



#### Taking a swing at a beeping ball

Beep baseball, a modified game designed for visually impaired players, requires that sighted players, like John Grossman, above, be blindfolded to give all of the competitors a similar perspective. Story, more photos, Page 4.

## Santos indictment inspires Kaplan to move campaign plan forward

#### By LAURA LANE

llane@liherald.com

A video released on May 11 by former Democratic State Sen. Anna Kaplan was an official kickoff for her candidacy as a challenger in the 3rd Congressional District primary. The video has already had over a million and a half views.

Kaplan could eventually run against Republican U.S. Rep. George Santos. The primary race, which has become crowded, already includes Nassau County Legislator Josh Lafazan; law professor Will Murphy; and Zak Malamed, founder of a non-profit, who announced his candidacy on Monday.

It was Santos' indictment on May 10 for wire fraud, money laundering, theft of public funds, and making materially false statements to the U.S. House of Representatives that inspired Kaplan to ramp up her campaign, she said.

"It made me understand how important it is to jump in now to do the legwork I need to do for next year," she said. "This will be a different race. CONTINUED ON PAGE 17

## Low turnout, but G.C. passes school budget

#### By ROKSANA AMID

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Voters decided the future of over 3,000 students in the Glen Cove City School District when they passed a \$108 million budget on Tuesday, with 733 votes

in favor and 423 in opposition. The spending plan is roughly \$6 million larger than the current budget, and includes a tax levy increase of 2.52 percent — the 12th consecutive spending plan in which the increase has been at or under the state tax cap. The results

were announced 45 minutes after the polls closed. "We're very

happy to see the budget supported with a positive vote, and we will never take that for granted," district Superintendent Maria Rianna said. "We're looking forward to a very strong school year, and we want the community to understand we're not increasing our budget in irresponsible ways."

In the election for school

board trustees, board President Maria Elena Venuto and Vice President Angela Raimo both ran unopposed, and were reelected, Raimo with 720 votes and Venuto with 749.

School officials expressed

disappointment

with the low voter

turnout, but said

they weren't sur-

prised. They spec-

ulated that the low

numbers were due

in part to the high

turnout for a bond

vote last year. The

\$30.5 million bond

will fund projects

for the high school

including repairs

We're very happy to see the budget supported with a positive vote, and we will never take that for granted.

#### MARIA RIANNA

superintendent, Glen Cove School District

> and restrooms will be reconstructed to comply with the Americans with Disabilities Act.

"Part of what happens is when you have an election and there's no challengers for the board of education, less people come out," Venuto said. "They're not rooting for a particular person; they're not con-CONTINUED ON PAGE 2

ranted.to science rooms,<br/>cafeteria and<br/>kitchen, and the<br/>school's corridors.<br/>Exterior doors<br/>will be replaced,

## Low turnout for budget, school board vote

CONTINUED FROM FRONT PAGE

art of what

happens

cerned about somebody getting into office or not." "There might be people in the community who are

May 18, 2023 – GLEN COVE HERALD

is when you have an election and there's no challengers for the board of education, less people come out.

MARIA ELENA VENUTO

school board president

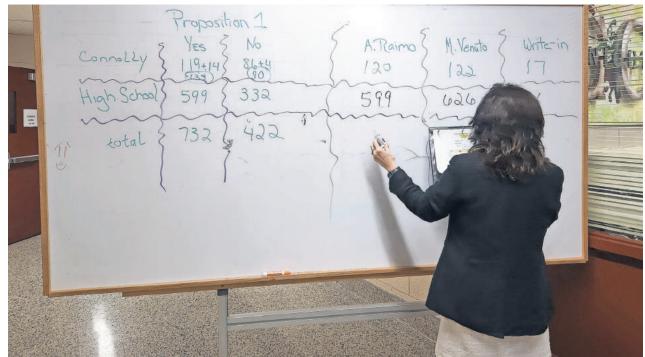
mad that the bond passed" last year, Venuto added, "but I think the majority of people understand what it takes to run a school district. We employ more people than any other entity in Glen Cove, and I think, to me, the school district is like an economic engine."

The budget's administrative costs total roughly \$8 million, an increase of \$286,558 over this year. An increase of \$20,332 in the personnel office is the result of staffing needs and contractual obligations.

With the passage of the budget, residents can now expect to see changes and additions in dual-enrollment courses, a new dean of students at the high school, and the development and expansion of high school earch, dance, theater, and fit-

courses in scientific research, dance, theater, and fitness.

The district's focus on safety will help parents send their children to school without worry. At the middle school, the public address system, on which students hear daily announcements, as well as the fire systems and clocks, will be repaired with \$1 million that has



Roksana Amid/Herald

**THE 2023-24 GLEN** Cove City School district budget passed, with 733 voters in favor and 423 in opposition. Superintendent Maria Rianna posted the results 45 minutes after polls closed.

been earmarked in the budget. This comes on the heels of the middle school's recent expansion to a nine-period school day, and the spending plan will allow the district to hire more teachers, so students at the middle school can take more arts and language programs.

The budget also expands the district's special education program. Roughly \$21 million will now be allocated, and parents will see additional mental health and academic support for their children. An estimated \$859,000 has been budgeted for students needing psychological services.

One category of spending that has risen dramatically is health insurance, the cost of which will increase by roughly \$1 million next year. The district is exploring other health insurance plans to supplement the New York State Health Insurance Program.

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3



TEAM EVA CONCLUDED their journey in Glen Cove, where the community heard stories from veterans and their families about the struggles they faced while serving.

## Seven marathons in seven days honoring veterans

#### By ROKSANA AMID

ramid@liherald.com

ark and gloomy days filled with misting rain and wind didn't hold back Eva Casale and Team Eva — Every Veteran Appreciated — from their commitment to honoring local servicemen killed in action. With their feet pounding the slippery streets of Long Island, Team Eva took on the astonishing challenge of running a marathon a day to raise money for, and awareness of, the nation's veterans. Team EVA started their journey seven years ago and have since ran a total of 1.288 miles.

Every year, the marathon is planned to conclude in time for the beginning of National Military Appreciation Month in May. This year, the journey was held from April 23 through April 29, as Casale ran marathons placing flowers or wreaths at 350 points of honor to celebrate the memory of fallen veterans and all veterans in the Long Island communities she and her Team Eva ran across.

The journey started in Huntington, and continued into Northport, Long Island National Cemetery, Eisenhower Park, Shelter Island, Sag Harbor, Calverton, Westhampton, Brookhaven, Patchogue, Medford, Long Island's South Shore, Oyster Bay and Bayville. Casale and Team Eva crossed the finish line in Glen Cove, her hometown.

The journey to help veterans started when Casale met members of Gold Star Families for Peace, a nonprofit that advocates for families of fallen service members. Casale has been running for decades, and she took up the sport with her late father, Jerry Casale, in East Moriches when she was 15 to exercise



TEAM EVA VISITED Glen Cove's Veterans of Foreign Wars post 347 to show support for the veteran community.

and stay active. Before long she realized that she had a knack for running long distances. What started as a one lap around the block, Eva said, turned into 10 miles. Casale ran her first marathon, the New York City Marathon, in 1983, when she was 18.

Almost every member of Team Eva knows someone who is a veteran or on active duty. Casale's brother and father are veterans, her father having served in the Korean War. Susan Warsaw, of Coram, a team member, watched the organization flourish, with support from Long Islanders who cheer them on every year. Four other members of the team runs segments of the marathons, but only Casale logs every mile.

"The true measure of passion and commitment is found in the unwavering

dedication demonstrated by Team EVA as they focus on their mission to support and honor Long Island's veterans," Pamela Panzenbeck, Glen Cove mayor, said.

Their remarkable efforts serve as an inspiration to us all, reminding us that we can make a profound difference in the lives of those who have sacrificed so much for our democracy."





#### Register for the Ettinger Estate Planning Seminar Melville Marriott, Saturday, June 3rd, 10:00 a.m. 1350 Walt Whitman Road, Melville

Michael and Suzanne Ettinger will present their free seminar: **'Four Major Reasons Why Trusts Are Preferred over Wills for Seniors''** In plain English, we will explain in detail about these topics:

- 1. Planning for who will control your legal and medical affairs if you become disabled and what legal tools they will need.
- 2. Wills vs. Trusts which should you choose and why.
- **3.** Revocable and Irrevocable Trusts pros and cons of each type of trust and how they work.
- 4. Protecting inheritances you leave from children's divorces and creditors and having those assets pass by blood to your grandchildren instead of to in-laws and their families.

It can be difficult to get correct information on these subjects – especially on the internet. At the seminar you will find out what techniques have worked well for our clients for over thirty years. Misconceptions you may have gathered from well-meaning friends and even other professionals will be cleared up and a lively question and answer session will follow.

Please join us at the Melville Marriott, 1350 Walt Whitman Road, Melville on Saturday, June 3rd at 10:00 a.m. by registering at EttingerPlan.com. Seating is limited.



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#### **CRIME WATCH**

#### Arrests

■ A 37-year-old Bronx male was arrested on May 7 for criminal possession of stolen property, grand larceny and unauthorized use of vehicle on Glen Cove Avenue.

■ A 38-year-old Glen Cove male was arrested on May 8 for assault, criminal possession of a weapon and act in manner to injure a child less than 17 on Landing Road.

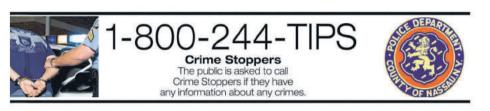
■ A 48-year-old Glen Cove female was arrested on May 9 for assault, three counts criminal mischief and criminal possession of a weapon on Forest Avenue.

■ A 30-year-old Glen Cove male was arrested on May 9 for criminal mischief on Forest Avenue.

■ A 33-year-old Brentwood male was arrested on May 12 for aggravated DWI, DWI, no license, leaving the scene of an accident and moving from lane unsafely on Forest Avenue.

■ A 30-year-old Glen Cove male was arrested on May 12 for aggravated family offense, criminal contempt and criminal mischief on Garden Place.

People named in Crime Watch items as having been arrested and charged with violations or crimes are only suspected of committing those acts of which they are accused. They are all presumed to be innocent of those charges until and unless found guilty in a court of law.



#### **NEWS BRIEFS**

#### Say No to the Casino Civic Association

The non-partisan coalition, Say No to the Casino Civic Association, which comprises several thousand residents living in Nassau County, will engage in a rally on Sunday at 3 p.m. outside the Nassau County Legislature building, 1550 Franklin Ave., in Mineola, to urge Nassau County's legislators to vote no on May 22 for a transfer of the land lease for the HUB to the Sands. The public is invited to attend.

Community leaders, four local mayors, and elected leaders representing towns across the County will express their opposition to the proposed casino and argue that the negative impacts of a casino far outweigh any revenue gains.

#### City's Shed your Meds' Day

Heroin and prescription drugs continue to take a toll on Long Island. One of the best ways to prevent this is participation in the city's drug reclamation program in partnership with the Glen Cove Police Department, Glen Cove EMS and SAFE Inc. The city is holding Shed your Meds' Day on Saturday from 10 a.m. to 1 pm. at the Glen Cove Police Department, 1 Bridge St. in Glen Cove.



#### 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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The Glen Cove Herald USPS 008886, is published every Thursday by Richner Communications, Inc., 2 Endo Blvd. Garden City, NY 11530. Periodicals postage paid at Garden City, NY 11530 and additional mailing offices. Postmaster send address changes to Glen Cove Herald, 2 Endo Blvd. Garden City, NY 11530. **Subscriptions:** \$50 one-time payment within Nassau County or \$60 outside of Nassau County or by qualified request in zip codes 11542, 11545, 11547, 11548 or 11579 **Copyright © 2023** Richner Communications, Inc. All rights reserved.

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## George Santos constituents react to indictment

### By ROKSANA AMID GLEN COVE HERALD

Since Congressman George Santos took office in January, his constituents have demanded his resignation. Santos has drawn deep, bipartisan scrutiny from falsehoods around his work experience, biography, and his financial statements, leaving many feeling misrepresented in the House. For four months his constituents organized protests outside his Queens office with others contacting elected leader's offices to voice concerns.

In early February, furious protestors brought their voices directly to the Capitol Hill offices of not only Santos, but also his boss, House Speaker Kevin McCarthy delivering copies of petitions demanding Santos's removal signed by more than 100.000 people.

Now, constituents believe the government is finally listening to their collective voices. On May 14, the embattled congressman was charged with making false statements, fraud, money laundering and other crimes in a 13-count federal indictment.

Celeste Gullo, a Glen Cove resident, and mother, said that it's essential to keep elected officials to higher standards, not their families, not their children, but the officials themselves. She's disappointed in House speaker Kevin McCarthy's lack of political action towards removing the disgraced congressman from office and believes that the sole reason Santos remains there is to help Republicans maintain their majority in Congress.

We teach our children not to lie, steal, and cheat so how can anyone support a liar, a thief or a cheater?" Gullo asked. "Stealing from charity, from a veteran, lying to steal money, is very low and he should be held accountable and removed immediately. We can do better.'

According to the breakdown of charges, the first five counts pertain to allegations that Santos misled donors into contributing money by telling them the contributions would be used for campaign ads. Santos is accused of spending those funds on designer clothes and credit card payments.

Counts six through eight alleges that in 2022, Santos illegally transferred a \$25,000 campaign donation from one donor and a \$24,000 donation from another to a bank account he controlled.

The ninth count — theft of public money — alleges that in 2020 and 2021,



**SOME CONSTITUENTS FEEL** the indictment of Congressman George Santos is a step in the right direction to remove him from office, but others also want the government to do more.

Santos embezzled U.S. funds by falsely obtaining money set aside for unemployed people during the height of the coronavirus pandemic, even though he was being paid a substantial salary at the time

Counts 10 and 11 refer to an alleged scheme to obtain money earmarked to help Americans who lost work due to Covid. The count refers to two \$564 checks that allegedly were wired to Santos.

Count 12 alleges Santos of lying on a 2020 House financial disclosure form, which requires legislators to give a complete account of their income and assets. The last count parallels count 12 but relates to alleged lying on his 2022 financial disclosure form.

Glen Cove resident Adam J. Sontag said the federal charges are a step in the right direction toward removing Santos from office. Sontag speculates that if Santos can dodge the more serious potential consequences of the indictment, he might consider the prospect of a career in media after he leaves his congressional seat.

'It seems like just a matter of time until this case runs its course, and he is ultimately forced to resign, which is purportedly McCarthy's threshold," Sontag said. "The performative grandstanding he is doing to protest his innocence is largely directed at an audience that I don't believe lives in this district.'

Two weeks after the freshman member of Congress took office, local leaders like Glen Cove Mayor Pamela Panzenbeck were among the countless elected officials calling for Santos' resignation. Panzenbeck said that although the indictment doesn't mean he's automatically guilty, she believes the legal process is a good first step in to remove him from office.

"I'm surprised that it took so long for this to happen," Panzenbeck said. "I think he's positively delusional, and hopefully this will make him think twice before he runs for reelection. He will never have the support of anyone that I know if he runs for reelection, but we know he's obviously not thinking clearly."

Jody Kass, a leader of the protest group Concerned Citizens of NY-03, personally delivered petitions to McCarthy's office calling for Santos expulsion from office in February. Although Kass is pleased to see the legal momentum from the federal government, she believes officials should take more steps.

Kass has been in talks with members of Congress to gain traction on House resolution 114, which specifically targets Santos. Kass said Congressman Anthony D'Esposito claims he wants Santos to be expelled, but she's disappointed that he has not signed the resolution, which directly calls for Santos expulsion. The resolution has been referred to the House Committee on Ethics.

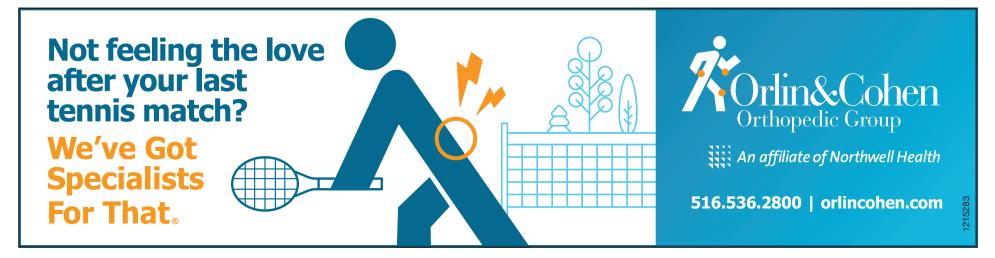
"The only way we're gonna get rid of him is if the Republicans decide that they want to get rid of him," Kass said. "And you can't get even the Congress member who is closest to our districts to actually put his name on the cosponsoring of this resolution.'

David Black, an Oyster Bay resident and active member of the Concerned Citizens Facebook group, said the district needs better representation.

"Congress should expel a representative who was elected under false pretenses, regardless of the legal jeopardy." Black said. "The constituents of District 3 are the losers here until Santos is out and replaced."

Sharon Ballan, a rabbi from Glen Cove, said she's also glad that Santos, who she referred to as a "serial fabulist," is finally being indicted. Ballan said she spoke with Santos directly on May 4 for 20 minutes during his mobile office hours in Farmingdale, where he "lied again and again." She believes Congress needs to expel Santos immediately.

"I am incensed that he calls himself "Jew-ish" and has misrepresented himself," Ballan said." He had the chutzpah to co-sponsor a bill to make the AR-15 the national gun, and to wear an AR-15 pin on his lapel. I feel like I do not have a representative in Congress."



2023

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#### **NEIGHBORS** IN THE NEWS



**NEW MEMBERS FROM** the Woman's Club of Glen Cove, Joan Vincent, far left, Ida Babich, Alice Larsen, Anne Fitzgibbon, Irma Villafane and Mattie Albin were celebrated at Tuesday's luncheon.

#### Woman's Club, a place to make friends

Members of the Woman's Club of Glen Cove enjoyed their monthly luncheon at the View Grill on Tuesday. The not-forprofit, which is open to women on the North Shore, has a rich history dating back to 1936. Their mission is to promote charitable activities, sociability and the general welfare of the community but it's also to provide an opportunity for women to have fun.

On Tuesday, letters were read from

Christine Rice, the executive director at the Glen Cove Senior Center, who thanked members for their contributions to Nosh. The club's president, Rosemarie Walti, who was given a bouquet of flowers to mark her birthday. She said that every member in the room was truly a nice person. Then she said she meant it.

For further information on how to join the club, call (516) 673-1061, or email info@ womansclubofglencove.org.



**CAPTAIN HUGH STEPHENS** a 99-year-old WWII Merchant Marine, combat veteran, went on an Honor Flight to Washington D.C. on April 29. He was celebrated on his way to MacArthur Airport, with sirens blowing from the Glen Cove Fire Department in recognition of his service.

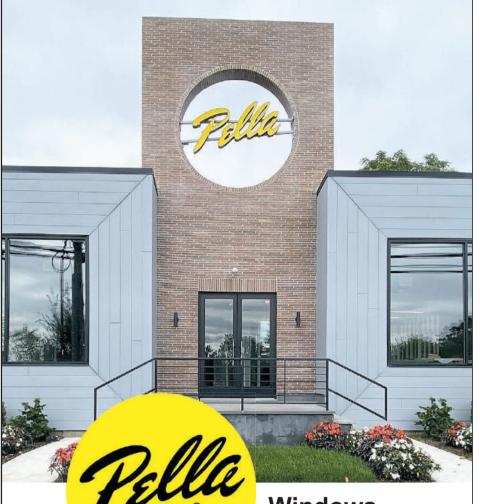
#### WWII veteran goes to Washington

Captain Hugh Stephens, a 99-yearold WWII Merchant Marine, combat veteran, went on an Honor Flight to Washington D.C. on April 29.

The trip is organized by the nonprofit organization and is dedicated to transporting as many United States military veterans as possible to see the memorials of the respective wars they fought in at no cost to the veterans. While Honor Flight began as a program solely for World War II veterans, many flights are now taking Korean War, Vietnam War and other conflict veterans to Washington D.C. This trip honors the nation's veterans for their service and sacrifice. Since 2005 Honor Flight has flown over 250,000 veterans to see their memorials.

Stephens, a volunteer with the city's Fire Department, was celebrated on his way to MacArthur Airport, with sirens blowing in recognition of his service.

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MICHELE JOHNSON, TOWN of Oyster Bay councilwoman far left, honored Laura Lane, Herald senior editor, Nancy and Stuart Richner, Herald publisher, Iris Picone, operations manager, Anton Community Newspapers, and Will Sheeline, reporter for the Herald for their efforts in community journalism at Raynham Hall's annual Love Re-Awakened Benefit.

## Raynham Hall Musuem fundraiser honors local journalism

he Friends and Trustees of Raynham Hall Museum held their annual Love Re-Awakened Benefit at the Muttontown Country Club on May 6 to raise money for the historic spy museum and, for the first time ever, to honor the hard work of local news publications. Guests were dazzled by stunning table displays, live music and a wide range of entertainments.

Raynham Hall Museum is one several iconic museums and education centers in Oyster Bay, famously home to Revolutionary War-era spy Robert Townsend. In addition to providing information on Long Island and espionage during the Revolution, the museum also educates on life in the Victorian period.

This year's benefit also honored local journalism, with representatives from Richner Communications, the North Shore Leader and Anton Media Group.

Harriet Clark, executive director of Raynham, explained that the decision to honor local media came in part from the fact that George Santos' campaign office had been across the street from the museum in Oyster Bay. She added that she and the board had felt it was their responsibility to

honor and promote local journalists for their work exposing him and for being assets to their communities.

"For two vears now I think we've all been thinking that we need more local press, because otherwise you're kind of flying blind," Clark continued. "I think it's just a crucial part of the community and so I think it's important to focus the light on the press a little bit."

John Lally, publisher of the North Shore Leader, a representative from Anton Media Group and Stuart Richner, publisher of the Herald Newspapers and owner of Richner Communications, all took the stage to be honored. Each touched on the importance of local media coverage, highlighting the unique role and importance that the free press has had on American history.

The event was a huge success, raising roughly \$60,000, which will go toward sponsoring trips for schools and students who otherwise wouldn't be able to visit Raynham Hall, as well as to pay the tour guides, staff and enable the museum to continue to educate and serve the community.

- Will Sheeline



STUART RICHNER, LEFT, was presented with a drawing of a Revolutionary soldier by John Canning, the evenings master of ceremonies, and Harriet Clark, Raynham Hall's executive director.

## Porchfest rocks into its second year in Sea Cliff

#### **By WILL SHEELINE**

wsheeline@liherald.com

Rock for Love Porchfest is returning to Sea Cliff for its second year in a row, turning the entire village into an open-air concert. The event is run by Love Your Neighbor Project, a local nonprofit founded during the coronavirus pandemic, and has become their largest fundraiser of the year.

The idea came from a discussion between Jaime Teich, the chief neighbor of Love Your Neighbor Project, and fellow Sea Cliff-resident and Project volunteer Sean Llewellyn. They explained that they had thought about doing something similar before 2020, but when Covid hit the plans were put on hold.

Llewellyn added that he got the idea after hearing about a similar event in the upstate city of Ithaca. He said that when he heard about the idea, he knew it would be perfect for Sea Cliff, which boasts a proud artistic community and tradition.

'We have so many talented musicians in Sea Cliff, and so many talented young musicians and also so many beautiful porches with all these Victorian houses, etc., that it was a great fit, and something that the community would really get behind," Llewellyn said. "I mentioned to Jaime that it would be a good idea as a fundraiser for her organization, and she loved the idea and so Porchfest wound up being a Love Your Neighbor Project event



TWENTY-ONE BANDS WILL be scattered throughout Sea Cliff for the second annual Porchfest on Saturday.

that we hope will continue to be an annual event."

Porchfest finally got its debut in spring of 2022, when the community was treated to live music performances on their neighbors' porches. This year's event promises to be a similarly engaging spectacle, with 21 performers and bands from the community set to take the stage, or porch as it were, this coming Saturday.

Teich said that the Project has made some minor changes to the event. The main difference will be a new schedule and layout for the event, as in the first half of Porchfest there will be two different "tours" throughout different parts of the village.

During the second half of the day the two tours will merge for the final set of acts.

Last year, some residents had told Teich that they had been torn between which performances to go to

"I think within three days of us

announcing we were going to do Porchfest again all bands were locked in. It was a tremendous response," Teich said. "So we still wanted to honor the number of musicians and bands that wanted to be a part of the day while also hearing what the community was saying."

The event acts as the major fundraiser for the Project, which supports a variety of causes throughout the commuity, from  $\frac{1}{500}$ creating The Listening Project, which Stackes neighbors how to listen and comteaches neighbors how to listen and communicate more effectively to supporting a Ukrainian family who are refugees.

The many performers and bands that are playing Porchfest are almost entirely Sea Cliff-residents. Frank Ferrara, a local musician, played at the first Porchfest and will be performing again.

Ferrara said he thinks the event is quintessentially Sea Cliff, and he was so impressed with how it was run last year that he was very excited to participate again. He was also proud to announce that he will be performing with his nephew Isaiah Genduso, who will be making his public debut as a bassist.

'It's a really wonderful thing to be a part of," Ferrara added. "(Teich) found a way to take music and art and find a way to channel that into helping people, so I'm always incredibly impressed with what she and Sean do.'

To purchase tickets for the event, which runs from 10 a.m. to 8 p.m., go to lynp.org.



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#### **NEWS BRIEFS**

#### **Glen Cove street fair**

The City of Glen Cove will host a street fair featuring arts and crafts, sweet treats, various vendors, food trucks and live entertainment. There will be a petting zoo, balloons, face painting and more for children of all ages. It is a great way to start the summer, celebrate Memorial Day, support our local businesses and just spend time together.

Vendor applications and further information can be found at nassaufairs.com. The fun begins on School Street and Highland Road, and contin-

#### ues onto Glen Street to Pulaski Road. There will be road closures both days of the fair on May 27 from 6:00 a.m. to May 28 at 7:00 p.m.

#### A Donde Llega el Silencio performance by Jacinta Clusellas

Visit the Planting Fields Arboretum on May 20 from 6 to 8 p.m. for a performance by composer, singer-songwriter and guitarist Jacinta Clusellas.

Originally form Buenos Aires, Areginta, Clusellas brings together South

American folklore, jazz and chamber music in the context of songs influenced by poems, literature and nature from South America.

Clusella has toured the US as a composer, songwriter, performer and resident artist. She is currently a teaching artist at the New York Philharmonic, where she develops programs and teaches for the Very Young Composers Program, and has served as a mentor at the Lincoln Center's Music Across Borders program and Passport To The Arts program.

For additional information contact Katie Walsh at (516) 922-8680 or kwalsh@plantingfields.org.



#### Follow the Glen Cove Summer Day Camp Staff to Cantiague this summer!

Darcy, Stefania and Megan!





#### **INFO AND ONLINE REGISTRATION:** www.NassauCountyNY.gov/Parks

Call: 516-572-0245 | Email: ncsummerrec@nassaucountyny.gov

Nassau County Summer Recreation Program is licensed by the New York Department of Health and is required to be inspected twice a year.

#### **Intro to Asian American genealogy**

Log in with your local library for a Zoom presentation on researching Asian American genealogy, presented by Grant Din, who has been researching his own family's story for over 40 years.

Asian Americans have an over 170-year history of major settlement in the United States, and have had to overcome restrictive legislation in the 19th and 20th centuries. More recently, the 1965 Immigration Act has opened up new opportunities to come to the United States and build new lives for Asian immigrants and their descendants.

As with all groups, family members, government documents, publications and other sources can help Asian Americans who want to learn about their roots, and there are often other documents that can be found that are unique to Asian immigrants.

This presentation is part of the Genealogy Collective monthly series of lectures, consisting of the Bayville Free Library, the Glen Cove Public Library, the Gold Coast Public Library, the Locust Vallev Public Library, and the Oyster Bay-East Norwich Public Library. The presentation will be held on Tuesday, May 23 at 7 p.m. and you can register with your local library for the Zoom link

#### Nassau Bicycle Challenge

Nassau Bicycle Challenge, sponsored by Kiwanis Club of North Shore, is hosting a 25 or 35 mile challenge along the North Shore on June 25.

The 26th Annual Ride will honor Tom De Stio and the De Stio Family, who have consistently put on a successful and fun event, for all these years, to help the children of our community.

For the past 25 years, the Kiwanis Club of North Shore Long Island has conducted the Nassau to Suffolk Bicycle Challenge on Long Island now renamed as the Nassau Bicycle Challenge. The event was begun by Tom DeStio, whose son was born prematurely and with multiple health issues. He was taken care of in the Critical Care Unit of the Kiwanis Pediatric Trauma Center in Cohen Children's Medical Center, now located in New Hyde Park. When Tom joined Kiwanis, he realized that it was the perfect venue for facilitating his giving back. He and his family have been involved ever since.

The 35-mile challenge will begin at 8 a.m. and the 25-mile challenge will begin at 8:30 a.m. The last day to register online is June 21. Walk-ins are welcome. To register, go to N2NBC.org.

#### **Oyster Bay Cruise** Nights are back

215712

Every Tuesday from May 30 to Sept. 5, from 5:30 p.m. until dark, Audrey Avenue comes to life with live music, show cars, chamber member vendors, and a kid-zone dedicated to families.

Rallye BMW of Westbury is the headlining sponsor this year for the Oyster Bay Cruise Night Car Show and Family Fun Night.

## STEPPING OUT

round the

#### It's time for some sizzle

#### By Karen Bloom

#### Get fired up! Memorial Day weekend is fast approaching, and with it barbecue season is upon us.

If the idea of longer, warmer days has you reaching for the tongs, you're certainly not alone. Whether it's a graduation party, a Memorial Day celebration, or simply to while away the hours with your gang, get outside and get your grilling game on.

From versatile chicken to meats, tender seafood, veggies, and even fruit, it's never been more fun to incorporate new flavors into grilled cuisine. Find some inspiration with these recipes.

#### Skirt Steak with Roasted Corn Salad

- 1-1/2 pounds skirt steak, cut into 4-inch pieces
- 1/3 cup Tabasco Chipotle Pepper Sauce
- 1 tablespoon ground cumin
- 1 large garlic clove, crushed

In a large bowl, combine chipotle pepper sauce, cumin and garlic; add skirt steaks. Toss to mix well; cover and refrigerate at least 30 minutes or overnight.

Preheat grill to high. Grill skirt steak about 5 minutes, or until of desired doneness, turning once. To serve, plate steak with corn salad.

#### Corn Salad:

- 4 ears corn on the cob, shucked
- 2 large tomatoes, chopped
- 1 small red onion, diced
- 1 ripe avocado, peeled, pitted and diced
- 2 tablespoons fresh chopped basil
- 2 tablespoons lime juice
- 2 tablespoons extra-virgin olive oil
  1 tablespoon Tabasco Chipotle Pepper Sauce
- Tablespoon Tabasco
  1/4 teaspoon salt

To prepare corn salad: Preheat grill to medium. Grill corn about 5 to 10 minutes, turning frequently, until tender-crisp. When cool enough to handle, cut corn from cob. In medium bowl, combine corn, tomatoes, red onion, avocado, basil, lime juice, olive oil, chipotle pepper sauce to taste, and salt; toss to mix well.

#### Chicken Skewers with Mango and Pineapple • 3/4 cup ranch dressing

- 1 canned chipotle chile in adobo sauce, seeded and finely chopped
- 2 teaspoons adobo sauce (from can above)
- 1 tablespoon honey



Skirt Steak with Roasted Corn Salad



Chicken Skewers with Mango and Pineapple



Spiced Sweet Potatoes



#### Galway to Broadway Acclaimed singer/actor Ciarán

Sheehan and his friends appear on the Tilles Center stage for an intimate musical journey, Beautiful, soaring Broadway favorites balanced with heart-tugging Irish melodies and humor are on full display with Dublin-born Sheehan, whose rich tenor voice and performances have been described as touching the soul. Sheehan made his Broadway debut as Babet, Marius in 'Les Miserables,'and shortly thereafter in 'The Phantom of the Opera.' After a year of playing Raoul on Broadway, he moved into the coveted starring role of The Phantom, which he sang in more than 1,000 performances. His performances easily capture an audience, with the requisite charisma and magnetic stage presence. Don't miss this lovely evening of Broadway, Irish music and mirth! This concert will lift your spirits and have you humming along to your favorite tunes.

Saturday, May 20, 8 p.m. \$59. LIU Post campus, 720 Northern Blvd., Brookville. TillesCenter.org, or (516) 299-3100.



#### Niklas Sivelöv

Renowned Swedish pianistcomposer-teacher Niklas Sivelöv gives a rare New York-area recital. He has an extemsive repertoire that highlighs works by a number of contemporary Swedish composers along with the classics. He continously enchants audiences with his artistic temperament, impeccable technique, and spellbinding stage presence. Sivelöv describes himself as a bridge builder and part of a living tradition. He challenges both himself and that tradition by extending its cornerstones, for example by entering into unusual collaborations such as with the jazz pianist Carsten Dahl. Sivelöv is one of the few classical pianists to master the art of improvisation. A sought-after soloist, his repertoire ranges from Bach, Beethoven and Schubert to Bartók, Prokofiev and Per Nørgård, in addition to his own compositions.

Sunday, May 21, 5 p.m. \$25. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. (516) 767-6444, or LandmarkOnMainStreet.org.

- 1 tablespoon fresh lime juice
- 1/2 teaspoon salt
- 1 pound chicken tenders, each cut into 3 equal pieces
- 1/2 pineapple, rind and core removed, cut into 1-inch chunks
- 1 large mango, peeled, cut into 1-inch chunks
- 1 small red onion, quartered and separated into layersOil for grilling (about 2 tablespoons)
- 1/4 cup roughly chopped cilantro
- 1 lime, quartered

In medium bowl, combine dressing, chipotle chile, adobo sauce, honey, lime juice and salt for marinade. Stir well.

Ássemble 4 skewers from ingredients in following order: onion, chicken, mango, chicken, pineapple, chicken, onion. Repeat twice more to complete skewer.

Lay skewers in shallow pan. Pour 1/4 cup marinade into small dish; set aside. Brush remaining marinade over skewers, coating all sides evenly. Cover with plastic wrap and refrigerate about an hour.

Set the grill to medium-high heat. When grill is quite hot, remove skewers from marinade (discard excess); brush lightly with oil. Lay oiled skewers on hot grates and grill until marked on all four sides and cooked through, 10 to 12 minutes total.

Arrange skewers on serving platter, drizzle with reserved 1/4 cup marinade, garnish with chopped cilantro and serve with lime wedges.

#### **Spiced Sweet Potatoes**

- 4 medium sweet potatoes (about 3 pounds), scrubbed well
- 1 teaspoon coarse sea salt
- 1 teaspoon ground cumin1 teaspoon paprika
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon chipotle powder
- 2 tablespoons cider vinegar
- 1/4 cup extra-virgin olive oil

Cover potatoes with cold salted water in a large pot, then bring to a boil. Simmer until slightly resistant when pierced with a sharp small knife, 5 to 7 minutes. Drain well. When cool, slice potatoes lengthwise.

Mix together salt, spices and apple cider vinegar; add oil in a slow stream. Brush this mixture on sweet potatoes.

Grill potatoes on a lightly oiled grill rack over medium heat, until grill marks appear and potatoes are cooked through, about 15 minutes. Serve potatoes warm.

GLEN COVE HERALD - May 18, 2023

## <sup>12</sup> YOUR NEIGHBORHOOD THESSCENE



Niklas Sivelöv Renowned Swedish pianistcomposer-teacher Niklas Sivelöv

visits the Landmark stage, Sunday, May 21, 5 p.m. This is a rare New York-area recital by Sivelöv, who enchants audiences with his artistic temperament, impeccable technique and spellbinding stage presence. He has a repertoire extending from Beethoven to Lutoslawski and Ligeti, also including works by a number of contemporary Swedish composers. Sivelöv describes himself as part of a living tradition. He challenges both himself and the tradition by building upon its cornerstones, for example entering into unusual collaborations, such as with the jazz pianist Carsten Dahl. He is one of the few classical pianists to master the art of improvisation. This program includes Beethoven, Bach and Skriabin, also compositions by Queens College professor Dr. Edward Smaldone. Smaldone offers commentary during the concert. \$25. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington, (516) 767-6444 or LandmarkOnMainStreet. ora







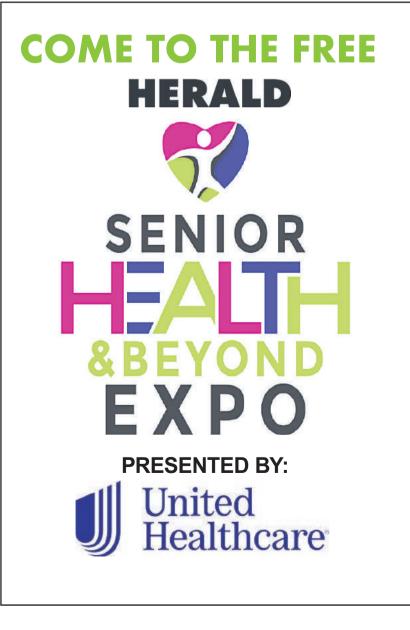
#### On exhibit

Nassau County Museum of Art's 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.



Saint Boniface Feast by the Shore

Saint Boniface Feast by the Shore is back Everyon will enjoy a fun-filled weekend at Tappen Beach in Glenwood Landing, Thursday, May 18, 6 to 10 p.m.; Friday, May 19, 6 to 11 p.m.; Saturday, May 20, 1 to 11 p.m.; Sunday, May 21, 1 to 6 p.m. With rides and game midway from Newton Shows, food court, beer and wine tent, and entertainment from local bands. Featured are featuring Alibi (Thursday, 7-10 p.m.), Glenn Strange (Friday, 6-7:30 p.m.), Livestock (Friday, 8-11 p.m.), Ruby Acoustic Project (Saturday, 3-5 p.m.), Hallowed (Saturday 6-7:30 p.m.), Chicken Head (Saturday, 8-11 p.m.), and Envy The Young (Sunday, 2-5 p.m.) Shore Road, Glenwood Landing. Advance sale and discount coupons ar available. Visit saintboniface.org/feast to purchase prepaidride bands.



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## Wednesday June 28 • 2023 10AM-1PM

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#### Library Walking Club

Participate in Glen Cove Public Library's at-your-own-pace hour walk, **every Thursday**, at 10 a.m. All fitness levels are welcome and attendees are encouraged to walk at their own pace, 4 Glen Cove Ave., Glen Cove. Register at GlencCoveLbrary.org or call (516) 676-2130 for more information.

#### Memorial Day parade and open house

The annual Oyster Bay Memorial Day parade returns on Monday, May 29, at 10 a.m., followed by an open house at Raynham Hall Museum, starting at 11:30 a.m. Local veterans, youth organizations and Raynham Hall educators dressed in Revolutionary clothing will remember the fallen. After the parade, rediscover the American Revolution at the museum with demonstrations, entertainment, historic games and picknicking. 30 West Main St., Oyster Bay.

#### 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 iinterested in joining the lunch program can call Peggie Como at (516) 675-7239.





Porchfest, Saturday, **May 20** (raindate Sunday, May 21), 10 a.m. to 8 p.m., throughout the village of Sea Cliff. Enjoy music from over 20 bands and local musicians and connect to social goodness. For tickets visit LNP.org/porchfest, for more information contact goodness@ lynp.org.

#### Having an event?

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

#### Passion for Pride

Support PFY, a division of Long Island Crisis Center, at a 30th Anniversary Benefit celebration, Tuesday, **June 13**, 6-10 p.m. With drag bingo and performances by Ivy Stalls and Syn; also special guest honoree actor-author-activist Maulik Pancholy. The event, honoring PFY's 30 years serving Long Island/Queens' LGBTQ+ communities, is at Westbury Manor, 1100 Jericho Turnpike, Westbury. For more information and tickets, go to tinyurl.com/ pfyevent2023.

#### Whale of a Drink fundraiser

Support The Whaling Museum by participating in Sandbar restaurant's Whale of a Drink, Whale of a Cause fundraising effort, now through June 21. Enjoy the Sandbar's iconic cocktail, the Whalebone, and a portion of the purchase will be donated to the museum. A "mocktail" version is also available. To help promote the fundraiser, mixologist Dan Leopold will offer a mixology demonstration and Whalebone tasting at the Museum's Whales & Ales event on June 3, 2:30-3 p.m. Funds will support the Whaling Museum's community education programs during its 2023 summer season. 55 Main St, Cold Spring Harbor. For information, visit SandbarColdSpringHarbor.com.

#### On stage

Back by popular demand, families will enjoy a musical adventure, ripped from the pages of Mo Willems' beloved children's books, on the Long Island Children's Museum stage, Friday, **May 19**, 10:15 a.m. and noon; Sunday, May 21, 2 p.m.; Wednesday and Thursday, May 24-2



Thursday, May 24-25, 10:15 a.m. and noon. Elephant and Piggie storm the stage in a rollicking musical romp filled with plenty of pachydermal peril and swiney suspense perfect for young audiences. Together with nutty backup singers, The Squirrelles, the comedic duo even gets the audience involved in the action. \$9 with museum admission (\$7 members), \$12 theater only. Long Island Children's Museum, Museum Row, Garden City. (516) 224-5800 or LICM.org.

#### Westbury House Tour

For many years visitors to Westbury House at Old Westbury Gardens asked what was beyond the first floor corridor. Now beyond the door and discover "secrets of the service wing," during a 60-minute guided tour, Friday, **May 19**, noon-1 p.m.; Monday, May 22, noon-1 p.m.; Wednesday, May 24, noon-1 p.m. and 1:30-2 p.m. Be introduced to the intensive labor required to create the lifestyle experienced by the Phipps family and their guests; tour the many rooms that were "behind the scenes" to create the formal dining experiences of early 20th century. Go along the corridors to the butler's pantry and silver cleaning room then descend the 17 steps to the kitchen, scullery, and wine storage rooms located on the ground floor. Reservations required. 71 Old Westbury Rd., Old Westbury. For information contact (516) 333-0048 or visit OldWestburyGardens.org.





**AND** Colette Brunelle won awards at the regional level of – GLEN COVE HERALD the 2023 Photographic Society of America's Youth Photography Showcase. Their works will now be 18, 2023 sent to the national level of the competition, which /av takes place later in the year.



Courtesy Glen Cove City Schools

## High school's photography students win regional awards

Two Glen City Cove High School photography students won awards at the regional level of the 2023 Photographic Society of America's Youth Photography Showcase. Senior Colette Brunelle took second place in the landscape category with her photo of hot air balloons floating above picturesque Cappadocia, Turkey. Freshman Mason Foster won third place in the architecture category with his photo of the Unisphere, a famous landmark located in Flushing Meadows Park, Queens.

The PSA Youth Showcase is a photographic competition hosted by PSA and is open to all high school students worldwide. The showcase is an excellent opportunity for eligible students to share their work and receive recognition for their efforts. Their works will now be sent to the national level of the competition, which takes place later in the year.

#### **THE GREAT BOOK GURU** Chef extraordinaire

ear Great Book Guru, Many of my friends have been praising a book that came out last year, which they say is very, very funny, very sad, and a book for our times. Any thoughts?

-A Fan of Friends' Recommendations

Dear Fan of Friends' Recommendations The book

undoubtably is Bonnie Garmus's "Lessons in Chemistry," a great favorite of mine and many. This debut novel opens in 1952 as a brilliant doctoral student Elizabeth Zott is ousted from UCLA because her advisor Dr. Mey-

ers has sexually



ANN DIPIETRO

assaulted her and, in defending herself, -she has stabbed him with a pen. Shortly after, at her first job at a research institute, she meets Calvin Evans who, alone among all the scientists there recognizes her brilliance and falls in love with her and her mind.

Soon into the book Evans dies and Elizabeth finds herself alone, jobless and pregnant. Throughout the novel, she meets an array of characters, most sinister and craven but some extraordinarily supportive. At one point Amanda, daughter of a TV producer, steals the gourmet lunches Elizabeth has lovingly and painstakingly prepared for her young daughter Madeline. Outraged, Elizabeth confronts Amanda's father who is immediately taken with her brilliance and beauty, so much so that he offers her a job as a TVs celebrity chef. The show becomes enormously popular as viewers feel empowered by her strength and talent.

There is a Dickens-like feel to much of the book as Elizabeth learns of early abandonments and lost parents who reappear with large fortunes. Overall, however, this is a tale of women's struggles in the workplace then and now. Highly recommended!

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

## Are you a multi generational high school graduating family?



If your family has multiple generations (you, parent, grandparent, great-grandparent) graduating from the same high school, please contact us. We would like to feature you in an upcoming graduation section

If you would like to be interviewed for this special feature, please contact Jermaine by Friday May 19 at **516-569-4000 ext 313** or email jcarroll@liherald.com

#### 14 MASON FOSTER





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GLEN COVE HERALD - May 18, 2023

## <sup>16</sup> Task force hears personal stories of Jewish hate

#### By HERNESTO GALDAMEZ hgaldamez@liherald.com

"Being here and sharing what has happened is a very important step.<sup>3</sup>

Those words were shared by Avi Posnick. He's the Oceanside-based executive director of StandWithUs Northeast & New England, an international nonprofit Israel education organization. The "here" he mentioned? It was a public forum held by the Nassau County's Special Legislative Task Force to Combat Antisemitism, a group first assembled in 2021 made up of six county legislators, five members of the public, and a representative from the county executive's office.

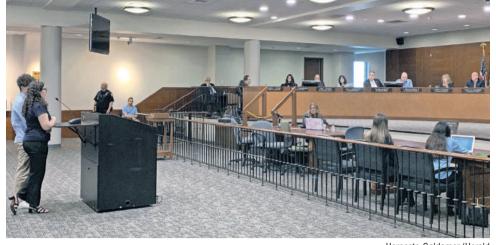
The recent meeting at the county legislative building in Mineola was designed to allow those from the community to share their experiences involving antisemitism.

'We hear about it, we read about it, and some of us may be experiencing it," said Rabbi Eli Weinstock of the Jewish Center of Atlantic Beach, who chairs the task force. "It could not be ignored without trying to take some action."

There were 580 antisemitic incidents reported in New York last year, according to the Anti-Defamation League — a record high since 1979, and the highest in the country. Half of those incidents occurred in public spaces, while others took place at Jewish institutions, private residences, secular schools, and business establishments.

The most alarming number, however, was 42: the number of antisemitic incidents reported in Nassau County. There were found in a number of places, and include flyers that circulated last year in communities like Rockville Centre, Oceanside, Long Beach and Huntington reportedly promoting Jewish hate. There were also reports of students experiencing antisemitic bullying at school, and finding swastikas in buildings and parks.

Students across the county came forward to share



**CAROLINE KRONENFELD,** A senior at Plainview-Old Bethpage John F. Kennedy High School, joined junior Yoav Muscal to share their experiences of antisemitism in their school district to members of Nassau County's Special Legislative Task Force to Combat Antisemitism. during a public forum held earlier this month in Mineola.

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been found elsewhere in the county, including in a Five Towns-area public school.

Another student, Caroline Kronenfeld, says the Holocaust is taught in schools like hers - Plainview-Old Bethpage John F. Kennedy High School — but very little is discussed about the racism Jewish students face. The senior recounted one experience in the school library where she overheard a group of students saying "Kanye was right." That Kanye being rapper Kanye West — now known as Ye - who was accused of making antisemitic statements on social media platforms that some say outright threatened violence against Jews.

"We learn about the Holocaust and the severity of that," Kronenfeld said. "We don't learn about the severity of casual antisemitism."

And that's important, East Meadow's Glassman said. "School is a place that I am supposed to feel safe in," she said, "and feel supported by the administration."

#### Designed for the comfort and convenience of ALYSIS PA FL

Sofie Glassman says she's experienced antisemitism

"A girl told me I wasn't allowed to play with her

Glassman is now a sophomore at East Meadow High

School, but the level of hate is still there. Like one time

when she was eating lunch in the school cafeteria and overheard a group of students saying they wanted to

throw things at her so they could "knock out my Juda-

in turn, called the school demanding the situation be

Glassman told her mother about what happened, who

The punishment? Two months of in-school suspen-

Most recently, Glassman was informed that swastikas were found in the school's boys bathroom. They've also

since she was 5 and on the school playground.

because I was Jewish," she said.

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Located on the lobby level of Parker Jewish Institute for Health Care and Rehabilitation 271-11 76th Avenue, New Hyde Park, NY 11040-1433

## Kaplan's goal: to flip House to Democratic majority

#### CONTINUED FROM FRONT PAGE

Both sides of the aisle will put a lot of money into it. I want to repeat what I did in 2018 and have a grassroots campaign where I meet people and tell them why I'm running and to listen to everyone."

Kaplan is unfazed by others who wish to challenge her or anyone who might not lend their support. She had a hard life in Tabriz, Iran before she came to the United States, and it toughened her up. She had her first experience with anti-Semitism in Iran when as a child at a produce store the owner told her and her mother not to touch the vegetables and fruit because they were Jewish. When the Ayatollah Khomeini seized power in 1979, she remembers the terror Jews experienced, certain they would be persecuted. Unaccompanied by her parents at 13 years old, Kaplan boarded a plane, joining 39 other Jewish children who fled to New York.

Kaplan first ran for state Senate in 2018 to represent the 7th Senate District. Endorsed by then President Obama, she became the first Iranian-American elected to state Senate. She served two terms, losing her re-election bid in 2022 to Republican Jack Martins. She said that loss was due in part to the shifting of district lines; when finalized, she said, the district did not include 40 percent of her base.

Kaplan said her goal is to deliver the House back to a Democratic majority as she did in 2018 in the state Senate, when she flipped her district from red to blue. She also wants to codify Roe v. Wade on a federal level and pass what she considers commonsense gun laws.

"Forty years ago when I came here, we didn't have children afraid to go to school because they might not come home, parents afraid to send their children to the movies or malls or people afraid to go to places of worship because they were afraid they'd be gunned down," Kaplan said. "How good would it be for Americans not to fear for their lives and have hope."

She was horrified when Santos went onto the House floor wearing an AR-15 pin to show his support for a bill to make the semi-automatic rifle the national gun. "This was hours after a mass shooting," she said. "He's a dangerous man and we need to unseat him."

The public's reaction since her loss in 2022 has been mixed. When they see Kaplan on the street some thank her for the help she provided during the coronavirus pandemic, she said. People had trouble filing for unemployment during that time, and Kaplan's office helped between 3,000 and 4,000 people fill out the paperwork. But some people don't like her, including anti-vaxxers, who have screamed at her they are glad she is out of office, Kaplan said.

Her issues, whether running for state Senate or Congress, remain the same. Kaplan wants to fight for reproductive rights and voting rights; deliver assistance for schools in Black and brown communities; and advocate for small businesses.

"I will always be the voice for people who don't have a voice for themselves," she said firmly. "And I still believe Holocaust studies is important to get into the curriculum."

Kaplan remains offended by Santos' insistence that his mother, Fatima Alzira Caruso Devolder, was of Jewish descent. "That is so offensive to me as a Jewish refugee," Kaplan said. "For someone to come out and lie about being Jewish and then say 'I'm Jew-ish,' mocking our religion? It's just so insulting and offensive. Santos is an embarrassment."



**FORMER DEMOCRATIC STATE** Sen. Anna Kaplan has officially kicked off her candidacy as a challenger in the 3rd Congressional District primary with the release of a video.

#### HEALTH MEMOS The Parker Jewish Institute is recognized with AJAS Jewish Programming Award

he Association of Jewish Aging Services awarded The Parker Jewish Institute with the 2022 Jewish Programming Award for its Family Call Center.

The award recognizes Jewish programs developed and implemented by AJAS organizations that are innovative, creative and specifically designed to enhance the spiritual well-being of the older adults they serve.

Early in the pandemic, Parker established its Family Call Center as a technology-based intervention, enabling patients and residents to connect with loved ones, and ensuring that family members quickly accessed essential information. In 2022, Parker adopted advanced technology to create new efficiencies, linking the Call Center to units within the Institute. This measure enhanced communications, so team members could expedite actions when needed and share information about Parker's wideranging services.

Now, through the Call Center, families continue to easily get clinical updates on loved ones. Families reach out to the Call Center for information about social services and to communicate with social workers. Parker's proactive Call Center team members connect with the



From left: Susan Ryan of the Green House Project, the sponsor for programming awards; Rachel Dalton, Robert Sabella and Michael N. Rosenblut of Parker Jewish Institute; Don Shulman of Association of Jewish Aging Services; Lina Scacco of Parker.

family of patients and residents on the day of admission, providing contact information and resources. They coordinate tours for potential patients, helping to simplify the admission agreements when needed.

"We are so proud to receive the AJAS 2022 Jewish Programming Award," said Parker's President and CEO Michael N. Rosenblut. "We continue to hone innovation at the Family Call Center, engaging team members and improving the quality of life for Parker's residents, patients and their loved ones."

#### About The Parker Jewish Institute for Health Care and Rehabilitation

The Parker Jewish Institute for Health Care and Rehabilitation is headquartered in New Hyde Park, New York. The facility is a leading provider of Short Term Rehabilitation and Long Term Care. At the forefront of innovation in patient-centered health care and technology, the Institute is a leader in teaching and geriatric research. Parker Jewish Institute features its own medical department, and is nationally renowned as a skilled nursing facility, as well as a provider of community-based health care, encompassing Home Health Care, Medical House Calls, Palliative Care and Hospice. 17

Parker Jewish Institute for Health Care and Rehabilitation • (718) 289-2212 • Iscacco@parkerjewish.org

Health memos are supplied by advertisers and are not written by Herald editorial staff.

#### George Santos update Santos alleges 'witch hunt' in the national spotlight

he reality is, it's

going to fight my

battle. I'm going to

deliver. I'm going to

take care of clearing

my name, and I look

forward to doing that.

**GEORGE SANTOS** 

U.S. REP.

a witch hunt. I'm

#### By ROKSANA AMID

ramid@liherald.com

The political future of U.S. Rep. George Santos hinges on the continued support of his fellow Republicans, but that seems to be an unlikely scenario. Although he announced plans to run for a second term, he is facing both political and legal consequences for his alleged wide-ranging misconduct

Santos was arraigned on May 14 in U.S. District Court in Central Islip, and pleaded not guilty to 13 federal charges including wire fraud, money laundering, theft of public funds, and making materially false statements to the U.S. House of Representatives. If convicted of just the primary charges, he could face up to 20 years in prison. For now, however, Santos was released on a \$500,000 bond, surrendered his passport and was told by Magistrate Judge Anne Shields that he is not permitted to leave Long Island, Washington or New York unless he receives permission from court officials.

In an interview with CNN, House Speaker Kevin McCarthy said that Santos should consider dropping out of the 2024 race while he deals with the federal charges. McCarthy has not called for Santos' immediate resignation. "If a person is indicted, they're not on

committees," McCarthy told reporters before the charges were unsealed. "They have a right to vote, but they

have to go to trial." McCarthy has maintained this position since January. He made no move to penalize Santos, even in the face of mounting allegations of misconduct and lies.

"The reality is, it's a witch hunt," Santos told reporters outside the courthouse after his arraignment. "I'm going to fight my battle. I'm going to deliver. I'm going to take care of clearing my name, and I look forward to doing that."

Santos made it clear that he would not resign from Congress and still planned to run for re-election next year. The only person in the courtroom who appeared to support him was his operations manager, Vish Burra.

"When it's your first time experiencing something of this nature, I think every-

body would show some kind of stress," Santos said. "I quite frankly don't believe I was stressed. I did my best to keep my composure this has been an experience for a book. Or something like that."

He is due back in court on June 20.

Aside from his federal case, Santos has likely resolved at least one of his legal entanglements, this one in Brazil, after he signed a deal to avoid prosecution over allegedly stolen checks. According to The New York Times, court

records show that Santos was charged with using two stolen checks to buy items at a shop in the city of Niterói, including a pair of sneakers that he gave to a friend. The purchase totaled 2,144 Brazilian reais, or about \$1,350, according to the charge prosecutors filed in 2011. Santos would have been 19 at the time.

A local newspaper reported that Santos will pay 24,000 reais, about \$5,000, with the majority going to the shopkeeper who received the bad checks and the remainder to charities.

Although the next congressional election is a year and a half away, there are already a number of candidates eager to evict Santos from Congress. The current Democratic primary candidates include Nassau County Legislator Josh Lafazan, former State Senator Anna Kaplan, law professor Will Murphy and Zak Malamed, a 29-year-old Great Neck resident.

In high school, Malamed cofounded "The Next 50," which focuses on "building a leadership pipeline of justice and equity-minded leaders that will counter conservatives' massive 50-year investment in young leaders," according to its website.

"I really, truly never imagined that the most dishonest MAGA Republican would be representing me in my own congressional district," Malamed told the Huffington Post. "And that alone really inspired me and moved me to step up and help and serve."



## Beep ball's Bombers vs. Mets draws a large crowd

By ROKSANA AMID

ramid@liherald.com

From afar, the May 6 baseball game at John Maccarone Memorial City Stadium between the Long Island Bombers and the Sunset Mets looked like any other game played there. The bases were loaded, friends and family filled the stands, and athletes were patiently waiting for their turn to get their hands and bats on the ball. But the players in this baseball game were all visually impaired.

As the pitcher prepared to throw the ball, a hush fell over the crowd. The only sounds heard were trees rustling in the wind, and a persistent beep emanating from the ball. The pitcher threw it, the batter hit it — and then all that could be heard were his footsteps as he made his way to first base. The crowd needed to remain silent to enable the runner to hear the buzz from the base, which directed him to it.

Those are the subtle sounds of beep baseball, a modified baseball game designed for visually impaired baseball players.

The game is played with a ball that beeps and bases that buzz, allowing players to locate the ball and navigate the field to score runs. Charles Fairbanks, a telephone company engineer in Colorado, originally designed beep baseball in 1964. From there, it's become a home run with fans.

The Bombers, the only visually impaired baseball team in the state, first came to the attention of the Sunset Mets, a team for plavers 52 and older, when Mets manager John Alutto, of Oyster Bay, was playing in a tournament in Florida in 2021. Alutto, who operates an online baseball card and memorabilia business, overheard players

talking about a "beep ball" team in Rockville Center.

Alutto was intrigued on a personal level, since his friend Joe Esposito has a blind son.

"His son is a rookie on the team. I got to see them practice two years ago, and they're just phenomenal." Alutto said. "These guys just love baseball."

Most of the players on the Bombers are sightless. Those with better vision are required to wear a blindfold during gameplay to even the playing field. Although the game is a source of inspiration and an outlet for committed players, recruitment isn't easy.

"It's very difficult to get players, especially when they're young people and the parents resist," Alutto said.

"It's a big commitment -- someone has to drive them to practice too."

Finding a field isn't easy for beep ball players, either, but with the help of Peter Munda, a Glen Cove chiropractor who plays with Alutto, the Bombers found a place in the city. Munda, a member of the Sea Cliff-Glen Head Lions club, said he was proud to help organize the event since the Lions work with the visually impaired.

Finding a wide range of activities was crucial to Bombers founder Ted Fass, of Rockville Center, who has been blind since a

ability forced him to hang up his Little League cleats Then, 35 years later in 1998, when Ted and his wife, Gail, were working as mobile DJs, Steve Guerra, a visually impaired stranger, approached Fass after their show. Guerra told Fass about

ments.

11. He was a huge baseball fan, but his dis-

a new game he had heard

about called beep ball. They

founded the Long Island

Bombers that year. Guerra

later moved, and Fass became

the team manager. The Bomb-

ers have continued to grow

over the years. They've played

at both Yankee Stadium and

Citi Field, and in tourna-

more than a baseball team,'

Fass said. "Everybody you see

out there, having a team has

helped them socially. It's really

been a rewarding situation to

be able to help all these kids.

chion Wee-Ellis had never

Freeport resident Mel-

It's not just a baseball game."

"The Bombers are much

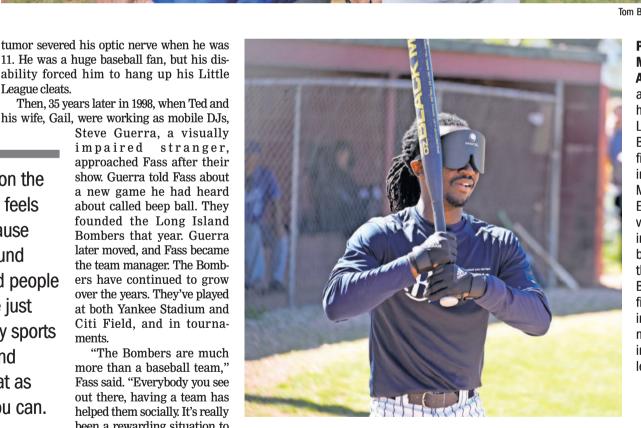
B eing on the team feels good because you're around other blind people and you're just free to play sports and run and swing a bat as hard as you can.

#### **MELCHION WEE-**ELLIS

#### Freeport, L.I. Bombers

picked up a baseball bat before losing his sight three years ago. But when he started becoming more active while adapting to his low vision, he remembered hearing about the team while talking to a specialist about assistive features on his iPhone. Wee-Ellis knew he needed a community for his rekindled lifestyle.

"I really needed something that helped me transition athletically into adulthood," Wee-Ellis said. "Being on the team feels good because you're around other blind people and you're just free to play sports and run and swing a bat as hard as you can."



LEGAL NOTICE NOTICE OF SALE SUPREME COURT OF F NASSAU, MORTGAGE COUNTY REVERSE FUNDING LLC, Plaintiff, vs. ANNETTE MEDUGNO AKA ANNETTE GRAZIOSE, ET AL., Defendant(s). Pursuant to an Order Confirming Referee Report and Judgment of Foreclosure and Sale duly entered on February 16, 2023, I, the undersigned

Referee will sell at public

auction on the front steps on the north side of the Nassau County Supreme Court, 100 Supreme Court Drive, Mineola, NY on June 14, 2023 at 2:00 p.m., premises known as 2 Washington Street, Glen Cove, NY 11542. All that certain plot, piece or parcel of land, with the buildings improvements thereon erected, situate, lying and being in the City of Glen Cove, County of Nassau

and State of New York, Section 22, Block A and Lot 70. Approximate amount of judgment is \$449,552.37 plus interest and costs. Premises will be sold subject to filed provisions of Judgment Index #611115/2021. This foreclosure sale will be held on the north side steps of the Courthouse, rain or shine. COVID-19 safety protocols will be followed at

UBLIC NOTICES

foreclosure sale. If proper social distancing cannot be maintained or there are other health or safety concerns, the Court Appointed Referee will cancel the sale. Peter Kramer, Es Referee (516) 510-4020 Esq., Greenspoon Marder, 590 Madison Avenue, Suite 1800, New York, 10022, Attorneys Plaintiff NY 139502 To Place A Notice Call 516-569-4000 x232

19

Tom Baker/Herald photos

#### PETER MUNDA,

ABOVE, left, and John Alutto helped the Long Island Bombers find a field to play on in Glen Cove. Melchion Wee-Ellis, left, is a visually impaired baseball player for the Long Island Bombers who finds comfort in the community of visually impaired athletes.



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## **OPINIONS** Is fossil fuel-generated energy gone with the wind?

XXX

sland Park doesn't generate daily headlines — and residents like it that way. This historic community is best known for its great public schools and library, and a sense of community that make it an appealing place to live. Generations of residents value their village and don't see many reasons to change. Why mess with hometown perfection?



RONALD J. ROSENBERG

pollution and other problems stemming from its hulking neighbor, the E.F. Barrett Power Station — a familiar landmark that has cast a literal shadow for generations. It

Yet for over 60

years, the village

has dealt with air

also reflects a fos-

sil-fueled technology that has been mandated to disappear. And after a bitter fight between Island Park and the Long Island Power Authority over Barrett's property taxes, they have been dramatically reduced, which will now impact village homeowners.

New York state's march to embrace an energy future free of fossil-fuel emissions comes at an interesting time. An opportunity has arrived in the form of offshore wind. Whether or not the promised jobs and economic activity from this multi-billion-dollar industry ever emerge, there is a "green" wind farm project being proposed for some 15 miles off Nassau County's South

Shore. The cable bringing its power to our region's electric grid would route underground to a proposed substation near the Barrett plant.

Because that's what we Long Islanders do, local critics have launched a variety of campaigns opposed to the plan. From suggesting the electromagnetic fields generated by the underground cable will cause deformities to attacking the corporate credentials of the international company proposing to build the wind farm, Equinor, they have sought to block its construction.

Science will have to address some of those concerns, but if recent history reveals anything, the Neptune cable, finished in 2007, runs power 65 miles from New Jersey to beneath Jones Beach before heading north to a substation. None of the millions of beach-goers who walk and swim above it have reported electromagnetic distress, much less been aware of the cable's presence.

For Island Park, the real question will be whether the long-term financial benefits from this project will outweigh the inconvenience of a cable trench being

dug to connect wind power to a substation. And the developers would have to make sure the substation doesn't impinge on the village's quality of life.

Equinor has stated that it is prepared to offer significant economic benefits and property tax revenue to the village in exchange for the ability to "come ashore." Other Long island townships have already done the economic and

environmental calculations on similar wind farm developments off their shores and determined that they have come up with a winning hand for their taxpayers. Brookhaven Town Supervisor Ed Romaine negotiated a \$169 million deal for hosting a cable landing. In what has been a long and successful tenure as town supervisor, that may well become one of his lasting legacies to town taxpayers.

In Island Park, Oceanside and Long Beach, there needs to be a thoughtful,

strategic review of the pros and cons, the science and the facts at a time when fossil fuels that power facilities like Barrett are going away.

Some say wind power is a big lie, claiming that our cable and AC will go out when the breeze dies. I'm not an energy scientist, but those who manage the grid say the Europeans figured out long ago how to store electricity produced by their wind farms so it can be released as needed when the winds weaken. Others talk about the industrialization of the ocean, but you need only look out at the parade of massive freighters off the South Shore waiting for space at the Jersey docks to deliver our latest smartphones to realize that that ship, so to speak, sailed a long time ago.

Will offshore wind amount to everything New York state is promising? The jury is very much still out. But for Island Park residents looking at the advantages and disadvantages of Equinor's cable connection proposal at a time when Barrett's payday is over, there is much to discuss over a Sunday family dinner.

Ronald J. Rosenberg has been an attorney for 42 years, concentrating in commercial litigation and transactions, and real estate, municipal, zoning and land use law. He founded the Garden City law firm Rosenberg Calica & Birney in 1999.

### Books are an exception to the lending rule

n "Hamlet," Polonius said to Laertes, "Neither a borrower nor a lender be; For loan oft loses both itself and friend, and borrowing dulls the edge of husbandry."

I have always thought books were an exception to the lending rule, since they offer an opportunity to share the immense joy of a great read, but I may



RANDI KREISS page on that. Someone out there has a copy of my "Drive Your Plow Over the Bones of the Dead," by Olga Tokarczuk. For a year I thought it was my friend Sharon, but she's an upright sort of woman, and she swears she

have to turn the

searched her house and does not possess, nor did she ever possess, my book. I would like to believe her. The novel is a mind-bending challenge, translated from the Polish. But it did land the Nobel Prize in literature, and I want it back.

The book is MIA, and Sharon has a history. She has borrowed other books,

and returned most of them. Once she "found" a book of mine in her house that she had borrowed two years before. See what I mean by *wanting* to believe her?

I can't quite go with Shakespeare on being neither a borrower

nor a lender because sharing a much-loved book weaves a powerful connection. And it adds to my pleasure to know that someone I care about will be reading the same book without having to pay for it. There is a particular pleasure in having my friends or loved ones read the very pages I read, as if the laugh I laughed or the tear I shed might linger in the spaces between the words, also to be shared.

The experience has become even more precious in the days of e-books, when most of what we read is on our devices.

Years ago, I lent books out all over the place. I never even wrote my name inside the cover. Then I realized that my book collection was dwindling, and it was all my favorites that were gone and forgotten. I had no idea who had them or for how long.

A friend of mine who borrows books frequently and always returns them promptly suggests that I keep a list of my lending, so I can ask for a book back after a reasonable amount of time. That

> works when I remember to jot down the transaction, but more often it's a casual deal and soon forgotten by both the borrower and me.

That's the other thing. I'm not a really responsible borrower, although I try very hard. I'm pretty good about books, because they're so important in my life. But I'm terrible with, say, wrenches. I have a collection of wrenches in my basement that I borrowed over the years and never

returned because I have no idea who they belong to. Somewhere out there I have friends to whom wrenches are very dear, aggravating their hearts out because they lent them out and haven't gotten them back.

Still, a wrench is just a wrench. Sharing a book is like holding hands and jumping onto a fast-moving train, seeing the same words and feeling them differ-

#### ently.

On rare occasions I've borrowed a shawl or gown for an event. Most times, though, I don't like to borrow clothing, because I'm bad with red sauce. I don't borrow money (except when I forget my wallet), and I never borrow jewelry.

Perhaps we need to track our books with digital tags so we can find them when they go missing. Or perhaps I shouldn't be a lender if I can't deal with the occasional delinquent borrower. The funny thing is, I was hounding Sharon so much that she offered to buy me another copy of "Drive Your Plow Over the Bones of the Dead." She doesn't get it. I don't want another one. I want that one, the one with the spaghetti sauce stains on Page 35 and the dog's paw print on the back cover, the one I remember reading while lying on the beach. For me, the books I have read and loved have a life, memories of which linger in the mind and heart.

There may be a gazillion copies of "Drag Your Plow" out there, but there's only one copy that shared my pillow and my comforter for three weeks last summer.

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**S** haring a book is like holding hands and jumping onto a fastmoving train. GLEN COVE HERALD - May 18, 2023



Incorporating Gold Coast Gazette LAURA LANE Senior Editor ROKSANA AMID Reporter RHONDA GLICKMAN

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## **HERALD EDITORIAL** There is just no need for speed

t feels like so many drivers are in a constant rush these days, but that's no excuse to ignore the posted speed limits.

Traffic safety laws exist so our children can walk to school safely. So that pedestrians and cyclists don't have to take their lives in their hands. So other drivers make it to their destinations in one piece and unharmed.

Nothing is so important that it warrants putting others at risk. Traffic congestion, long lights, distractions, aggressive behavior, and acts of reciprocation none of these are a valid excuse for causing an accident, or worse, taking the life of another person.

Speeding is an epidemic that impacts everyone. According to the National Highway Traffic Safety Administration, in 2020, speeding was responsible for the deaths of 11,258 people across the country, some 29 percent of all traffic fatalities that year.

Yet on any given day in suburban communities like ours here on Long Island, people will hit the gas in order to whiz through traffic lights and intersections at 20 mph or more over the speed limit.

Police tend to enforce moving violations based on routine observations, tips from neighbors, and patrolling known hot spots and problem areas with higher traffic accident numbers.

Directing patrols to certain roadways certainly has its benefits, but it also comes with challenges. On some major thruways where there is a lot of traffic, it's not easy to check speeding. Many of these roadways are narrow, making it difficult for police to pull anyone over to the side of the road.

While the data indicates there has been an increase in the volume of motorists cutting through side streets and residential areas thanks to directions they get with GPS tracking systems like Waze, police understand that this is a major issue that they do not take lightly.

The most common requests from residents of busy streets are for speed bumps or stop signs, which aren't always possible because of state law. Crosswalks and turn signals also can be problematic on thoroughfares too narrow to accommodate them.

Cameras have been shown to work in addressing speeders, but some question whether they are intended for safety, or as another way to raise money. In a matter of months at one point, Nassau County issued more than 400,000 traffic tickets, raising \$32 million from the fines alone.

One — albeit less favorable — solution could be for local police to implement a ticketing blitz. The fear of being issued a hefty moving violation would certainly make those wishing to turn local streets into their own personal racetracks think twice about it. And simply by seeing an increase in enforcement, drivers will react by slowing down.

Another alternative is to consider hiring traffic engineers. Since many roadways shift among local, county and state jurisdiction, having one person designated to address the flow of traffic through a community could be a real asset. It would also provide residents with an advocate when it comes to issues like long waits at traffic lights, and illegal turns that can also prompt people to rush.

At the end of the day, everyone needs to play a part in order to make our communities safer. Be aware of your speed. Slow down when you feel you're going too fast. Stay alert, and always keep your cool at the wheel.

Let others drivers pass, and give them plenty of space. Take extra precautions when driving in inclement weather or at night. If a driver is following or harassing you, contact the police immediately.

#### LETTERS

#### Kremer's way too soft on Biden

#### To the Editor:

Jerry Kremer and I are on opposite sides of the political aisle, but I enjoy reading his opinions. His most recent column, "Biden's decision was an easy one" (May 4-10), however, was quite one-sided.

I do agree there have been accomplishments Biden should be very proud of. The infrastructure bill was great and well overdue! America needs to be a global leader in microchip production, and his efforts to get us there are needed, too.

The effort to control insulin pricing is another wonderful thing. Unfortunately, Kremer and his fellow Democrats neglect to point out that it's only for seniors on Medicare. This isn't helping the working class, or young kids whose families still struggle with those bills.

Now let's talk about the obvious things Kremer ignored. Biden's Afghanistan withdrawal my goodness, could that have gone any worse? The chaos, loss of lives, loss of equipment and abandoning our allies was unconscionable. Don't say that was Trump's doing.

Decades-high inflation? The Biden administration told us it was transitory. Biden's spending has helped inflation increase to its highest rate in over 40 years. That affects the working class every minute of the day.

We can't forget the border crisis! Biden put



Vice President Harris in charge, and that hasn't worked out well. Border communities are overwhelmed.

Biden declared war on fossil fuels at the beginning of his administration. That's fine — no one wants global warming. Unfortunately, there wasn't a plan in place. Thanks to that, gas prices skyrocketed, and at one point were higher than they had ever been. Finally, we all can see his cognitive decline. It's downright scary. He has held fewer news conferences per year than any president since Ronald Reagan, and gave fewer interviews during his first two years in office than any president in even longer. It's sad, and at times hard to watch.

It's time to move on from Biden, from Trump, from Pelosi and McConnell and Max-

May 18, 2023 - GLEN COVE HERALD

#### **OPINIONS** Something's going wrong in Florida

t seems as

if voting for

**Ron DeSantis** 

could be like

Vladimir Putin.

voting for

here are so many things to write about these days, so many new headlines. But I can't help writing about the state of Florida, because it seems more detached from America than any of the other 49 states.

I keep thinking it must be the water that's making the



JERRY KREMER issue is much bigger than H2O content. And the craziness doesn't begin and end with Gov. Ron DeSantis, because he needs a state legislature to go along with his daily menu of new

state's politicians

go crazy, but I'm

convinced that the

laws that make Florida look more and more like Russia.

The six-week ban on abortions is designed to help DeSantis win Republican primaries for the White House. I know DeSantis is married, but any clear-minded politico should know that the average woman has no idea that she is pregnant during the first six weeks. In addition, every poll taken by either the far right or the far left shows that the majority of Americans don't want abortion banned. It's almost as if there are no television stations or other forms of media in Florida, because if there were, DeSantis would have learned that a bipartisan group of South Carolina women legislators were blocking a bill that would ban all abortions. In addition, many red

states are being told by the courts that their bans are going too far. To show how crafty DeSantis thinks he is, he signed the abortion ban late on a Thursday night, apparently with the hope that the media wouldn't find out about his latest political gambit. Another issue is DeSan-

tis' battle with Disney World, which is the state's second-largest tourist attraction, after the cruise industry. The theme

park accounts for more than 20 million visitors a year and billions in tourism dollars. When you have such a good thing going, why would any sane governor start a fight that he is destined to lose?

DeSantis' battle with Disney began when Disney spoke out against the governor's fight with the LGBTQ community. The First Amendment protects free speech, and Disney is entitled to the same protections as any ordinary citizen. Angered by Disney's position, DeSantis has tried to strip it of its special tax district status, to stop Disney from having a say over the sprawling community that lives off of the entertainment empire's success. Without Disney, hundreds of

> thousands of people would lack adequate fire, police or sanitation services.

To add to the craziness in Florida, the governor has announced that a whole series of textbooks will be banned from use in the state's public schools, because of his and school parents' objections to some of the content in those books. He has further ordered that a number of books have their language

revised, because the words "are not truthful." Mentions of the murder of George Floyd and the Black Lives Matter movement have been removed from one middle school textbook. Apparently, DeSantis believes that the Floyd tragedy was some sort of fake news.

If you're not out of breath yet, here's another scary fact of Florida life. Thousands of schoolteachers have left the state for other regions, out of fear of prosecution for accidently discussing some subject that the governor thinks is objectionable. It is estimated that Florida will need thousands of new teachers to make up for those losses, and it doesn't look like those new teachers will be coming in the near future.

Recent opinion polls show former President Donald Trump with a wide lead over DeSantis early in the race for the Republican nomination for president. That lead isn't a tribute to Trump, but rather a sign of growing dissatisfaction with DeSantis, which could leave the door open to any number of candidates, many of whom have yet to announce their availability.

Many Republicans are hungering for a fresh face to take on Trump next year. But the events in Florida over the past two years make it seem as if voting for DeSantis could be the equivalent of voting for Vladimir Putin. Somehow, the only people who haven't caught on to DeSantis' weaknesses are Florida residents. Maybe it *is* the water.

Jerry Kremer was an Assemblyman for 23 years, and chaired the Assembly's Ways and Means Committee for 12 years. He now heads Empire Government Strategies, a business development and legislative strategy firm. Comments about this column? jkremer@liherald.com.

#### **.ETTERS**

ine Waters. America needs new leadership, young blood to lead us going forward. Tell Joe it's time to go home.

> PAUL WAGNER Island Park

#### A month to focus on mental health

#### To the Editor:

May is Mental Health Awareness Month, a time set aside for reflection on mental illness and things that might be done to improve the lives of those afflicted.

It's been said before: The brain is an incredibly complex organ — one we still know so little about. Just as things can go wrong with the thyroid gland or the pancreas or the liver, the human brain is periodically subject to any number of ailments.

The situation may be complicated by a variety of behavioral or social factors. The underlying reality, however, remains true: Things can go wrong with the human brain.

We can only be thankful that in 2023, much is known about how to treat such forms of illness. A broad range of effective prescription drugs is now available. Yes, there is a lot of money in it, but it is for this reason that the improvements continue. These medications are there to be helpful.

One of the first, and perhaps most

influential, was lithium carbonate, used to treat bipolar disorder — or, as it was then known, manic-depression. This was the very same clay found in the European springs where the suffering regularly went to "take the waters."

The clay was packaged for easier use. This natural substance was no less effective in that form.

Certainly, all forms of psychiatric medication must be treated with the highest degree of respect. Increasing or decreasing the dosage amounts without the assistance of a trained professional is the highest form of recklessness.

Still, help does exist.

The case can also be made that our own human emotions carry a corresponding power to alter our own brain chemistry. Fits of anger, worry, blame or fear can alter the chemical makeup of the human brain. Here, too, however, psychiatry is making great advances. With hard work and commitment — and the assistance of a psychotherapist — it is possible to maintain a more hopeful and humorous outlook, day by day.

We don't have all the answers. Still, many good men and women are working to improve our understanding of this most human form of affliction, and to find help for those in need. If the rest of us can set aside our unnecessary prejudices and open ourselves to the help already available, we can all come out ahead.

> JOSH GREENFIELD Bronx

#### FRAMEWORK by Tim Baker



You wanna know what I think? OK, I'll tell you what I think! - Bellmore

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