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**Londell Wheeler,  
pride of GCCSD**  
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**What's Santos  
saying now?**  
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MARCH 30 - APRIL 5, 2023

\$1.00



Adrienne Daley/Herald photos

**VICE ADMIRAL JOANNA** Nunan, left, and Martine Materasso, chief of the New York Police Department's Counterterrorism Bureau and the commanding officer of the NYPD's 41st Precinct, shared stories at the International Women's Day Female First Conference on March 20 at Glen Cove City Hall.

## Female firsts share stories of success

By **ROKSANA AMID**  
ramid@liherald.com

City Hall was buzzing with excitement March 20 at the International Women's Day Female First Conference as a crowd waited to hear from extraordinary women who broke the glass ceiling.

Geraldine Hart, the first female Suffolk County police commissioner; Vice Admiral Joanna Nunan, the first female superintendent of the United States Merchant Marine Academy; and Martine Materasso, the first female chief of the Counterterrorism Bureau of the New

CONTINUED ON PAGE 11

## Glen Cove commuter alleges assault at city's LIRR station

By **ROKSANA AMID**  
ramid@liherald.com

The morning of March 22 was warm and a welcome surprise for commuters on the platform at the Glen Cove station of the Long Island Rail Road. Morning commutes in Glen Cove are typically quiet. However, at 8:10, one Glen Cove commuter, Bob (not his real name) alleges, he was assaulted while waiting for his train.

This comes on the heels of a recent increase in major crimes last year on the LIRR, which were up by 73 percent through last August — from 45 during the first eight months of 2021 to

78 for the same period in 2022.

In January, the Metropolitan Transportation Authority assigned 60 officers to start their days at 5 a.m., boarding LIRR and Metro-North trains to ride into the city during the early rush and then making the return trips during the evening to ease rider anxiety over the increased crime rate.

Bob said that the altercation occurred when the assailant, whom the MTA has identified as Michael Gray, a Flushing resident, was smoking marijuana close to him.

"I asked him not to blow smoke in my face and he threatened me, so I called Glen Cove

Police, because I have previously been told by the MTA that the Oyster Bay line is 'too far away' for them to respond to anything," Bob explained.

He said that when he was on the phone with the Glen Cove Police Department to tell them he was being threatened, Gray punched him in the face. Bob sustained no injuries in the assault, but said the incident made him late to work.

The MTA charged Gray with harassment on Wednesday.

Jimmy Ayres assisted Bob during the altercation. While in his truck, the Glen Cove sanitation worker happened to glance toward the train platform. He

said he saw a man run toward Bob, and the two men were the only ones on the platform.

"You could see he was going after someone," Ayres, a former security guard, said. "He was running towards somebody, and you could see the rage. If (the man) would have kept going with that rage that he had, who knows, he could throw (Bob) on

the track."

Ayres got out of his truck and walked up the ramp to speak to the assailant, who stopped running toward Bob. He told Ayres he was angry about being asked to stop smoking, but that there was "no problem."

Ayres heard Bob telling the

CONTINUED ON PAGE 2



# City worker arrives just in time to help victim

March 30, 2023 — GLEN COVE HERALD

## CONTINUED FROM FRONT PAGE

police on the phone that he was being threatened. Then he saw the man run up to Bob and punch him.

Ayres grabbed the assailant by his jacket and asked him what he was doing. Bob picked up his glasses, which had been knocked off during the attack, and started recording the aftermath on his phone. Ayres then went to help Bob who was traumatized. The assailant rode off on his blue bike.

**H**e was running towards somebody, and you could see the rage.

## JIMMY AYRES

sanitation worker, Glen Cove

Both Bob and Ayres say the assailant mentioned he had family in Glen Cove.

When the Glen Cove police arrived a train was approaching.

Bob said he couldn't stay to talk to them because he was late for work. Ayres spoke to Glen Cove Police sharing what he saw. He told police he saw the assailant ride away towards Highland Road.

When Bob reached the Jamaica station, he contacted the MTA Police Department. Bob said he was told by MTA police that any complaint about



Roksana Amid/Herald

**AN ALLEGED ASSAULT** at the Glen Cove Long Island Rail Road station on March 22 has some residents worried about their safety.

the Oyster Bay line is difficult to address because its far from MTA headquarters. But he was promised a file number documenting the assault.

Michael Cortez, public information officer for the MTA, said the incident is being investigated.

Detective Lt. John Nagle, the Glen Cove Police Department's public information officer, said he did recommend that Bob file a report, but when he heard a complaint had already filed with MTA

police, a duplicate report couldn't be filed.

"Our hands are kind of tied as far as making an arrest," Nagle said. "Because these types of situations, we need to have some type of physical injury to make an arrest for an assault."

When asked if the Police Department had plans to increase its presence at the train station, Nagle said they already frequently patrol the area. He also said that he often sees MTA police patrolling

Glen Cove's train stations.

Resident Lina Delnigro-Cameron said she worries about her son, who is applying to colleges, some of which are in the boroughs of the city.

"I worry every day that something will happen," Delnigro-Cameron said. "This is the reason I won't let my son look at colleges in the city. Who wants their kids placed in this situation?"

Gray is set to appear in Nassau County District Court on April 18.

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**WHEELER AND HIS** teammates had some fun practicing some of their skills on the court.



**EVERYONE HAD CAKE** to congratulate Wheeler on his many achievements as a student and as an athlete.

# District celebrates collegiate commitment

**G**len Cove City High School celebrated one of their star athletes, senior Londell Wheeler, when he signed a letter of intent to play Division I soccer at Long Island University Post. The standout soccer star is a three-time All-County, All-State and All-Region athlete, who began his high school soccer career when he was only in the eighth grade when coaches selected him to play for the junior varsity team.

He finished his senior season with 31 points and was named Conference MVP, All-American and Nassau County Player of the Year.

His family, teammates, friends and coaches Brian Smith, Erick Pajuelo, and Christian Dottin joined Wheeler in the high school gymnasium. Principal Allen Hudson III; Unal Karakas, assistant superintendent of human resources; Kim Riso, athletic director and Superintendent of Schools Maria Rianna also attended to honor the soccer star.

“Londell always represents Glen Cove with pride and passion, on and off the soccer field,” Rianna said. “We are so excited for what lies ahead in his academic and athletic career. Londell will always have a home in Glen Cove and we wish him the best of luck at LIU Post.”

Smith commended Wheeler for his character, dedication, and achievement and his family for supporting him throughout his journey to become a collegiate athlete.

Riso also lauded Wheeler’s achievements at the ceremony, which included a celebratory cake.

“Londell exemplifies a true student athlete here at Glen Cove High School,” Riso said. “Playing at the next level is an experience that he will never forget. I wish him the best of luck and to enjoy the next four years. We will miss him tremendously.”

Wheeler helped lead his team to victory this year when the Glen Cove Knights took home the Nassau County Class A Boys Soccer championship in November. The Knights bested the Garden City Trojans with a final score of 2-0. Goals from Wheeler and Sophomore Enry Hernandez led the team to its first county win since 2016.

In addition to soccer, Wheeler also plays basketball and volunteers at Community Strong 516, his uncle’s non-profit in Glen Cove.



**THE GLEN COVE** City School District gathered to honor Londell Wheeler, center, as he signed his letter of intent to play Division I soccer at Long Island University Post.



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- Sports! Watching seasonal games, and joining fellow residents in some intramural sports—they're a riot!
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- There are card and board games for friendly competition.
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**Lauren's activities give residents days filled with fun, laughter, and life.**



Lauren Otters, with residents Eleni Tsaketas, Dorothy Grader, and Marilyn Chiarella at the fun Mardi Gras event. Visit Atria Glen Cove's Facebook page to see more photos of our recent activities.

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[judith.rivera@atriaseniorliving.com](mailto:judith.rivera@atriaseniorliving.com)



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## NEIGHBORS IN THE NEWS



Courtesy the office of Legislator DeRiggi-Whitton

**LEGISLATOR DERIGGI-WHITTON WITH** women's history month trailblazer honoree Corinne Kaufman. Both have advocated for education and prevention of fentanyl overdoses on Long Island.

## Kaufman continues fight against fentanyl

Nassau County Legislator Delia DeRiggi-Whitton led the minority caucus on March 20 in saluting Glen Cove resident Corinne Kaufman for her relentless advocacy in the fight to prevent fentanyl overdoses on Long Island. The recognition came during the Women's History Month Trailblazers ceremony at the Theodore Roosevelt Executive & Legislative Building in Mineola.

Kaufman and her family have firsthand knowledge of the devastation that is wrought by fentanyl. Her granddaughter, Paige Gibbons, died on Nov. 20, 2022 — just four days after turning 19 — after she consumed a small piece of what she

thought was a Percocet pill at a sleepover with friends. It turned out to be entirely fentanyl, and she died later that night.

In the aftermath of Paige's tragic and sudden death, Kaufman has launched the Families Against Fentanyl campaign and is advocating for Narcan kits to be available in middle and high school nurse's office on Long Island. She is also urging Nassau County to distribute fentanyl test strips by bundling them with Narcan kits and distributing them directly to all who seek them.

Kaufman hopes to increase awareness about fentanyl through campaigns in public schools.

## NEWS BRIEF

### Celebrating 25 years of Culinary Delights

This year marks the Glen Cove Chamber's 25th annual Culinary Delights. The gourmet event is designed to introduce the community to the area's restaurants and food businesses. Sample unlimited gourmet foods, wines, craft beers and spirits, and finish with incredible pastries and desserts.

The event will also feature businesses that opened during the pandemic. A por-

tion of proceeds from this decadent event will benefit Nosh Delivers, Inc.

The event will be held on April 24, from 6 to 9 p.m. at the Glen Cove Mansion, 200 Dosoris Lane. Make Early Bird reservations now at [glencovechamber.org/culinary](http://glencovechamber.org/culinary). Tickets can be purchased through Venmo @glencovechamber or by calling, (516) 676-6666. Tickets are \$55 until April 15.

## 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.

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# Long Island's Premier Business Women honored

## More than 400 celebrate female leadership at RichnerLive event

By ANA BORRUTO  
aborruto@lherald.com

A century ago, it was unheard of for a woman to hold a leadership role, not to mention to work in or run her own company. Whether it was fighting for the right to vote, equality in the workplace, access to equal education and fair representation, it is important to recognize the female trailblazers of the past and present.

The 60 dynamic women honored at Herald RichnerLive's fourth annual Premier Business Women of Long Island Awards Gala are living proof of breaking the glass ceiling.

More than 400 attended the gala on March 22 at The Heritage Club in Bethpage — A night of connection and celebration of each other's successes.

"When my mother Edith Richner founded our company with my father nearly 60 years ago, she was almost always the only woman at the table," said Stuart Richner, chief executive of Richner Communications. "If she were here tonight, I have no doubt that she would be in disbelief and extremely proud of the dozens of Long Island women business leaders gathered here this evening."

Hosted by News 12 Long Island reporter Antoinette Biordi, the awards dinner recognized women in accounting, media, human resources, not-for-profits, education, and government, among other industries, for their achievements in their respective fields.

All proceeds from the night were donated to Girls Inc. Long Island — a non-profit committed to creating safe and supportive girl-positive spaces. Their program cultivates environments where all girl-identified, gender-fluid and non-binary young people are seen and heard.

Terri Alessi-Miceli, president and chief executive of The Hauppauge Industrial Association of Long Island, said events such as the Premier Business Women gala are necessary because they lift women up from all different industries.

"There is a path — you can do whatever you want in life," Alessi-Miceli said. "We've made a lot of strides in women's equality, but we have a ways to go."

Erika Conti, partner with Sahn Ward Braff Koblenz, brought along her two young daughters in hopes they would feel inspired by the many innovative women who surrounded them. As a lawyer who specializes in matrimonial, family and corporate law, Conti was honored for her consistent involvement in public service.

"A leader is someone who mentors the younger generation," she said. "I always say work hard, but also we are so used to having so much instant gratification — take a breath, get a sense of what's going on, and don't feel compelled to jump to an answer."

Dana Arschin Kraslow forged her own career path in journalism just by sticking to what she is passionate about. The Jericho native is a two-time Emmy Award-winning journalist who previously



Tim Baker/Herald photos

IT WAS A packed house at RichnerLive's fourth annual Premier Business Women of Long Island Awards Gala last week with winners that included Carol Williams, Miss Long Island Lianne Webb, Miss Long Island Teen Natalia Suaza, and Ellen Pellegrino.



worked for Fox 5 and News 12.

She is the granddaughter of a Holocaust survivor, and has spent the past decade interviewing other survivors and telling their stories.

"I created a role for myself — that's how my dream job came to fruition," Kraslow said. "My advice for a journalist — or for anyone in any industry — figure out what you want, dream it up, create it, and go after it, because you can do anything you want."

Michelle Somers, head of marketing for PSEG Long Island, is a former president of the PSEG Long Island Women's Network, where she empowered female employees by working on their personal and professional growth.

Somers is a strong believer of "women helping women," and said a leader should be supportive of their employees — especially through any difficulties.

"I think it's important as a leader is to understand the challenges the people who report to you are facing, and being able to mitigate those challenges," Somers said. "To clear those obstacles so they can grow, run and get there."

The major sponsors of this event were

Easy Tax Credits and Tenant-base. Gold sponsors included Age of New Beginnings, Anthony's Live Events, Beach Club Estate, Beth Donner Design, New Colossal Entertainment, PBI Payroll HCM Workforce Technology, Waldner's Business Environment, and Windows on the Lake.

Supporting sponsors include: Adelphi University, Davidoff Hatcher and Citron, Discover Long Island, Dr. Gail Correale of Long Island Vision Care, Forest Hills Financial Group, Girl Scouts of Suffolk County, Glen Cove Hospital-Northwell Health, Grassi Advisors and Accountants, Innovation Weight Loss and Healthy Market, Jaspan Schlesinger and Narandran, Lockton Cos., Modern Gen X Women, Nassau Community College, New York Institute of Technology, PSEG Long Island, The Smilist, Therlympich Speech, Vertigo Media Group and Dolce Bella.

To view additional pictures from the evening, visit [tinyurl.com/PremierWomen2023](http://tinyurl.com/PremierWomen2023).



**MARIA P CONZATTI**, acting president for Nassau Community College, at top left, stands on stage with friends, family and colleagues as she received her Premier Business Women award.

**JULIA WEXLER, BUSINESS** development director at Bristol Assisted Living, top right, was among those honored for her work.

**MISS LONG ISLAND** Lianne Webb and Miss Teen Long Island Natalia Suaza win pageants and Premier Business Women awards.



# Meet the 2023 Premier Business Women Awards winners

## Accounting

**Gabrielle Addamo**, tax manager  
Grassi Advisors and Accountants

**Jacquelyn Diiorio**, audit supervisor  
Grassi Advisors and Accountants

**Lisa Epstein**, senior manager  
PKF O'Conner Davies

**Diane Giordano**, tax partner  
Marcum LLP

**Valerie K. Giacinto**, chief financial officer  
PBI Payroll/HCM Workforce Technology

**Miriam Hubbard**, Northeast sales manager  
PBI Payroll/HCM Workforce Technology

## Advertising, Marketing & Public Relations

**Sandra Brennan**, CEO & founder  
Senior Living Renaissance LLC

**Valentina Janek**, founder  
Long Island Breakfast Club & Show

**Jesika Kalika**, marketing communications  
& business development consultant

**Lisa Mirabile**, president & founder  
Vertigo Media Group

## Banking & Finance

**Andie Perlmutter**, COO, associate general agent  
Forest Hills Financial Group

**Davi Tserpelis**, SVP business banking manager  
City National Bank

## Education

**Maria P. Conzatti**, acting president  
Nassau Community College

**Barbara J. Holahan**, vice president financial affairs,  
CFO & treasurer  
New York Institute of Technology

**MaryAnne Hyland**, dean of Robert B. Willumstad  
School of Business  
Adelphi University

**Maurie McInnis**, president  
Stony Brook University

## Energy & Electric

**Jennifer Hayen**, communications director  
Long Island Power Authority

**Michelle D. Somers**, marketing hed  
PSEG Long Island

## Entrepreneur

**Beth Donner**, president  
Beth Donner Design

**Josephine Fitzpatrick**, nutrition & weight loss specialist  
Innovation Weight Loss & Healthy Market

**Maureen Tara Nelson**, CEO  
MTN Matchmaking

## Government

**Lisa M. Black**, chief deputy county executive  
Office of the Suffolk County Executive

## Health Care & Wellness

**Melanie Basile**, chief growth officer  
The Smilist

**Dr. Michelle A. Chester**, senior director operations  
occupational health services  
Northwell Health

**Dr. Gail Correale**, optometrist  
Long Island Vision Care

**Theresa Dillman**, associate executive director  
& chief nursing officer  
Glen Cove Hospital, Northwell Health System

**Dr. Odette R. Hall**, chief medical examiner  
Suffolk County Office of the Medical Examiner

**Nitza Kahalon Hasis**, clinical director  
New Horizon Counseling Center-Valley Stream

**Stephanie Montano**, CEO & co-owner  
Theralympic Speech

**Christiana Neophytou**, CEO & co-owner  
Theralympic Speech

**Rebecca Sanin**, president & CEO  
Health & Welfare Council of Long Island

**Julie Wexler**, business development director  
The Bristol Assisted Living

## Human Resources

**Elizabeth Marie Saitta**, executive director  
SHRM Long Island Chapter

## Insurance

**Catia Alati**, vice president  
Lockton Cos.

## Legal

**Paula Parrino**, chief administrative officer  
& vice president of operations  
Nationwide Court Services

**Stephanie A. Clark**, attorney  
Law Offices of Stephanie A. Clark

**Erika L. Conti**, partner  
Sahn Ward Braff Koblenz PLLC

**Deanna M. Eble**, partner  
Russo Law Group PC

**Laurel R. Kretzing**, partner  
Jaspan Schlesinger Narendran LLP

**Karen J. Tenenbaum**, founder  
Tenenbaum Law PC

**Dina L. Vepsia**, partner  
Cullen and Dykman

**Nicole L. Weingartner**, state government affairs director  
Davidoff Hatcher & Citron LLP

## Media

**Dana Arschin Kraslow**, journalist, Holocaust storyteller  
The Holocaust Memorial and Tolerance Center of Nassau County

**Mimi Bishop**, co-founder  
Modern Gen X Woman

**Jackie Ghedine**, co-founder  
Modern Gen X Woman

**Pei-Sze Cheng**, journalist  
NBC 4 New York's investigative unit, the I-Team



**ANTOINETTE BIORDI**, A four-time Emmy-winning reporter, was the woman in charge of ensuring each and every Premier Business Women Awards winner was honored last week.

## Music

**Yeou-Cheng Ma**, executive director  
The Children's Orchestra Society

## Not-For-Profit

**Terri Alessi-Miceli**, president & CEO  
HIA-LI

**Elizabeth Einhart**, executive director & vice president  
The Theresa Foundation

**Theresa Sanders**, president & CEO  
Urban League of Long Island

**Tammy Severino**, president & CEO  
Girl Scouts of Suffolk County

**Stacey I. Sikes**, vice president of  
government affairs & communications  
Long Island Association

## Tourism

**Kristen Reynolds**, president & CEO  
Discover Long Island

## Transportation

**Shelley LaRose-Arken**, aviation commissioner  
Long Island MacArthur Airport

## Entrepreneur of the Year

**Ellen Pellegrino**, entrepreneur/movie producer  
Windows on the Lake  
Beach Club Estate  
Age of New Beginnings

## Legacy Award

**Meredith Waldner Stern**, president  
Waldner's Business Environments

## Next Generation: Under 30

**Kathleen Donnelly**, senior associate  
Long Island Architecture Studio DPC

**Lianne Webb**, Miss Long Island 2023  
Miss Long Island Pageants

## Rising Teen Award

**Natalia Suaza**, Miss Long Island Teen 2023  
Miss Long Island Pageants

## Trailblazer Award

**Dani Rylan Kearney**, founder  
National Women's Hockey League



# HERALD SPORTS

## Hofstra baseball seeks a CAA repeat

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

After making history in 2022, Hofstra baseball is aiming for an encore this spring.

Despite being picked to finish last in the nine-team Colonial Athletic Association last spring, Hofstra reached the NCAA Tournament for the first time in program history after capturing the conference title with four straight wins in the double-elimination tournament on Memorial Day weekend.

"There is motivation to get back there," said second-year Hofstra head coach Frank Catalanotto, who had a 14-year Major League Baseball career from 1997 to 2010 with the Detroit Tigers, Texas Rangers, Toronto Blue Jays, Milwaukee Brewers and New York Mets. "All you have to do is get into the CAA Tournament and anything can happen."

Hofstra found itself in an early hole this season trying to qualify for the six-team CAA playoffs after dropping four of its first five conference games and were



**BRIAN MORRELL IS** one of the keys to the Pride's lineup and is off to a strong start.

starting at a 1-5 start before rallying for a 4-3 win against William & Mary on March 19 after trailing 3-0. The Pride entered the week at 3-6 in the CAA after winning one of three at CAA newcomer North Carolina A&T.

In between the William & Mary and NC A&T matchups, Hofstra split two non-league games at then 24th-ranked West Virginia. The Pride's 4-2 win over the Mountaineers on March 21 marked the program's first victory over a top 25 opponent since defeating 14th-ranked Miami 5-0 in 2011.

"We have started to play better," Catalanotto said. "We have a confident team that believes we are better than we have shown."

Wantagh native Anthony D'Onofrio has been a big catalyst behind Hofstra's recent turnaround with a pinch hit two-run double in the bottom of seventh inning that tied the game in the William & Mary comeback. D'Onofrio, a graduate student center fielder, hit a leadoff homer in last year's CAA finals clinching win.

"Having his presence in the lineup and around the team has been great," said Catalanotto of D'Onofrio, who was a three-time All-New York State selection at Wantagh. "He is a hard-nosed baseball player."

The Pride lineup features four starters batting above .300 in Dylan Palmer, Will Kennedy, Brian Morrell, Santino Ross, Kevin Bruggeman and Ryan Morash. Junior catcher Matt Pelcher, a Merick native and graduate of Florida's ING Academy, is getting increased playing time this season and registered a hit in the March 19 William & Mary comeback win.

The Hofstra pitching staff features plenty of experience led by graduate student Brad Camarda, a reigning First-Team All-CAA selection who was 8-2 with 76 strikeouts last year. The Dix Hills native tossed seven strong innings in Hofstra's 5-3 victory in the series finale with NC A&T.

The Pride pitching staff also includes junior Danny Kelleher, a former standout baseball and soccer goalie at South Side High School in Rockville Centre. Kelleher has shown potential at times, recording



Photos courtesy Hofstra Athletics Communications

**GRAD STUDENT BRAD** Camarda is a reigning First-Team All-CAA pitcher who went 8-2 with 76 strikeouts last year.

four scoreless innings out of the bullpen in an 11-4 win against Manhattan on March 16.

"He's had some good games and some not so good games," said Catalanotto of the 6-foot-4 Kelleher. "He's the type of player who you kind of know early on where he is going to be on or off."

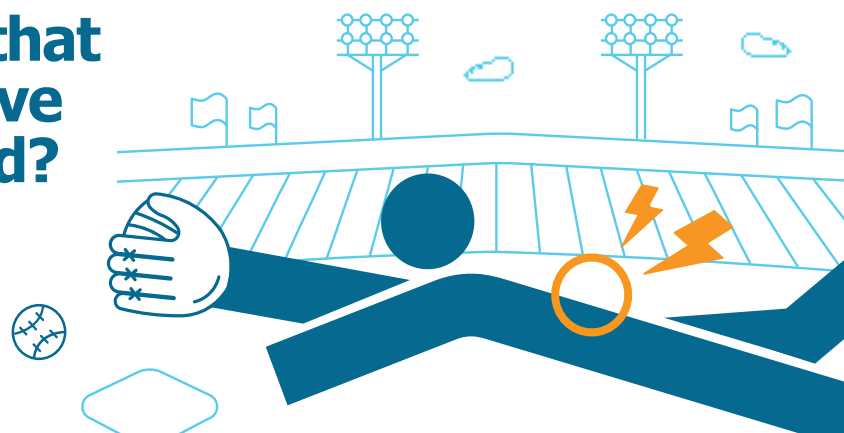
Hofstra entered late March in ninth place in the CAA standings, but still has 21 remaining league games to right the ship and earn one of the six available confer-

ence playoff spots. The double elimination CAA Tournament is scheduled for May 24-27 in Mount Pleasant, S.C.

Hofstra is next in action this weekend at home for a Battle of Long Island three-game series against CAA newcomer Stony Brook beginning Friday at 2 p.m. The Pride will also host conference games on April 14-16 against Towson, April 28-30 versus North Carolina-Wilmington before concluding its regular season schedule with Elon with a doubleheader on May 20.

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## George Santos update

# U.S. Rep. Santos admits guilt in check fraud case

By WILL SHEELINE  
wsheeline@iherald.com

The spotlight on Long Island's most infamous politician, U.S. Rep. George Santos, has dimmed somewhat, and the freshman congressman with a penchant for fabrication remains in office despite widespread condemnation from fellow politicians and his constituents. The political fabulist has been busy dodging the media and introducing bills in the House, while also dealing with some of his potential criminal charges.

Santos has made a deal with Brazilian prosecutors on one of the oldest charges against him, that he purchased \$1,300 worth of clothes and shoes in Rio de Janeiro using checks he stole from an elderly man in his mother's care in 2008. According to the deal, which was first announced by CNN, Santos would formally confess to the crime and pay damages to the victim, a Rio de Janeiro-area shop clerk.

The deal also includes an agreement that Santos would not have to take part in a trial, and that he would be able to participate in the legal proceedings by videoconference. Although this marks the end of the 15-year case, his official admission of guilt contrasts starkly with claims he made to the New York Post last December, saying, "I am not a criminal here — not here or in Brazil or any jurisdiction in the world."

Santos has also spent the past month presenting his first few bills in the House. On Feb. 28 he introduced the SALT Relief Act, which would amend the Internal Revenue Code of 1986 to increase the limitation on the



Tim Bker/Herald file photo

**LONG ISLAND'S MOST** infamous politician has admitted his guilt in a 2008 check fraud case to Brazilian prosecutors, and will repay the stolen \$1,300 to the clerk he defrauded in exchange for not having to go to Rio de Janeiro to attend the court proceedings.

income tax deduction for state and local taxes.

On March 13, Santos introduced the Executive Mental Competency Protection Act, which would require the sitting president to undergo an annual cognitive evaluation. While Santos argued in an accompanying press release that the bill was nonpartisan, he has frequently accused President Biden of mental incompeten-

cy on Twitter, rather ironically referring to him as a "pathological liar."

His most recent legislative contribution was in response to a law recently passed by the Ugandan parliament making homosexuality a criminal offense punishable by life imprisonment or even execution in cases of "aggravated homosexuality." The Ugandan law, referred to as the Anti-Homosexuality Bill 2023, makes it illegal even to identify as homosexual, and has been derided as one of the world's harshest anti-LGBTQ laws.

Santos' proposed bill, the Equality and Fiscal Accountability Protection Act, introduced last Friday, would prohibit federal funding from going to countries that have laws or policies that discriminate or criminalize citizens based on sexual orientation.

"My bill will send a clear message that the United States will not offer federal aid to countries found to be violating the rights of individuals based on sexual orientation," Santos stated. "We as a nation have a responsibility to stand up for the human rights of all people, regardless of race, religion, or sexual orientation."

Santos has been less than vocal about anti-LGBTQ discrimination in the United States, however, having publicly lauded Florida Gov. Ron DeSantis' Parental Rights in Education Act — the so-called "Don't Say Gay" bill — in the past. He has also continued to align himself with far-right politicians like Representatives Marjorie Taylor-Green and Lauren Boebert, who have proven to be staunch opponents of the LGBTQ+ community.

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# Barbara Epstein is in a league of her own

By ANA BORRUTO

aborruto@liherald.com

When it comes to speaking on issues surrounding local government, Barbara Epstein is not afraid to step up to the podium, speak her mind, and keep elected officials in check.

As co-president of the East Nassau League of Women Voters — member for more than 50 years — Epstein has worked on a number of campaigns centered around voting rights, voter registration, campaign finance reform, town and county redistricting, transportation, management of natural resources, and an issue near and dear to her heart: affordable housing.

For Epstein, this passion for local government started in 1970 when the Wantagh resident joined, of all things, a local bowling league. At the time, she was home mostly with her young children, but one of her bowling friends told her about the League of Women Voters, and urged her to come to a local meeting.

Being married to a history teacher and a social studies teacher herself at one point, the topic of government naturally came up in conversation in Epstein's household.

She decided to attend a few meetings, and "just got hooked."

"My husband was instrumental because he encouraged me to get involved and to do things like this," Epstein said. "It was important to be able to have the support of my family."

The League of Women Voters is a grassroots, nonpartisan multi-issue political organization founded in the 1920s, shortly after women were granted the right to vote.

Since its inception more than a century ago, the league's mission has remained the same: To encourage informed and active participation in government, work to increase understanding of major public policy issues, and influence public policy through education and advocacy.



Joe Abate/Herald file

**BARBARA EPSTEIN, CO-PRESIDENT** of the East Nassau League of Women Voters, is known to step up to the microphone often to make her voice heard.

The East Nassau League chapter stretches from Freeport through Massapequa on Nassau County's South Shore. It includes Wantagh, Seaford, Levittown and East Meadow, as well as communities in the Town of Oyster Bay.

Not long after Epstein joined the East Nassau League of Women Voters, she was elected the branch's president, serving two terms. She is now a part of the group's management team.

One of her many league responsibilities is talking to community groups, including schools, where they can help students complete their voter registration.

Through the League, she is also involved with Vote411.org — a platform that allows users to learn about the candidates on their ballot during election season, just by shar-



ing their home address. Epstein is incredibly vocal when it comes to participation in local elections, and is currently focused on expanding early voting in New York.

Parent and teacher association groups in Nassau County frequently turn to Epstein and other league members to moderate school board elections.

When it comes to affordable housing, Epstein has been a strong advocate for lowering the costs of buying or renting a home, and works to shine a light on housing inequality present on Long Island.

Epstein has witnessed significant governmental changes, but it really depends on the issue. In some areas, there is still work to do.

For example, Epstein and her fellow managers have encouraged league members to contact legislators in Albany and urge them to pass a bill on campaign finance — which would lead to more opportunities for individuals to run for public office without the overwhelming cost out-of-pocket to do so.

More recently, Epstein stood in front of the members of the Hempstead Town Board to protest the proposed redistricting maps, which have since passed.

Epstein continues to attend town meetings, write letters to elected officials, speak on matters impacting Long Island — and she is not planning to slow down any time soon.

"If you have a passion about something, go for it. Get involved," Epstein said. "You can start small and continue to grow. It's important you get confidence in what you can do."



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# Women leaders offer advice to younger generation

CONTINUED FROM FRONT PAGE

York Police Department and the first female commanding officer of the NYPD's 41st Precinct, shared their stories.

This was the third annual Female First Conference. Last year marked the event's return to an in-person meeting since the coronavirus pandemic. City Councilwoman Marsha Silverman organized the conference and moderated the discussion.

There was no shortage of inspiration at the event highlighting the female pioneers and notable women throughout Glen Cove.

The event kicked off with the Pledge of Allegiance, and a stirring rendition of the "National Anthem" by Glen Cove High School singer Shye Roberts.

Afterward, Mayor Pamela Panzenbeck, who spent 34 years teaching business and computer education to students in the Levittown Public Schools, reflected on her experience as a woman and educator and the lack of educational opportunities for her mother.

"Year-round, and especially during women's history month, I recognize how far we have come, and remember those who made the lead steps and guided us," Panzenbeck said. "We remember our grandmothers and our mothers, and how different our lives are compared to them today."

She also noted that although the Unit-

ed States has made legal and social advancements for women, women in other cultures do not have those same opportunities.

I am not free while any woman is not free, even when their shackles are very different from my own," Panzenbeck said. "How blessed are we to live in the USA, we can be anything we wish to be."

Throughout the event, Silverman asked insightful questions about the speakers' career paths and the ways in which they advanced their careers through mentorship and teamwork. Silverman also asked about other glass ceilings that need to be shattered next to achieve full equality in the workplace.

Materasso stated that although she is highly respected in her field, she still receives emails addressing her as "sir" from people that have not met her in person. Materasso said she hopes to one day attend events where high-ranking women are more common, and not be referred to as their first in their fields.

"I think we have to just keep doing

what we're doing," she said, "and making sure that our young children, our own children, the school children, and they

know that anything that they want is attainable."

Nunan said that the maritime industry is striving to become more diverse, and she hopes to see more women in her industry and more openly queer and minority leaders. Nunan told listeners that she remembers a time when the Coast Guard was only around 15 percent women. Now, it's nearly 40 percent.

"Everybody is really trying to attract more talent, and so to do that, you have to have a community that is welcoming and feel like we belong," Nunan said.

Nunan is spearheading projects at her academy that highlight the accomplishments of minorities.

Hart said that she has been working to recruit more women into law enforcement. When she entered her industry 25 years ago, there were only 4 percent of women officers, but through recruitment efforts, that has increased to 17 percent.

I was very inspired. It's refreshing to see women in power and strong women in power as a young person. I know the future is bright (and) I can be them too.

**CARALENA GENOVA**  
senior, Glen Cove High School

When addressing sexual harassment in their workplaces, Materasso stressed that she encourages women in her field to report situations that make them feel uncomfortable. She acknowledged that many women don't report harassment for fear their concerns won't be heard or resolved without retaliation.

Sea Cliff resident Judith Rivera asked the panelists what advice they could offer young girls or women establishing their careers.

Hart told her own story of how she was inspired to become an FBI agent since childhood, and never gave up on her dream.

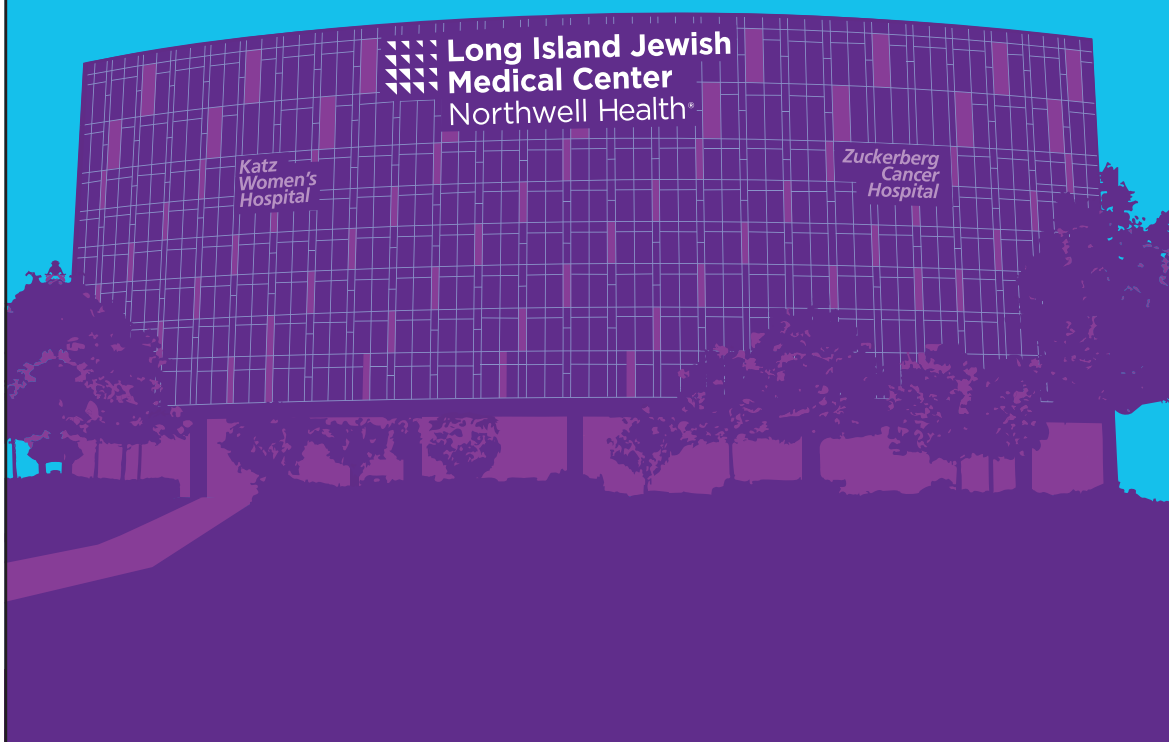
"It's so easy to get distracted," Hart said. "There's going to be obstacles in your way. I think the key is to continue on that journey and just know that you can get through it. You have to continually focus on that goal and don't ever give up."

Young women need to be fearless and take on leadership roles when they have the chance, Nunan advised, and keep themselves open to learning things that may be intimidating.

The advice resonated with Glen Cove senior Caralena Genova, who will attend Northeastern University next fall to study healthcare.

"I was very inspired," she said. "It's refreshing to see women in power and strong women in power as a young person. I know the future is bright (and) I can be them too."

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# Trailblazing from Greece, to Nebraska, and back again

By **ROKSANA AMID**

ramid@iherald.com

Very few children know what they want to be when they grow up. But from a young age, Susan Poser knew she wanted a career in law.

She was inspired by her father, Norman Stanley Poser, a former professor at Brooklyn Law School, and a former executive vice president of the American Stock Exchange.

"I was very good at arguing," Poser told the Hofstra University campus newspaper. "I could argue my mother into a corner."

The 59-year-old grew up in Manhattan and held onto her dream while majoring in ancient Greek and political science at Swarthmore College just outside of Philadelphia, where she graduated with honors in 1985. After that, Poser found herself teaching English at Anatolia College in Greece.

By 1987, Poser was finally ready to begin her career in law, moving to Lincoln, Nebraska, with husband Stephen DiMugno and their infant child. But it wasn't the start to her career she expected.

"A little part of me thought that this was actually his idea of a bad joke," Poser said of her husband in the Hofstra Chronicle. "And it was going to surprise me when the plane landed in Cancún."

But no, it really was Nebraska. DiMugno had picked up his first job as an assistant chemistry professor at the University of Nebraska while Poser had hoped to finish her juris doctorate from what is now Berkeley Law School at the University of California.

"This was a New Yorker moving out to Nebraska with an unwritten dissertation and a 3-week-old baby and no real job," Poser said.

"Only love would have made anyone do that kind of thing."

But it all came together, and Poser began working at



Courtesy Susan Poser

**SUSAN POSER WAITS** with Hofstra University mascots Kate and Willie Pride before they welcomed new students to campus on move-in day in 2021.

the University of Nebraska-Lincoln in 1994, as a visiting assistant professor of law. She was appointed by the Nebraska State Bar Association in 2003 to review policies in the Model Rules of Professional Conduct, before becoming a full professor of law in 2008. Two years later, she was the dean of the University of Nebraska College of Law.

Poser wasn't expecting to find herself moving up into the school's administration, but that changed one day in 2006 when she opened a university-wide email by chance. It was the chancellor, Harvey Perlman, looking for a new associate to the chancellor.

This became the perfect opportunity to hone in on her



problem-solving skills. Like the potential environmental hazard to birds caused by the release of thousands of helium-filled balloons in the school's stadium when the first Nebraska points were scored in a football game.

It was exactly the kind of role Poser never dreamed of, but discovered was perfect for her: leadership, problem-solving, and institution building.

The family moved to Chicago in 2016 where Poser was appointed provost and vice chancellor of academic affairs at the University of Illinois-Chicago. At Illinois, Poser led the acquisition of Chicago's John Marshall Law School, creating the first and only public attorney school in Chicago. She also played a key role in creating two new cultural centers on campus — one focused on Arab American students, and another on students with disabilities.

Poser is always looking for growth and ways to expand her skills, but she knew she had to keep one thing in mind when expanding her career.

"It's very important to make sure the work that you're doing is work that you really want to do, and that you're not going after jobs for status," she said.

Poser became the ninth president of Hofstra University in 2021 — and its first woman president in its 88-year history.

She never aspired to be a university president, but got to this point by doing what she loves: problem solving.

"You should always be doing the job that you want, and not the job that you have," Poser said. "You should always try to do a little bit extra, and offer to do work that is not necessarily assigned to you."



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## Elder Abuse

According to the National Institute on Aging, about one in ten adults over age sixty are abused, neglected or exploited. That is a staggering number. The major forms of abuse are:

- Physical abuse happens when someone causes bodily harm by hitting, pushing or slapping. This may also include restraining an older adult against their will, such as locking them in a room.
- Emotional abuse includes a caregiver saying hurtful words, yelling, threatening, repeatedly ignoring the older adult or keeping that person from seeing close friends and relatives.
- Neglect occurs when the caregiver does not respond to the older adult's needs. This may include physical, emotional and social needs or withholding food, medications or access to health care.
- Abandonment is leaving an older adult who needs help alone without planning for their care.
- Financial abuse occurs when money or belongings are stolen from an older adult. It can include forging checks, taking someone else's

retirement or Social Security benefits, using a person's credit cards and bank accounts without their permission, changing names on a will or trust, bank account, life insurance policy or title to a house without permission.

- Financial neglect occurs when an older adult's financial responsibilities such as paying rent or a mortgage, medical expenses or insurance, utility bills or property taxes are ignored, and the person's bills are not paid.

- Financial exploitation is the misuse, mismanagement or exploitation of property, belongings or assets. This includes using an older adult's assets without consent, under false pretenses or through intimidation and/or manipulation.

If you see signs of abuse, try talking with the older adult to find out what's going on. Many seniors are either too ashamed or fearful of retribution from the abuser if they report the mistreatment. If you see something, say something — report what you see to your county's adult protective services and they will investigate.

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# STEPPING OUT



## Spring, glorious spring Taking in the first signs of the season

By Karen Bloom

**W**inter's dreary doldrums are well behind us now. Spring beckons with the first burst of blooms. And there's no place better to welcome the season than at the always-glorious Old Westbury Gardens, which reopens to visitors on Saturday, April 1.

The renowned Gardens is ready to delight everyone with its glorious gardens and a busy schedule of programs and activities. The first signs of the season have made their presence known.

"April is so exciting, with so many flowers ready to appear," says horticulture director Maura Brush. "Every type, size and signs of blooms are so cherished."

She urges visitors not to miss out on the late-April to early-June period, noting that the landscape is ever-changing and continuously bursting with color.

"Every week there's a rollout," she says. From the cascades of cherry blossoms, the delicate fritillaria, daffodils, cheerful viola to, of course, tulips. Also shrubbery and trees — it's all carefully planned out by Brush and her team.

"We have a really well-curated display of bulbs that you'll not see elsewhere," she says. "I'm very excited. So much time and care has been put into curating these bulbs. We utilize them in such a way that the combinations are so interesting. The Walled Garden is particularly exciting."

Early spring's brisk weather sets the stage for an invigorating stroll through the many trails on Old Westbury Gardens's 200 acres. You'll be able to see the last of the wildflowers and tulips getting ready to open, among other harbingers of the season. The cherry blossoms will soon be visible, along with fruit trees, among other trees and shrubs — all starting to bloom in an array of delicate colors.

Among the many not-to-be-missed spots is the woodland walk. "It's particularly nice to walk through the lake trail

to the woodland walk," Brush says. And, certainly the primrose path and walled garden stand out as favorites.

"The primrose path is just loaded with blooms," she enthuses. "It's so stunning."

It's what Brush describes as "very spring-oriented," filled with forget-me-nots and other spring ephemerals, along with its namesake — the showy, early blooming primrose. In fact, the primrose is considered the shining star of early spring gardens.

Along with the colorful blooms, the Gardens' extensive schedule of programming springs forth. Opening weekend begins with the always-popular Story Book Stroll, on April 1, for the youngest visitors (ages 3-5) and a performance by Suzuki on the Island piano students, one of Long Island's premier music programs for kids 4-18, on April 2.

Looking ahead, the Gardens' beloved Dog Friendly Weekend, with its Spring Dog Festival, returns April 14-15. Pooches and their pet parents always enjoy exploring the grounds (leashed of course) and meeting up with fellow four-legged visitors.

Photos courtesy Old Westbury Gardens

**Old Westbury Gardens is ready to burst forth in a brilliant display of color.**



### Kindertransport

See Diane Samuels' gripping drama, presented by Nassau Community College Theater and Dance Department, based on the experiences of children who were allowed to leave Nazi Germany for England in 1938-39 and separated from their families. It tells of the hardships faced by 9-year-old Eva, sent on a Kindertransport and taken in by a British family. It also focuses on the assimilated and Eva's alienation from her actual mother, Holocaust survivor, and the discovery by Faith, Eva's daughter, of her mother's unspoken past. It takes place simultaneously in 1939 and in 1974 England, when Faith, preparing to leave home, finds old letters and photos in the attic that reveal a secret her mother kept hidden since she was a teenager.

Friday, March 31, 7:30 p.m.; Sunday, April 2 p.m. Nassau Community College's Mainstage Theatre, Garden City. \$10; NCC students free with valid ID; \$8 alumni, seniors 60-plus, students and NCC employees. For tickets/information, visit [NCC.edu](http://NCC.edu) or call (516) 572-7676.



### Paula Poundstone

The nimble, witty comedian visits the Landmark stage. Paula Poundstone is known for her smart, observational humor and a spontaneous wit that has become the stuff of legend. Appearing on stage with a stool, a microphone, and a can of Diet Pepsi, Poundstone's material keeps her audience thoroughly entertained throughout this fast-paced evening of standup. Among her many pursuits, Poundstone was the first female comic, in its then 73rd year, to perform at the White House Correspondents dinner. She is recognized in innumerable lists, documentaries and literary compendiums noting influential standup comedians of our time. Her ability to interact with her audience members has been hailed for years, and there's no slowing Poundstone down as she continues to rip riotous laughter for all who witness her talent.

Saturday, April 15, 8 p.m. \$60, \$53, \$43. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. (516) 767-6444 or [LandmarkOnMainStreet.org](http://LandmarkOnMainStreet.org).



# THE SCENE



April 14

## Limón Dance Company

The acclaimed modern dance ensemble appears on the Tilles Center stage, Friday, **April 14**, 8 p.m. Timeless, dramatic and nuanced, the great Limón Company has been at the vanguard of American modern dance since its inception and is considered one of the greatest dance companies of all time. The late choreographer and dancer José Limón is credited with creating one of the world's most important and enduring dance legacies. The program includes new repertoire, Limón works, and beloved modern dance classics, performed with indescribable magic felt all the way to the last row of the theater. LIU Post campus, 720 Northern Boulevard, Brookville. Tickets are \$66, \$46, \$36; available at [TillesCenter.org](http://TillesCenter.org) or (516) 299-3100.

March 30



## On exhibit

Nassau County Museum of Art's new exhibition, "Eye And Mind: The Shin Collection," highlights the extraordinary collection masterworks assembled by 31-year-old connoisseur Hong Gyu Shin, an internationally recognized figure in the global art world. He shares his treasures, including works by Whistler, Lautrec, Boucher, Daumier, Delacroix, Klimt, Schiele, Balthus, Warhol, de Kooning, Gorky and many other important names from art history provocatively juxtaposed with the painting and sculpture of our own time from both Asia and the West. On view **through July 9**. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or [NassauMuseum.org](http://NassauMuseum.org).

Every Thurs.



## Breastfeeding Support Group

Mercy Hospital offers a peer to peer meeting for breastfeeding support and resources, facilitated by a certified breastfeeding counselor, **every Thursday**, 10:30 a.m.-11:30 a.m. Bring your baby (from newborn to 1 year) to the informal group setting. All new moms are welcome, regardless of delivering hospital. Registration required. Call breastfeeding counselor, Gabriella Gennaro, at (516) 705-2434 to secure you and your baby's spot. Mercy Hospital, St. Anne's Building, 1000 North Village Ave., Rockville Centre. For information visit [CHSLI.org](http://CHSLI.org).

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### Easter Eggstravaganza

Bring the family to Molloy University for some seasonal fun, Saturday, **April 1**, 10 a.m.-noon. Enjoy an Easter Egg hunt, photos with the Easter Bunny, games, crafts and giveaways, candy, and more. \$5 per child; proceeds benefit Cohen Children's Medical Center. Public Square Lobby, 1000 Hempstead Ave., Rockville Centre.

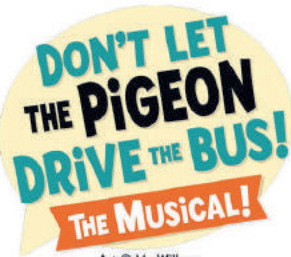


### Easter Egg Hunt

Glen Cove Christian Church hosts an Easter Egg Hunt, Saturday, **April 8**, on the lawn. Ages 1-5 participate at 10 a.m.; first through fifth graders at 10:30 a.m.; sixth graders through adults at 11 a.m. Supervised childcare available during the adult hunt. 74 Walnut Road, Glen Cove. To register and for info go to [GlenCoveChristianChurch.com](http://GlenCoveChristianChurch.com).

### Senior Lunch Program

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



### On stage

Mo Willems' popular The Pigeon comes alive on the Long Island Children's Museum stage, Friday, **March 31**, 10:15 a.m. and noon. Pigeon is eager to try anything. LICM, Museum Row, Garden City. (516) 224-5800 or [LICM.org](http://LICM.org).

### Whaleboat Chats

Explore the fascinating history of whaling, Saturday, **April 1**, 11:30 a.m. or 12:30 p.m., at The Whaling Museum & Education Center. Examine the museum's whaleboat, touch a harpoon and more, during the drop-in chat, 301 Main Street, in Cold Spring Harbor. For information, visit [CSHWhalingMuseum.org](http://CSHWhalingMuseum.org).

### Irish Genealogy: An Introduction

Glen Cove Public Library offers a virtual presentation on Irish genealogy. Saturday, **April 1**. Discuss sites of the major repositories and principal archives in Ireland. To register visit [GlenCoveLibrary.org](http://GlenCoveLibrary.org). For more information contact Lydia Wen at (516) 676-2130, ext. 132, or [LWen@glencovelibrary.org](mailto:LWen@glencovelibrary.org).

### Senior assistance available

Stop by Bayville Free Library, to speak with a counselor from the Office for the Aging, Monday, **April 3**, 2 p.m. Discuss long-term care, aging in place, senior centers, and varying needs of county residents. 34 School St., Bayville. Register at [BayvilleFreeLibrary.org](http://BayvilleFreeLibrary.org). For more information contact [adultprograms@bayvillefreelibrary.org](mailto:adultprograms@bayvillefreelibrary.org) or (516) 628-2785.



### 'Forever Plaid'

Plaza Theatrical springs forward with "Forever Plaid," an affectionate musical homage to the close harmony guy groups that reached the height of their popularity during the '50s, Friday,

**March 31**, 7:30 p.m.; Saturday, April 1, 2:30 and 7:30 p.m.; Sunday, April 2, 2:30 p.m. The show features such hits as "Three Coins in a Fountain," "Heart and Soul," "Catch a Falling Star," and "Love is a Many Splendored Thing." It's performed at Plaza's stage at the Elmont Library Theatre, 700 Hempstead Tpke., Elmont. \$49, \$45 seniors. Elmont. For tickets, call (516) 599-6870 or visit [PlazaTheatrical.com](http://PlazaTheatrical.com).

### Deep Roots Indoor Market

**April 1** Stop by St. Paul's Episcopal Church for another Deep Roots Indoor Market, Saturday, **April 1**. Browse a selection of locally grown produce, eggs, meat and dairy along with fresh-baked bread, sweets, honey and other locally-made goods, at 28 Highland Road, Glen Cove. For more information contact [deeprootsfarmersmarket@gmail.com](mailto:deeprootsfarmersmarket@gmail.com) or (516) 318-5487.


### Exhibit at Planting Fields Arboretum

Visit Planting Fields Arboretum for an exhibition guided tour, Saturday, **April 15**. Tours run hourly, 10:30 a.m. through 2:30 p.m. The exhibit, "Decisive Moments at Planting Fields: The Photography of Mattie Edwards Hewitt and Frances Benjamin Johnston," highlights the work of these trailblazing female photographers, whom W.R. Coe engaged to document the Planting Fields' Olmsted-designed gardens, buildings and interiors in the 1920s, at 1395 Planting Fields Road. Oyster Bay. For more information, contact Katie Walsh at [kwalsh@plantingfields.org](mailto:kwalsh@plantingfields.org) or (516) 922-8680.

### Having an event?

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





PRESENTS

## THE HEARING CLARITY SOLUTION:

Improving your mental acuity and quality of life with better hearing clarity.

Join Doctor of Audiology, author, and Certified Dementia Practitioner Dr. Lawrence Cardano, Au.D. This webinar will present important information for you or a loved one having difficulty with hearing clarity or any concerns about risk of dementia. Bring your questions when you register as they will be answered LIVE during the webinar!


WEDNESDAY, MAY 3  
AT 6:00PM

Register at


## liherald.com/hearing

Can't make it to the webinar?  
Register and you'll receive the recording!

For more information, contact Rachel Leoutsakos at [rleoutsakos@liherald.com](mailto:rleoutsakos@liherald.com) or 516.569.4000 x242



**Dr. Lawrence Cardano, Au.D**  
Doctor of Audiology  
Hearing Center of Long Island



46 Rockaway Ave.,  
Valley Stream NY, 11580  
(516) 872-8485  
[www.HearingCenterofLI.com](http://www.HearingCenterofLI.com)

1210198



## ON THE ROAD WITH A TAKEOUT QUEEN

# Nominees for ‘Best Food Ensembles in a Local Restaurant’

I love awards shows. My favorite category is “Best Ensemble Cast in a TV Series.” So, I started thinking, why not offer that same kind of award to foods? Foods work as ensembles on menus all the time. After a great meal, if the flavors and textures come together in an exceptional way, why not honor the dishes that made it happen? Here are my four nominees for the “Best Food Ensembles in a Local Restaurant.”

■ **Schultz’s Restaurant** (265 Bayville Ave., Bayville) Restaurant owner James Schultz, is a seafood connoisseur. He was a fisherman for 33 years before opening his chic, homey seafood eatery. Every type of fish he has on his menu is a winner. I stopped by for lunch and would like to nominate the following meal for the “Best Food Ensemble in a Restaurant” — shrimp and lobster bisque, fish taco, and Gooseberry Grove ice cream.

The bisque was an elegant orange-

gold color, smooth as silk, and filled with the freshest morsels of shrimp and lobster. A choice slice of halibut was the star of the taco, while vegetables and fries supported it well. For dessert, three new homemade desserts are offered: apple crisp, cheesecake and a banana roll-up in a flour tortilla. Locally created Gooseberry Grove ice cream flavors rotate on the menu. Cookie butter and Kahlua are trendy favorites.

■ **The Olive Room** (172 Main St., Port Washington) A gourmet variety of tapas-style dishes are featured in this new bistro, plus outrageous desserts. My second nomination for “The Best Food Ensemble in a Restaurant” is the mini meal I ordered to go: lollipop lamb chops, cod croquettes and Cabernet Sauvignon ice cream with dark chocolate and cher-

ries. The Ice Cream Chick of Huntington transports her original ice cream flavors to serve as dessert at the bistro regularly. Butterscotch apple crumb is an A lister. Soon, she’ll also offer her latest creation: ice cream based on brunch. That will include ketchup and mustard flavored ice cream served atop fries and pickle ice cream on waffles.

■ **Jaydsiri Thai Bistro** (23 S Middle Neck Rd., Great Neck) The dishes in this new restaurant are based on what the chef calls, “grand mom secret recipes.” It’s such a warm and welcoming place, just like a grandmother’s kitchen. I felt as if my

Tom Yum spicy soup with tofu and mushrooms, and my crisp fried banana and coconut cigar-style dessert rolls had been created especially for me. The dishes aren’t oozing with extra schmootz. They’re simple with

just a few ingredients that shine through. The perfect combination of spicy, tangy, and sweet flavors I enjoyed during my meal make it a “Best Food Ensemble” nomination as well.

■ **Garvies Point Brewery & Restaurant** (45 Herb Hill Rd., Glen Cove) My fourth ensemble nomination is the new dessert menu. I loved the funnel cake fries. They’re light, crunchy, non-salty, and are topped with powdered sugar and amaretto sauce. The other four desserts are equally delicious and must be honored. I’m proud to mention cinnamon sugar cronuts, chocolate chip cookie skillet, bread pudding, and cheesecake. All five work together to guarantee you’ll have a great ending to any meal.

Congrats to all the nominees! See you next month!

*Cathi Turow can be reached at: cturowtakeout@gmail.com*



CATHI TUROW

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THE BEST.  
FOR THE BEST.**



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271-11 76th Avenue New Hyde Park, NY 11040 | 877-727-5373 | [parkerinstitute.org](http://parkerinstitute.org)





PRESENTS

## FREE 2-PART WEBINAR SERIES

# FIGHTING AGAINST FRAUD:

## Learn the 411 on Recognizing a Scam

Help protect yourself from fraud and scams! This FREE webinar series will cover identity theft, elder fraud abuse and how to recognize the warning signs. Representatives from AARP Long Island and United States Postal Inspectors will also provide information about scams targeting people age 50-plus and their families, tactics fraudsters use, and resources available to help prevent fraud.

**Advance registration is required.**

**THURSDAY, APRIL 13, 2023  
12-1PM**

### IDENTITY THEFT:

Each year thousands of Americans fall victim to Identity (ID) Theft. Consumers reported losing nearly \$8.8 Billion to scams in 2022. This webinar will focus on:

- Understanding Personal Identifiable Information (PII)
- Scams that target your PII
- Tips to safeguard your identity

**REGISTER at**

[www.LIHERALD.com/identity](http://www.LIHERALD.com/identity)

**THURSDAY, APRIL 20, 2023  
12-1PM**

### ELDER FRAUD ABUSE:

Con artists don't really care about your age or your needs. Their only goal is to separate you from your hard-earned money. Learn how to recognize scams. We'll cover:

- Grandparent or Relative in Need scams
- Lottery and Sweepstakes Scams
- Investment Scams

**REGISTER at**

[www.LIHERALD.com/elder](http://www.LIHERALD.com/elder)

## FREE AARP LONG ISLAND IN-PERSON SHREDDING EVENTS

Shred your personal and financial documents at a location near you. Register and reserve your spot for a FREE drive-through contactless shredding event. (Limit 3 bags per car)

**SATURDAY APRIL 22, 2023  
10AM-1PM • IN-PERSON**

### LOCATION:

Nassau Community College  
One Education Drive • Garden City, NY  
(Entrance to parking lot at Miller Place)

REGISTER at

<https://bit.ly/ShredGardenCity>

**SATURDAY MAY 6, 2023  
9AM-12PM • IN-PERSON**

### LOCATION:

Michael J Tully Park  
1801 Evergreen Avenue •  
New Hyde Park, NY

REGISTER at

<https://bit.ly/ShredNewHydePark>

**SATURDAY MAY 20, 2023  
10AM-12PM • IN-PERSON**

### LOCATION:

Farmingdale Library  
116 Merritts Road •  
Farmingdale, NY

REGISTER at

<https://bit.ly/ShredFarmingdale>

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

For more information regarding this program, contact Rachel Leoutsakos at [rleoutsakos@liherald.com](mailto:rleoutsakos@liherald.com) or 516.569.4000 x242

## HOST



**Michael Hinman**  
Executive Editor  
Herald Community  
Newspapers

## SPEAKERS



**Bernard Macias**  
Associate State  
Director -  
Long Island  
AARP New York



**Donna Harris**  
Public Information  
Representative  
United States Postal  
Inspection Service  
Headquarters



**Michael V.  
Del Giudice**  
Postal Inspector  
Team Leader  
New York Division





# PUBLIC NOTICES

LEGAL NOTICE  
SUPREME COURT OF THE  
STATE OF NEW YORK  
COUNTY OF NASSAU  
INDEX NO.: 610145/2022  
DATE FILED: 8/2/2022  
SUMMONS

L&L ASSOCIATES  
HOLDING CORP.,  
Plaintiff,  
-against-  
TOMASO FOLLA, ANGELA  
FOLLA and ANGELINA  
FALLO, if they be living, if  
they be dead, whether by  
their respective heirs-at-law,  
next of kin, distributees,  
executors, administrators,  
trustees, devisees,  
legatees, assignees,  
lienors, creditors, and  
successors in interest, and  
generally all persons  
having or claiming under,  
by, or through TOMASO  
FOLLA, ANGELA FOLLA  
and ANGELINA FALLO, if  
they be dead, whether by  
purchase, inheritance,  
lien or otherwise,  
including any right, title  
or interest in and to the  
real property described in  
the complaint herein, all  
of who and whose names  
and places of residence  
are unknown to the  
plaintiff,  
UNITED STATES OF  
AMERICA; NEW YORK  
STATE  
DEPARTMENT OF  
TAXATION AND  
FINANCE; NASSAU  
COUNTY TREASURER,  
"JOHN DOE #1" through  
"JOHN DOE #12", the  
last twelve names being  
fictitious and unknown to  
plaintiff, the persons or  
parties intended being  
the tenants, occupants,  
persons or corporations, if  
any, having or claiming  
an interest in or lien upon  
the premises, described in  
the complaint,  
Defendants.

TO THE ABOVE NAMED  
DEFENDANTS:  
YOU ARE HEREBY  
SUMMONED to answer  
the complaint in this  
action, to serve a copy of  
your answer, or, if the  
complaint is not served  
with the summons, to  
serve notice of  
appearance, on the  
plaintiff's attorney within  
twenty (20) days after the  
service of this summons,  
exclusive of the date of  
service (or within thirty  
(30) days after the service  
is complete if this  
summons is not  
personally delivered to  
you within the State of  
New York), and in case of  
failure to appear or  
answer, judgment will be  
taken against you by  
default for the relief  
demanded in the  
complaint.

Plaintiff designates  
Nassau County as the  
place of trial. The basis of  
venue is the location of  
the subject property.  
TO THE ABOVE NAMED  
DEFENDANTS: The  
foregoing Summons is  
served upon you by  
publication pursuant to  
an Order of the Hon.  
David P. Sullivan, a  
Justice of the Supreme  
Court, Nassau County,  
entered Feb. 23, 2023  
and filed with the  
complaint and other

papers in the Nassau  
County Clerk's Office.  
THE OBJECT OF THE  
ACTION is to foreclose a  
tax lien and to recover  
the amount of the tax lien  
and all of the interest,  
penalties, additions and  
expenses thereon to  
premises k/a Section 21,  
Block H. Lot 279.

NOTICE  
YOU ARE IN DANGER OF  
LOSING YOUR HOME  
If you do not respond to  
this summons and  
complaint by serving a  
copy of the answer on the  
attorney for the tax lien  
holder who filed this  
foreclosure proceeding  
against you and filing the  
answer with the court, a  
default judgment may be  
entered and you can lose  
your home.

Speak to an attorney or  
go to the court where  
your case is pending for  
further information on  
how to answer the  
summons and protect  
your property.  
Sending a payment to the  
tax lien holder will not  
stop this foreclosure  
action.

YOU MUST RESPOND BY  
SERVING A COPY OF THE  
ANSWER ON THE  
ATTORNEY FOR THE  
PLAINTIFF (TAX LIEN  
HOLDER) AND FILING THE  
ANSWER WITH THE  
COURT.  
Dated: August 1, 2022  
LEVY & LEVY  
Attorneys for Plaintiff 12  
Tulip Drive  
Great Neck, NY 11021  
(516) 487-6655  
BY: JOSHUA LEVY, ESQ.  
#100184  
137888

Place a notice by phone at  
516-569-4000 x232 or email:  
legalnotices@liherald.com

LEGAL NOTICE  
SUPREME COURT OF THE  
STATE OF NEW YORK  
INDEX NO. 008022/2014  
COUNTY OF NASSAU

REVERSE MORTGAGE  
SOLUTIONS, INC.,  
Plaintiff,

vs.  
PUBLIC ADMINISTRATOR  
OF NASSAU COUNTY,  
ADMINISTRATOR TO THE  
ESTATE OF MARGARET  
WEPPLER; JAMES  
WEPPLER, AS HEIR AND  
DISTRIBUTE TO THE  
ESTATE OF MARGARET  
WEPPLER; THOMAS  
WEPPLER, AS HEIR AND  
DISTRIBUTE TO THE  
ESTATE OF MARGARET  
WEPPLER; JENNIFER  
CARTER, AS HEIR AND  
DISTRIBUTE TO THE  
ESTATE OF MARGARET  
WEPPLER; UNKNOWN  
HEIRS AND DISTRIBUTES  
TO THE ESTATE OF  
MARGARET WEPPLER,  
any and all persons  
unknown to plaintiff,  
claiming, or who may  
claim to have an interest  
in, or general or specific  
lien upon the real  
property described in this  
action; such unknown  
persons being herein  
generally described and  
intended to be included in  
the following designation,  
namely: the wife, widow,  
husband, widower, heirs  
at law, next of kin,  
descendants, executors,

administrators, devisees,  
legatees, creditors,  
trustees, committees,  
lienors, and assignees of  
such deceased, any and  
all persons deriving  
interest in or lien upon, or  
title to said real property  
by, through or under  
them, or either of them,  
and their respective  
wives, widows, husbands,  
widowers, heirs at law,  
next of kin, descendants,  
executors, administrators,  
devisees, legatees,  
creditors, trustees,  
committees, lienors and  
assigns, all of whom and  
whose names, except as  
stated, are unknown to  
plaintiff; CAPITAL ONE  
BANK USA, NA; NEW  
YORK STATE  
DEPARTMENT OF  
TAXATION AND  
FINANCE; UNITED STATES  
OF AMERICA; RICHARD  
CHESHIRE,  
Defendants.

Plaintiff designates  
NASSAU as the place of  
trial situs of the real  
property  
SUPPLEMENTAL  
SUMMONS  
Mortgaged Premises:  
2 HIGH PINE  
GLEN COVE, NY 11542  
Section: 31, Block: 70,  
Lot: 12

To the above named  
Defendants  
YOU ARE HEREBY  
SUMMONED to answer  
the Complaint in the  
above entitled action and  
to serve a copy of your  
Answer on the plaintiff's  
attorney within twenty  
(20) days of the service of  
this Summons, exclusive  
of the day of service, or  
within thirty (30) days  
after service of the same  
is complete where service  
is made in any manner  
other than by personal  
delivery within the State.  
The United States of  
America, if designated as  
a defendant in this action,  
may answer or appear  
within sixty (60) days of  
service. Your failure to  
appear or to answer will  
result in a judgment  
against you by default for  
the relief demanded in  
the Complaint. In the  
event that a deficiency  
balance remains from the  
sale proceeds, a judgment  
may be entered against  
you.

NOTICE OF NATURE OF  
ACTION AND RELIEF  
SOUGHT  
THE OBJECT of the above  
caption action is to  
foreclose a Mortgage to  
secure the sum of  
\$885,000.00 and interest,  
recorded on January 20,  
2011, in Liber M 35602 at  
Page 292, of the Public  
Records of NASSAU  
County, New York.,  
covering premises known  
as 2 HIGH PINE, GLEN  
COVE, NY 11542.  
The relief sought in the  
within action is a final  
judgment directing the  
sale of the premises  
described above to satisfy  
the debt secured by the  
Mortgage described  
above.

NASSAU County is  
designated as the place  
of trial because the real

property affected by this  
action is located in said  
county.

NOTICE  
YOU ARE IN DANGER OF  
LOSING YOUR HOME  
If you do not respond to  
this summons and  
complaint by serving a  
copy of the answer on the  
attorney for the mortgage  
company who filed this  
foreclosure proceeding  
against you and filing the  
answer with the court, a  
default judgment may be  
entered and you can lose  
your home.

Speak to an attorney or  
go to the court where  
your case is pending for  
further information on  
how to answer the  
summons and protect  
your property.  
Sending a payment to the  
mortgage company will  
not stop the foreclosure  
action.

YOU MUST RESPOND BY  
SERVING A COPY OF THE  
ANSWER ON THE  
ATTORNEY FOR THE  
PLAINTIFF (MORTGAGE  
COMPANY) AND FILING  
THE ANSWER WITH THE  
COURT.

Dated: March 6,  
2023  
ROBERTSON, ANSCHUTZ,  
SCHNEID, CRANE &  
PARTNERS, PLLC  
Attorney for Plaintiff  
Eric S. Sheidlower, Esq.  
900 Merchants  
Concourse, Suite 310  
Westbury, NY 11590  
516-280-7675  
137991

Search for notices online at:  
[www.newyorkpublicnotices.com](http://www.newyorkpublicnotices.com)

LEGAL NOTICE  
REFEREE'S NOTICE OF  
SALE IN FORECLOSURE  
SUPREME COURT -  
COUNTY OF NASSAU  
US BANK NATIONAL  
ASSOCIATION, AS  
TRUSTEE FOR CITIGROUP  
MORTGAGE LOAN  
TRUST, INC., MORTGAGE  
PASS-THROUGH

CERTIFICATES, SERIES  
2006-4, Plaintiff - against  
- LARRY BLUMSTEIN, et  
al Defendant(s).

Pursuant to a Judgment  
of Foreclosure and Sale  
entered on April 2, 2019,  
I, the undersigned  
Referee will sell at public  
auction on the North Side  
steps of the Nassau  
County Supreme Court  
located at 100 Supreme  
Court Drive, Mineola,  
N.Y. 11501 "Rain or  
Shine" on the 25th day of  
April, 2023 at 3:00 PM.  
All that certain plot, piece  
or parcel of land, with the  
buildings and  
improvements thereon  
erected, situate, lying and  
being in the Incorporated  
Village of Sea Cliff, Town  
of Oyster Bay, County of  
Nassau and State of New  
York.

Premises known as 1  
Richardson Avenue, Sea  
Cliff, NY 11579.  
(Section: 21, Block: 222,  
Lot: 431)  
Approximate amount of  
lien \$624,040.05 plus  
interest and costs.  
Premises will be sold  
subject to provisions of  
filed judgment and terms  
of sale.

Index No. 018968/2009.  
Malachy P. Lyons, Esq.,  
Referee.

McCalla Raymer Leibert  
Pierce, LLC  
Attorney(s) for Plaintiff  
420 Lexington Avenue,  
Suite 840  
New York, NY 10170  
Tel. 347/286-7409

For sale information,  
please visit Auction.com  
at [www.Auction.com](http://www.Auction.com) or  
call (800) 280-2832

Dated: March 1, 2023  
During the COVID-19  
health emergency,  
bidders are required to  
comply with all  
governmental health  
requirements in effect at  
the time of sale including  
but not limited to,  
wearing face coverings  
and maintaining social  
distancing (at least 6-feet  
apart) during the auction,  
while tendering deposit  
and at any subsequent  
closing. Bidders are also  
required to comply with  
the Foreclosure Auction  
Rules and COVID-19  
Health Emergency Rules  
issued by the Supreme  
Court of this County in  
addition to the conditions  
set forth in the Terms of  
Sale.  
138071

LEGAL NOTICE  
North Shore Central  
School District  
112 Franklin Ave.  
Sea Cliff, New York  
INVITATION TO BID  
General A/C, Ventilation  
& Refrigeration  
Repairs & Service  
Cooperative Bid  
#001-2024  
SCHOOL YEAR 2023-2024

NOTICE TO BIDDERS  
On behalf of a  
cooperative of school  
districts in Nassau  
County, the Board of  
Education of the North  
Shore Central School  
District, Sea Cliff, New  
York, in accordance with  
Section 103 of General  
Municipal Law, hereby  
invites the submission of  
sealed bids from  
reputable and qualified  
contractors for the  
provision of labor and  
materials for the  
following contract:  
Cooperative Bid for  
General A/C, Ventilation  
& Refrigeration Repairs &  
Services

Bid receipt day and time:  
April 18, 2023 at  
11:00am

This is a Cooperative bid.  
Participating school  
districts are as follows:  
Baldwin UFSD, Bellmore  
UFSD, Bellmore-Merrick  
CHSD, Bethpage UFSD,  
Carle Place UFSD, East  
Rockaway UFSD, East  
Williston UFSD, Floral  
Park- Bellerose UFSD,  
Freeport UFSD, Garden  
City UFSD, Glen Cove  
CSD, Great Neck UFSD,  
Hempstead UFSD,  
Herricks UFSD, Hewlett-  
Woodmere UFSD,  
Hicksville UFSD, Island  
Trees UFSD, Jericho  
UFSD, Levittown UFSD,  
Locust Valley CSD, Long  
Beach CSD, Lynbrook  
UFSD, Manhasset UFSD,  
Massapequa UFSD,  
Merrick UFSD, Mineola

UFSD, New Hyde Park-  
GCP, North Bellmore  
UFSD, North Merrick  
UFSD, North Shore CSD,  
Plainedge UFSD,  
Plainview/Old Bethpage  
CSD, Port Washington  
UFSD, Rockville Center  
UFSD, Roosevelt UFSD,  
Seaford UFSD, Syosset  
CSD, Valley Stream UFSD  
#24, Valley Stream UFSD  
#30, Wantagh UFSD,  
West Hempstead UFSD.

Bids for the term of July  
1, 2023 through June 30,  
2024 will be received  
until the above-stated  
hour of prevailing time  
and date at the Business  
Office of North Shore  
Central School District  
located at 112 Franklin  
Ave., Sea Cliff, NY 11579.  
Promptly at 11:00am  
prevailing time on April  
18, 2023, bids will be  
opened and read aloud.  
Bids will be opened and  
read in this manner from  
the District Offices,  
located at 112 Franklin  
Avenue, Sea Cliff NY  
11579.  
Specifications and bid  
forms may be obtained  
via email on March 29,  
2023, Monday through  
Friday, between the hours  
of 8:00am and 4:00pm,  
excluding holidays.  
Requests for bid  
documents must be sent  
via email to Mathew  
Cheravallil  
[cheravallil@northshoreschools.org](mailto:cheravallil@northshoreschools.org). All questions  
regarding this cooperative  
bid shall be submitted in  
writing and faxed to the  
attention of John A. Hall  
at 516-277-7833.  
Bids must be presented  
on the standard proposal  
form in the manner  
designated and as  
required by the  
specifications. All bids  
must be enclosed in  
sealed envelopes which  
are clearly marked on the  
outside: "North Shore  
Central School District -  
Cooperative Bid for  
General A/C, Ventilation  
& Refrigeration Repairs &  
Service" Bids shall remain  
firm for a period of forty-  
five (45) days following  
the date of the bid  
opening.

Each board of education  
reserves the right to  
waive any informalities in  
or to reject any or all bids,  
or to accept that bid  
which, in the Boards of  
Education's judgment, is  
in the best interest of the  
School District. The  
Boards of Education  
further reserve the right  
to consider experience,  
service and reputation in  
the above referenced  
fields. In addition, the  
Boards of Education  
reserve the right to  
consider the financial  
responsibility and specific  
qualifications, set forth in  
the bid specifications, of  
the prospective bidder in  
evaluation of the bids and  
award of contracts  
BOARD OF EDUCATION  
North shore Central  
School District  
By: Elizabeth Ciampi,  
District Clerk  
138499

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LEGAL NOTICE  
CITY OF GLEN COVE  
PLANNING BOARD  
PLEASE TAKE NOTICE  
that a PUBLIC HEARING  
will be held by the City of  
Glen Cove Planning Board  
on Tuesday, April 4,  
2023, at 7:30 p.m., at the  
Council Chambers, City  
Hall, 9 Glen Street, Glen  
Cove, New York 11542,  
when all interested  
persons will be given an  
opportunity to express  
their views.

The hearing will be on the  
application of Friends  
Academy seeking a  
special use permit and  
site plan approval for the  
construction of a new  
19,000 square foot  
extension between the  
existing Kumar Wang  
library and fieldhouse to  
create a new Innovation  
Center with associated  
site improvements to  
include walkways,  
utilities, and drainage.  
The property is located at  
270 Duck Pond Road,  
Locust Valley, NY  
designated on the Nassau  
County Land and Tax  
Map as Section 23, Block  
F, Lots 204, 709, 1737 &  
1739 within the city's R-1  
One-Acre Residence  
District

The above application is  
on file at the city offices  
located at 9 Glen Street,  
Glen Cove, NY where it  
may be seen during  
regular business hours of  
the usual business days  
until the time of the  
hearing.  
Dated:  
February 21, 2023  
Chairman  
GLEN COVE PLANNING  
BOARD  
138500

LEGAL NOTICE  
NOTICE OF ANNUAL  
SCHOOL DISTRICT  
ELECTION AND BUDGET  
VOTE

GLEN COVE CITY SCHOOL  
DISTRICT  
GLEN COVE, NEW YORK  
NOTICE IS HEREBY GIVEN  
that the Annual School  
District Election and  
Budget Vote for the  
qualified voters of the  
Glen Cove City School  
District, Glen Cove, New  
York, will be held in the  
following locations:  
School Election Districts  
Location of Polling Place  
A, B, C

Glen Cove High School,  
150 Dosoris Lane, Back  
Gym - Door # 13  
D Connolly School, 1  
Ridge Drive - Back Gym  
in said district Tuesday,  
May 16, 2023 at 6:00  
a.m. prevailing time, at  
which time the polls will  
be open to vote by voting  
machine upon the  
following items between  
the hours of 6:00 a.m.  
and 9:00 p.m., prevailing  
time.

PROPOSITION 1 - SCHOOL  
DISTRICT BUDGET  
To adopt the annual  
budget of said school  
district for the fiscal year  
2023-2024 and to  
authorize the requisite  
portion thereof to be  
raised by taxation on the  
taxable property of the  
District.

ELECTION OF BOARD  
MEMBER(S)

To elect two (2) members  
of the Board of Education  
of said School District as  
follows:

A. Two (2)  
members to be each  
elected for a term of three  
(3) years, commencing  
July 1, 2023 and ending  
June 30, 2026.

AND FURTHER NOTICE IS  
HEREBY GIVEN that for  
the purpose of voting at  
such meeting, on  
Tuesday, May 16, 2023,  
the polls will be open  
between the hours of  
6:00 a.m. and 9:00 p.m.  
prevailing time to vote  
upon such propositions by  
voting machine.

AND FURTHER NOTICE IS  
HEREBY GIVEN that a  
Budget Hearing will be  
held on Wednesday, May  
3, 2023 at 7:30 p.m. at  
the Glen Cove High  
School Auditorium, 150  
Dosoris Lane, Glen Cove,  
New York prior to the  
regular Board of  
Education meeting.

AND FURTHER NOTICE IS  
HEREBY GIVEN that  
petitions nominating  
candidates for the office  
of member of the Board  
of Education shall be filed  
between the hours of  
9:00 a.m. and 3:00 p.m.  
prevailing time with the  
District Clerk of said  
School District at the  
District Office  
Administration Building,  
154 Dosoris Lane, Glen  
Cove, New York, on or  
before Wednesday, April  
26, 2023 at 5:00 p.m.  
prevailing time. Such  
petitions must be directed  
to Ida Johnson, District  
Clerk and must be signed  
by at least one hundred  
(100) qualified voters of  
the district; must state  
the name and residence  
of the candidate.

AND FURTHER NOTICE IS  
HEREBY GIVEN that the  
qualified voters of the  
District may register  
between the hours of  
9:00 a.m. and 2:00 p.m.  
in the main office of each  
of the school buildings of  
the district and the office  
of the District Clerk in the  
Administration Building  
during the school year,  
and only in the Office of  
the District Clerk during  
the summer months of  
July and August. The  
final date to register for  
the annual meeting to be  
held on Tuesday, May 16,  
2023 is Tuesday, May 2,  
2023 from 9:00 a.m. to  
7:00 p.m. (personal  
registration day). If a  
voter has heretofore  
registered pursuant to the  
resolution of the Board of  
Education, and has voted  
at any Annual School  
District Election and  
Budget Vote or special  
district meetings within  
the last four (4) years or  
if he or she is eligible to  
vote under Article 5 of  
the Election Law, he or  
she is also eligible to vote  
at this election. All other  
persons who wish to vote  
must register. Any  
person will be entitled to  
have his or her name  
placed on such register,  
provided that he or she is





# PUBLIC NOTICES

GLEN COVE HERALD - March 30, 2023

known or proven to the satisfaction of the District Clerk, Ida Johnson, and the Board of Registration to be then or thereafter entitled to vote at such Annual School District Election and Budget Vote for which the register is prepared and that the register is prepared pursuant to Education Law and the registration list prepared by the Board of Elections of Nassau County will be filed in the Office of the District Clerk of the Glen Cove School District, in the District's Administration Building Office, 154 Dosoris Lane, Glen Cove, New York, and will be open for inspection by any qualified voter of the district between the hours of 9:00 a.m. and 3:00 p.m. prevailing time, on and after Tuesday, May 2, 2023, and each of the days prior to the date set for the Annual School District Election and Budget Vote, except Saturday and Sunday, including the day set for the meeting. Any person otherwise qualified to vote who is not currently registered under permanent personal registration in the District by the last date found on the original or duplicate registers, or records, or list furnished by the Nassau County Boards of Elections, and has not voted at an intervening election, must, in order to be entitled to vote, present himself or herself personally for registration or otherwise register with the Nassau County Board of Elections.

AND FURTHER NOTICE IS HEREBY GIVEN that the Board of Registration of the District will also meet from 6:00 a.m. to 9:00 p.m. on May 16, 2023, at each of the polling places to prepare the register for meetings and elections held subsequent to such annual meeting or election.

AND FURTHER NOTICE IS HEREBY GIVEN that applications for absentee ballots for the election of a school board member and proposition(s) may be applied for at the Office of the District Clerk at the Administration Building, 154 Dosoris Lane, Glen Cove, New York, between the hours of 9:00 a.m. and 3:00 p.m., prevailing time on any school day. Applications for absentee ballots must be received by Ida Johnson, District Clerk no earlier than thirty (30) days before the election. Furthermore, such application must be received by Ida Johnson, District Clerk at least seven days before the election if the ballot is to be mailed to the voter, or the day before the election if the ballot is to be delivered personally to the voter or his/her designated agent. Upon receiving a timely request for a mailed absentee ballot, Ida Johnson, District Clerk will mail the

ballot to the address set forth in the application by no later than six (6) days before the vote. No absentee voter's ballot shall be canvassed unless it is received in the office of the District Clerk of the said School District no later than 5:00 p.m., prevailing time, on the date of the election. A list of all persons to whom absentee ballots shall have been issued will be available in the said office of the District Clerk on each of the five (5) days prior to the day of the election, during regular office hours until the date of election.

AND FURTHER NOTICE IS HEREBY GIVEN that military voters who are not currently registered may apply to register as a qualified voter of the school district. Military voters who are qualified voters of the school district may submit an application for a military ballot. Military voters may designate a preference to receive a military voter registration, military ballot application or military ballot by mail, facsimile transmission or electronic mail in their request for such registration, ballot application or ballot. Military voter registration forms and military ballot application forms must be received in the Office of the District Clerk no later than 5:00 p.m. on May 2, 2023. No military ballot will be canvassed unless it is (1) received in the Office of the District Clerk before the close of the polls on election day and showing a cancellation mark of the United States postal service or a foreign country's postal service, or showing a dated endorsement of receipt by another agency of the United States government; or (2) received by the Office of the District Clerk by no later than 5:00 p.m. on election day and signed and dated by the military voter and one witness thereto, with a date which is associated to be no later than the day before the election.

AND FURTHER NOTICE IS HEREBY GIVEN that a copy of the statement of the amount of money which will be required for the ensuing year for school purposes may be obtained by any resident in the district during the fourteen (14) days immediately preceding such Annual School District Election and Budget Vote except Saturday, Sunday, or holiday, and at such Annual School District Election and Budget Vote at the Administration Building - 154 Dosoris Lane, Glen Cove High School - Dosoris Lane, Robert M. Finley Middle School - Forest Ave., Deasy School - Dosoris Lane, Gribbin School - Walnut Road, Landing School - McLoughlin

Street, and Connolly School - Ridge Drive, Glen Cove, New York during regular school hours; and on the Glen Cove City Schools website ([www.glencoveschools.org](http://www.glencoveschools.org)).

AND FURTHER NOTICE IS HEREBY GIVEN that in accordance with the rules adopted pursuant to 2035 of the Education Law, any qualified voter may have a proposition or an amendment placed upon the ballot, provided that such amendment (a) be typed or printed in the English language; (b) that it be directed to Ida Johnson, District Clerk of the said School District; (c) that it be submitted to Ida, Johnson, District Clerk no less than sixty (60) days preceding the date of the Annual School District Election and Budget Vote, i.e. no later than Friday, March 17, 2023, 3:00 p.m. prevailing time, at the District Office, Administration Building, 154 Dosoris Lane, Glen Cove, New York; and (d) that it be signed by at least one hundred (100) qualified voters of the district. However, the school board will not entertain any petition to place before the voters any proposition for the purpose of which is not within the powers of the voters to determine, nor any proposition or amendment which is contrary to law.

AND FURTHER NOTICE IS HEREBY GIVEN that a Real Property Tax Exemption Report prepared in accordance with Section 495 of the Real Property Tax Law will be annexed to any tentative/ preliminary budget as well as the final adopted budget of which it will form a part; and shall be posted on District bulletin board(s) maintained for public notices, as well as on the District's website.

Dated:Glen Cove, New York  
March, 2023  
Ida Johnson  
District Clerk  
Board of Education  
Glen Cove City School District  
Glen Cove, New York  
138486

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LEGAL NOTICE  
AVISO SOBRE LA ELECCIÓN ANUAL DEL DISTRITO ESCOLAR Y LA VOTACIÓN DEL PRESUPUESTO DEL DISTRITO ESCOLAR DE LA CIUDAD DE GLEN COVE, NUEVA YORK  
POR EL PRESENTE, SE NOTIFICA que la Elección anual del distrito escolar y la votación del presupuesto de votantes calificados del Distrito escolar de la ciudad de Glen Cove, Nueva York, se realizará en los siguientes lugares:  
Distritos electorales escolares  
Lugar de votación

A, B, C Escuela Secundaria Glen Cove, 150 Dosoris Lane, gimnasio de atrás, puerta n.º 13.

D Escuela Connolly, 1 Ridge Drive, gimnasio de atrás en el mencionado distrito, el martes 16 de mayo de 2023 a las 6:00 a. m., hora en vigor, horario en el cual se habilitarán las urnas para votar mediante una máquina de votación sobre los siguientes asuntos entre las 6:00 a. m. y las 9:00 p. m., hora en vigor.

I: PRESUPUESTO DEL DISTRITO ESCOLAR  
Adoptar el presupuesto anual de dicho distrito escolar para el año fiscal 2023-2024 y autorizar que la parte requerida de este se recaude con impuestos sobre la propiedad sujeta a tributación del Distrito.  
ELECCIÓN DEL/DE LOS MIEMBRO(S) DE LA JUNTA  
Elegir dos (2) miembros de la Junta de Educación de dicho Distrito escolar de la siguiente forma:

A. Dos (2) miembros que serán elegidos cada uno para cumplir un cargo de tres (3) años desde el 1 de julio de 2023 hasta el 30 de junio de 2026.

POR EL PRESENTE, TAMBIÉN SE NOTIFICA que, con el fin de votar en dicha reunión, el martes 16 de mayo de 2023, las urnas estarán abiertas desde las 6:00 a. m. hasta las 9:00 p. m., hora en vigor, para votar sobre las mencionadas propuestas mediante una máquina de votación.

POR EL PRESENTE, TAMBIÉN SE NOTIFICA que se llevará a cabo una audiencia del presupuesto el miércoles 3 de mayo de 2023 a las 7:30 p. m., en el auditorio de la Escuela Secundaria Glen Cove, 150 Dosoris Lane, Glen Cove, New York, antes de la reunión habitual de la Junta de Educación.

POR EL PRESENTE, TAMBIÉN SE NOTIFICA que las solicitudes para nominar candidatos para el cargo de miembro de la Junta de Educación se deben presentar entre las 9:00 a. m. y las 3:00 p. m., hora en vigor, ante la secretaria de dicho Distrito escolar en la oficina del Distrito del edificio administrativo ubicado en 154 Dosoris Lane, Glen Cove, New York, a más tardar el miércoles 26 de abril de 2023 a las 5:00 p. m., hora en vigor. Dichas solicitudes deben estar dirigidas a Ida Johnson, secretaria del Distrito, y deben estar firmadas por, al menos, cien (100) votantes calificados del distrito, y deben incluir el nombre y la residencia del candidato.

POR EL PRESENTE, TAMBIÉN SE NOTIFICA que los votantes calificados del Distrito se pueden registrar entre las 9:00 a. m. y las 2:00 p. m.

en la oficina principal de cada uno de los edificios escolares del distrito y en el despacho de la secretaria del Distrito en el edificio administrativo durante el año escolar, y en el despacho de la secretaria del Distrito únicamente durante los meses de verano de julio y agosto. La fecha límite para registrarse en la reunión anual que se celebrará el martes 16 de mayo de 2023 es el martes 2 de mayo de 2023, de 9:00 a. m. a 7:00 p. m. (día del registro personal). Si un votante se registró, hasta ahora, según la resolución de la Junta de Educación y votó en alguna Elección anual del distrito escolar y votación del presupuesto o en una reunión especial de distrito en los últimos cuatro (4) años, o si la persona es elegible para votar en virtud del artículo 5 de la Ley de Elecciones, también es elegible para votar en esta elección. Todas las demás personas que deseen votar deben registrarse. Cualquier persona tendrá derecho a que su nombre se incluya en dicho registro, siempre que se sepa o se demuestre, a satisfacción de la secretaria del Distrito, Ida Johnson, y de la Junta de Registros, que tiene o tendrá derecho a votar en dicha Elección anual del distrito escolar y votación del presupuesto para la que se prepara el registro. El registro debe prepararse de conformidad con la Ley de Educación y la lista de registro preparada por la Junta Electoral del condado de Nassau se presentará en el despacho de la secretaria del Distrito escolar de Glen Cove, en la oficina del edificio administrativo del Distrito ubicado en 154 Dosoris Lane, Glen Cove, New York. Estará disponible para la inspección de cualquier votante calificado del distrito entre las 9:00 a. m. y las 3:00 p. m., hora en vigor, desde el martes 2 de mayo de 2023 y cada uno de los días anteriores a la fecha establecida para la Elección anual del distrito escolar y la votación del presupuesto, excepto el sábado y el domingo, incluido el día establecido para la reunión. Cualquier persona que de otra manera califique para votar y que no esté actualmente inscrita en un registro personal permanente en el Distrito hasta la última fecha que se encuentra en los registros originales o duplicados, o en los

archivos, o en la lista proporcionada por las Juntas Electorales del condado de Nassau, y que no haya votado en una elección intermedia, debe, para tener derecho a votar, presentarse personalmente para registrarse o inscribirse de otra manera en la Junta Electoral del condado de Nassau.

POR EL PRESENTE, TAMBIÉN SE NOTIFICA que la Junta de Registros del Distrito se reunirá, además, el 16 de mayo de 2023 de 6:00 a. m. a 9:00 p. m., en cada uno de los lugares de votación para preparar el registro para las reuniones y elecciones que se celebren después de dicha reunión o elección anual.

POR EL PRESENTE, TAMBIÉN SE NOTIFICA que las solicitudes de voto por ausencia para la elección del/de los miembro(s) de la junta escolar y de la(s) propuesta(s) se pueden solicitar en el despacho de la secretaria del Distrito en el edificio administrativo ubicado en 154 Dosoris Lane, Glen Cove, New York, entre las 9:00 a. m. y las 3:00 p. m., hora en vigor, en cualquier día escolar. Ida Johnson, secretaria del Distrito, deberá recibir las solicitudes de voto por ausencia no antes de los treinta (30) días previos a la elección. Además, Ida Johnson, secretaria del Distrito, debe recibir esta solicitud al menos siete días antes de la elección si la boleta electoral se enviará por correo al votante, o el día antes de la elección si la boleta electoral se entregará personalmente al votante o a su representante designado. Al recibir una solicitud oportuna para enviar por correo una boleta electoral de voto por ausencia, Ida Johnson, secretaria del Distrito, enviará por correo dicha boleta a la dirección indicada en la solicitud a más tardar seis (6) días antes de la votación. Los votos por ausencia no serán escrutados a menos que se hayan recibido en el despacho de la secretaria de dicho Distrito escolar antes de las 5:00 p. m., hora en vigor, del día de la elección. Durante los cinco (5) días anteriores al día de la elección, en horario de oficina hasta la fecha de la elección, en dicho despacho de la secretaria del Distrito se encontrará a disposición una lista de todas las personas a quienes se les hayan emitido boletas electorales de votos por ausencia.

POR EL PRESENTE, TAMBIÉN SE NOTIFICA que los votantes militares que no estén registrados actualmente pueden solicitar registrarse como votantes calificados del Distrito escolar. Los votantes militares que sean votantes calificados del Distrito escolar podrán enviar una solicitud de boleta electoral militar. Estos votantes pueden indicar su preferencia de recibir un registro de votante militar, una solicitud de boleta electoral militar o una boleta electoral militar por correo postal, fax o correo electrónico en su pedido de dicho registro, solicitud de boleta electoral o boleta electoral. Los formularios de registro de votantes militares y los formularios de solicitud de boleta electoral militar deben recibirse en el despacho de la secretaria del Distrito antes de las 5:00 p. m. del 2 de mayo de 2023. Las boletas electorales militares no serán escrutadas a menos que (1) el despacho de la secretaria del Distrito las reciba antes del cierre de la votación el día de la elección y tengan una marca de cancelación del servicio postal de los Estados Unidos o del servicio postal de un país extranjero, o un endoso fechado de recepción por parte de otro organismo del gobierno de los Estados Unidos, o bien, (2) el despacho de la secretaria del Distrito las reciba antes de las 5:00 p. m. el día de la elección, y estén firmadas y fechadas por el votante militar y un testigo de ello, con una fecha asociada que no sea posterior al día previo a la elección.

POR EL PRESENTE, TAMBIÉN SE NOTIFICA que cualquier residente del distrito podrá obtener una copia de la declaración de la cantidad de dinero que se requerirá el próximo año para fines escolares durante los catorce (14) días inmediatamente previos a la Elección anual del distrito escolar y la votación del presupuesto, excepto sábados, domingos y feriados, y en dicha Elección anual del distrito escolar y votación del presupuesto en el edificio administrativo ubicado en 154 Dosoris Lane; en la Escuela Secundaria Glen Cove, Dosoris Lane; en la Escuela Intermedia Robert M. Finley, Forest Ave.; en la Escuela Deasy, Dosoris Lane; en la Escuela Gribbin, Walnut Road; en la Escuela Landing, McLoughlin Street, y en la

Escuela Connolly, Ridge Drive, Glen Cove, Nueva York durante el horario escolar habitual, y en el sitio web de las escuelas de la ciudad de Glen Cove ([www.glencoveschools.org](http://www.glencoveschools.org)).

POR EL PRESENTE, TAMBIÉN SE NOTIFICA que, de acuerdo con las normas adoptadas de conformidad con la Sección 2035 de la Ley de Educación, cualquier votante calificado puede hacer que se incluya una propuesta o una enmienda en la boleta electoral, siempre y cuando dicha enmienda (a) se escriba o se imprima en el idioma inglés; (b) se dirija a Ida Johnson, secretaria del Distrito de dicho Distrito escolar; (c) se presente a Ida Johnson, secretaria del Distrito, al menos, sesenta (60) días antes de la fecha de la Elección anual del distrito escolar y la votación del presupuesto, es decir, a más tardar el viernes 17 de marzo de 2023 a las 3:00 p. m., hora en vigor, en la oficina del Distrito del edificio administrativo, ubicado en 154 Dosoris Lane, Glen Cove, New York, y (d) tenga la firma de, al menos, cien (100) votantes calificados del distrito. Sin embargo, la Junta de Educación no considerará ninguna solicitud para presentar ante los votantes, ninguna propuesta cuyo propósito no esté dentro de las facultades de decisión de los votantes, ni ninguna propuesta o enmienda que esté fuera de la ley.

POR EL PRESENTE, TAMBIÉN SE NOTIFICA que se adjuntará un Informe de exención fiscal sobre los bienes inmuebles de acuerdo con la Sección 495 de la Ley de Impuestos sobre los Bienes Inmuebles a cualquier presupuesto preliminar o tentativo, como también al presupuesto definitivo adoptado del cual forme parte. Este se publicará en los tabloneros de anuncios del Distrito que se usen para avisos públicos y en el sitio web del Distrito.

Fecha:Glen Cove, Nueva York  
Marzo de 2023  
Ida Johnson  
Secretaria del Distrito  
Junta de Educación  
Distrito escolar de la ciudad de Glen Cove  
Glen Cove, Nueva York  
138488

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## OPINIONS

# The priceless community tradition that is baseball

**B**aseball is back. Spring training is over. Opening Day is here. In a world of chaos and danger, baseball, to me, is the one constant, my trusted safety zone.

It's always been this way — from my days growing up in Queens and rooting for the Brooklyn Dodgers, to watching my son Sean playing Little League ball in Sea-



**PETER KING**

ford, and then my grandson Jack playing Little League in Wantagh, and travel ball in Massapequa and all over Long Island — even out of state.

Watching the boys play on local fields was as exciting — sometimes more so — as watching the

Dodgers at Ebbets Field or the Mets at the Polo Grounds, Shea Stadium or CitiField. Contrary to the “Bad News Bears” images of screaming coaches and hysterical parents, the tone and attitude of youth baseball were always enthusiastic and uplifting.

My wife, Rosemary, and I enjoyed going

to our son's and grandson's games and being with the parents, family members and friends of the other players. There was a genuine spirit of camaraderie and community involvement. (Even Rosemary, who has no interest in baseball and wouldn't go to a major league game if I paid her, never missed an inning of Sean's or Jack's games.) As someone who grew up in Sunnyside, Queens, which didn't have a blade of grass where kids could play, I was always impressed by the first-class athletic facilities available for youth sports on Long Island, particularly in the Town of Hempstead.

I realize that baseball has to compete with football, basketball, soccer and hockey for attention, and I don't begrudge those sports. But baseball will always rank highest with me. It requires great skills. Hitting against a pitcher throwing blazing fastballs and sharp-breaking curveballs, and having to make a split-second decision on whether the pitch is in the strike zone and whether or not to swing, is as difficult to do as anything in any sport. There's also the strategy that baseball requires, such

as matching certain pitchers against certain batters in certain situations, and whether to bunt, hit-and-run or go for the long ball.

Baseball's more thoughtful pace and the anticipation of what will happen next

creates tension and excitement among players and fans. The game also encourages generational interest.

My fondest childhood memories are of my father taking my brother, Kevin, and me to Dodgers games at Ebbets Field. Sean and I still enjoy going to Mets games at CitiField, where we get absorbed in the game we're watching and reminisce about games and players from years gone by. Similarly, Jack, who went to many Mets games with me, including spring training games in Florida, and now lives in North Carolina, constantly texts me about how the Mets are doing and how it looks for the upcoming season. And it doesn't have to be major league baseball. The three of us always enjoyed watching the Long Island Ducks, in Central Islip, and the Brooklyn Cyclones, in Coney Island.

During my years in elective office as

town councilman, Nassau County comptroller and congressman, it was always a highlight to take part in Little League parades and Opening Day ceremonies. Those events were always very well attended and festive.

One concern I have now is the decline we are seeing in Little League membership, as so many kids opt for travel baseball, which is much more expensive and has less community focus than Little League ball. If this trend continues, kids whose families can't afford travel ball, or aren't at that level of talent, could miss the opportunity that my son and grandson, and so many other Long Island kids, have had of playing competitive baseball with kids in their own community on local fields, with their family and friends cheering them on.

But because baseball has survived, and succeeded, and provided so much enjoyment and great memories for so many generations of kids for so many years, I'm hopeful that it will overcome this challenge and emerge stronger and more popular than ever, and remain America's national pastime. Play ball!

*Peter King is a former congressman, and a former chair of the House Committee on Homeland Security.*

# It's a go for the voyage of a lifetime

**A**fter two years of intense preparation and government-enforced security protocol, I am free to announce that I may be part of the NASA crew that will travel to Mars on an 80-day expedition set for spring 2026. What an extraordinary turnabout for an ordinary citizen, especially after the years of constraint and lockdown.



**RANDI KREISS**

I say “may” because at any time, the NASA leaders are free to rearrange the team. Something could happen in my own life to sideline me and preclude my participation.

What attracted my attention to this opportunity was NASA's interest in studying the effects of life on Mars on older people, and whether there may be a survival advantage among the over-75 set. For this voyage they were seeking two healthy older individuals (among a crew of 10) who could tolerate the rigors of the voyage and the projected time on the ground on Mars of five to seven days.

I first read about the project five years ago, and, considering the requirements and my modest qualifications, I applied to the program with much trepidation and little hope of being selected. After all, by

the time the spaceship launches, I'll be older than most astronauts — but, then again, younger than many people who take on extreme challenges.

As a novice astronomer, I have always longed to slip beyond gravity and find out more about the mysterious frontier beyond our planet. I could never imagine that the opportunity would come my way at this time in my life. But, lucky for me, NASA was specifically looking for civilian participants with no space flight expertise.

The initial qualifications were surprisingly relaxed. Candidates had to be U.S. citizens or permanent residents. The standard age requirement of 30 to 55 was suspended for two members of this mission because of the interest in studying older people.

A master's degree and two years of teaching experience in any field were required, and I had to pass a basic test in computer and biological science as well as the NASA physical. The tests, of course, were modified for the over-70 candidates.

As a finalist, I traveled to the Johnson Space Center in Texas last spring, where I underwent a medical evaluation and psychological and psychiatric screening to determine my suitability for what will be

a physically and mentally demanding mission.

NASA paid for all the exams and travel expenses.

Fortunately, I don't have any of the food allergies or gastrointestinal disorders that would have eliminated me from consideration. I was even given samples of the spaceflight diet to try at home to test my tolerance.

According to NASA, “Candidates on specific medications are automatically disqualified. For example, blood pressure medications, blood thinners, seizure medications, daily allergy medications, diabetic insulin, sleeping aids, ADHD/ADD medications, antidepressants, anxiety medications. Food supplements are not permitted during the mission.”

Of course, I had to provide proof of full Covid vaccination, and was required to wear a mask on the JSC campus.

Crew applications were evaluated in the order received for qualified applicants until all available spots were filled. I was notified of my acceptance six months ago. Recently we were informed that we could go public with the information.

The sobering disclaimer is: “Risks of participating in this protocol may include minor discomfort and low-level radiation

exposure from X-rays during medical exams, and physical injury or a highly unlikely chance of death.”

Other preparations for the 2026 mission have been under way for some time. As we speak, participants have been living in artificially created Mars conditions in the desert outside Elko, Nevada. They have been there for eight months, with two months to go to test astronauts' reactions to a simulated Mars environment, including altered gravity, time, and extreme atmospheric conditions. There are three septuagenarians at the Elko test site.

The trip from Earth to Mars will depend on the relative alignments of the planets. For my prospective mission, most of the trip will be travel time, in the capsule, with up to seven days on land. A new, faster rocket has been developed for the 2026 voyage. Consideration has been given to onboard features that would facilitate participation by an older crewmember.

If you are thinking of space exploration yourself, be advised that the application process for this mission to Mars is closed.

Imagine. The Heralds may be able to boast about its own columnist reporting from space.

Yes, imagine, because there's no way this is happening. Happy April Fools' Day, my friends.

*Copyright 2023 Randi Kreiss. Randi can be reached at randik3@aol.com.*

**I** had to pass a NASA physical, which was modified for over-70 candidates.



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# HERALD EDITORIAL

## Your snoring could be the death of you

**L**oud snoring is annoying, especially to those who lie awake next to snorers, unable to sleep because of the noise. But the situation may be even worse for the person doing the snoring, because it can be an indication of obstructive sleep apnea, which can cause all kinds of serious medical problems.

Left untreated, sleep apnea can lead to heart attacks, strokes, high blood pressure, weight gain, fatigue, memory issues and non-alcoholic fatty liver disease, and significantly increase the risk of certain types of cancers.

National Library of Medicine researchers estimate that some 26 percent of Americans between ages 30 and 70 have obstructive sleep apnea, which occurs when the throat muscles relax and block the flow of air into the lungs during sleep, in turn cutting off the flow of oxygen to the brain, sometimes for as long as two minutes. And the American Medical Association estimates that roughly 30 million people in the United States suffer from sleep apnea — with a smaller number of them, roughly 6 million, actually getting a diagnosis.

The condition can lead to death, as it likely did for actress Carrie Fisher and U.S. Supreme Court Justice Antonin Scalia.

Snoring loudly and feeling tired after a night's sleep are indicators of the disorder. So are difficulty staying asleep, waking up with a dry mouth, suffering from

morning headaches, feeling overly sleepy during the day, and irritability.

Fortunately, sleep apnea's effects can be lessened by lifestyle changes, including eating healthy and losing weight. And it can be treated with the use of a CPAP machine — which helps maintain the correct pressure for breathing in order to prevent airway blockage — which most insurance companies cover.

The problem is that many people don't know whether they have sleep apnea, and are unsure how to find out.

Making an appointment with a sleep disorder specialist — often a pulmonologist, an otolaryngologist or neurologist — is the first step. The doctor will probably recommend a sleep study, which, again, is usually covered by health insurance.

And now it is easier than ever to be tested for sleep apnea. Up until recently, sleep studies were conducted only in labs, where a patient had to spend the night. Though many experts still recommend a lab test, today the test can be also done in your home, using a small monitoring device that looks a lot like an Apple watch. It records your breathing, vital signs and brain activity as you sleep, and the data will indicate patterns, including the different stages of sleep and how often you wake up, and determine why your sleep is disrupted.

Hundreds of pages of information from the study will be analyzed, and after the doctor reviews the results, recommenda-

tions will be made that, more often than not, will include using a CPAP machine.

Small and unobtrusive, the machine can be placed on a bedside table. It provides steady air pressure through a mask worn by the user to the trachea, or windpipe, keeping it open to allow for unobstructed airflow. This will often stop its user from snoring.

The National Institutes of Health have found that men younger than 50 are two to three times more likely to have sleep apnea than women. But after women turn 50, they, too, often develop the disorder. If you suspect that you may have it — if you sleep uncomfortably or if your sleep is regularly interrupted — it's imperative that you find out for sure.

A recent study by the Johns Hopkins Sleep Disorders Center examined how sleep apnea patients' metabolism is affected during the night when they neglect to use their CPAP machines. Researchers found the apnea caused a spike in blood sugar, heart rate, blood pressure and stress hormones.

The results were compared to what might happen if someone were asked to speak before a crowd. "It's very similar to that type of a stress response," Dr. Jonathan Jun, a pulmonary and sleep medicine specialist at the center, said. "I would liken sleep apnea to something like that happening on a nightly basis.

"CPAP is the first-line treatment," Jun added, "and it's very effective."

## LETTERS

### Here's to local journalism

To the Editor:

The editorial in last week's Herald, "Tell Albany it's time to support local journalism," made sense. Most communities are down to one local daily or weekly newspaper. Newspapers have to deal with increasing costs for newsprint, delivery and distribution, along with reduced advertising revenue and competition from the internet and other information sources.

Daily newspapers concentrate on international, Washington, Albany, business and sports stories. They have few reporters covering local, neighborhood news. Weekly newspapers fill the void for coverage of community news.

I'm grateful to have the opportunity to express my views via a letter to the editor, along with those of others who may have different opinions on the issues of the day.

Albany needs to join us in supporting weekly community newspapers. Readers, patronize advertisers. They provide the revenue to help keep newspapers in business. Let's hope there continues to be room for everyone, including the Herald.

LARRY PENNER

A faithful reader for decades  
Great Neck





## OPINIONS

## Valuing our women leaders doesn't end in March

The increasing number of women in positions of leadership has been vital to changing our national narrative about what is fair and equitable. I have known great female leaders throughout my career, from New York City schools to those in many prominent organizations here on Long Island. These women leaders have brought about powerful change.



**PATRICK M. PIZZO II**

Women have been marginalized historically, but their participation in our society makes for a stronger union. During Women's History Month, we have recognized the contributions of our female leaders and the challenges to gender equity

that remain. Those challenges are faced by women of all backgrounds, affecting our nation in many ways that are not always effectively conveyed or fully understood.

In the New York City Department of Education in the 1990s, a group of women banded together in what became known as the Offeree Movement, battling employment inequity among custodial workers in the city's schools. The fight

wasn't easy, and it took many years, but they were on the right side of history and ultimately prevailed. They not only became part of the fabric of the profession, but became leaders among their new colleagues. We thank them for the path they forged.

Currently there are many talented women working for the NAACP, the Long Island Latino Teachers Association, the Long Island Black Educators Association and the Cedarmore Corporation, advocating for an equitable path forward. They will succeed. Please learn about these groups and participate in their great work. Their success is our success, as the world they are creating will be beneficial to all members of our society.

Join these organizations if you believe we are stronger together, or if you believe in gender equity, or if you believe in the rights of all people — or join them if you would like to be in the presence of great people doing transformative things for other people. These groups are about fairly addressing the needs of all members of our society, even when confronted by those who don't share their values. Their collective good is stronger than the fringe bad.

The Cedarmore Corporation, in Free-

port, has been a powerful advocate for women and especially a guiding light for young women. On March 18 the organization hosted "Lifting as We Climb, I Am My Sister's Keeper," a benefit that honored several outstanding women leaders

from Long Island: Angela Yee, an award-winning media personality, who was presented with the Cynthia Perkins Roberts Memorial Award; Leema Thomas, deputy editor of Newsday (the Voices of Inspiration Award); Susan Poser, president of Hofstra University (the Trailblazer Award); Amy Flores, vice president and community manager of JPMorgan Chase (Voices of Inspiration); Christine

Layne-Waters, conference education chair of the New York State NAACP (Voices of Inspiration); and Marie E. Saint-Cyr, an artist and entrepreneur (Millennial Moment Honoree).

This month, the Herald's have published a number of stories on local female leaders. We should celebrate them and their accomplishments. But as I read about these leaders, a different thought occurred to me: Besides just listening and admiring, let's follow their lead. What I took away from these stories was that these women are forging a new path for-

ward, beyond their individual accomplishments. They are having a positive effect on those of all genders, because they are leading the way to a better tomorrow for us all.

These women did not seek recognition, and several of them, actually, wanted to decline that recognition to focus on their advocacy for equity, their view being that the work is more important than the acknowledgments. But recognition of our women leaders is vital, because their inspiration has a multiplying effect, as others are moved to join them. I hope they will continue to accept the honors they have earned and richly deserve, so we all may learn about the admirable work they are doing.

Let's celebrate their victories, join in their efforts and share their vision for the future as they promote a principled way forward. I am optimistic about the future, despite the current political turmoil, because we will be a stronger country moving forward if we are united in respecting the views of all constituencies. Women from all backgrounds are key to this better tomorrow.

*Patrick M. Pizzo II, Ed.D., is the assistant superintendent for business and finance in the East Meadow School District, the president of Equity 4 LI Youth and the Education Committee chair for the Hempstead branch of the NAACP.*

**T**heir success is our success, because the world they are creating will benefit everyone.

## LETTERS

## Are students really passing their classes?

To the Editor:

Re Mark Nolan's op-ed essay, "The shell game we like to call graduation rates," in the March 9-15 issue: I was a social worker in the New York City education department for more than 30 years. Nolan's article about how schools inflate their graduation rates is on target. Administrators want their schools to look good, securing their own positions. Parents want their children to have a reasonable chance of being accepted by colleges.

But Nolan's piece missed one thing that I learned from my colleagues over the years. A teacher may pass any student without being questioned, but if that teacher believes that a student merits a failing grade, he or she must submit a supporting document detailing why that failure is justified. In New York City, a class may well have 30 or more students. Teachers generally teach five classes a day. That's at least 150 students per day. It's reasonable to assume that many students may not have done whatever was needed to pass their classes, for whatever reasons.

If you're a teacher who must justify a failure but not a passing grade, isn't it just easier and less time-consuming to simply pass students rather than waste

your time with additional paperwork? This is another way for students to get closer to graduation.

PAM SINGER  
Malverne

## Let's get buildings off fossil fuels

To the Editor:

Climate change poses a devastating threat to Long Island, with our region among the most at risk in the nation. Anyone who lived through Superstorm Sandy and Tropical Storm Isaias got a taste of the destruction to come if we do not take urgent action.

The good news: there are policies that could save lives and money, such as the All-Electric Building Act, in the State Legislature, which would ban fracked gas and other fossil fuels in new buildings. All-electric new buildings are affordable, reliable, and necessary to meet New York's climate goals. We are in a code red situation, and it is essential that Long Island legislators support this important bill.

As a member of Food & Water Watch, as well as a devoted grandfather, I urge our leaders to support this common-sense measure to move New York off fossil fuels.

JOSEPH M. VARON  
West Hempstead

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