Year begins, it's the perfect time for a fresh start and new possibilities. Whether you're buying, selling, or renting, my goal is simple: to help you find a place to truly call home — in Sea Cliff, on the North Shore, or beyond.

Happy New Year—here's to new beginnings, fresh opportunities, and being your trusted choice for all your real estate needs.

Experienced & Highly Rated

"Rory was extremely accommodating, communicative, and professional. Rory was extremely prompt in her communications and went out of her way to keep me updated about each stage of the process. She took time to make sure that I was comfortable and well-informed. Rory is a wonderful person all around and an excellent agent to work with—I'd recommend her in a heartbeat!"

"Rory made my moving experience fun and efficient. She took all of my requirements into consideration and found me my dream apartment. 10/10 would recommend her services!"

"Working with Rory to find our new home was a pleasure from start to finish. Her personable nature and passion for her work are immediately recognizable. The understanding and focus on our needs she provided throughout our search process set her apart."

Each office is independently owned and operated.
Client testimonials reflect the unique experiences of individual clients and do not guarantee a similar outcome for everyone. Your results may differ depending on your specific circumstances and approach.

