

HERALD



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Courtesy Tab Hauser

Coming soon to a sky near you

Get ready to enjoy a fireworks display at Morgan Park on July Fourth. The show will begin at 9:15 p.m., but come early, at 7:30, to enjoy a free concert by Bon Journey.

Shore Road residents say they're not safe

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

Kristin Vandamia moved to Glen Cove's Shore Road two years ago, because the "quiet little beach town," as she described it, reminded her of home. But 24 hours after she signed her lease, Vandamia, an Erie, Pennsylvania, transplant, discovered that the peace and quiet she expected in her new neighborhood wasn't what she experienced.

"Every time I pull out of this driveway, I can't see, because there's cars," Vandamia, said. "If they're coming through and they're speeding, they're going to hit the end of my car. I've almost come close to people, and they don't stop for you — they just keep speeding. Even when we're walking the dog or walking on the street, you have to be careful."

Shore Road begins in Glen Cove, coming off Glen Cove Avenue, running along City Stadium Park and turning into the Boulevard at Sea Cliff Beach. Numer-

ous restaurants, homes and businesses line both sides of the road.

For decades, the thoroughfare has been the object of complaints about speeding. The situation became so bad that in 2018, Shore Road resident Lora Cusumano founded

Every time I pull out of this driveway, I can't see, because there's cars.

KRISTIN VANDAMIA
Glen Cove

the Shore Road Neighbors Group, a Facebook page comprising like-minded residents who came together to effect what they said were desperately needed changes.

But the group has had limited success. Although Shore Road is officially monitored by both the Nassau County and Glen Cove police departments, and had its speed limit

reduced from 30 miles per hour to 25, Cusumano says that speeding vehicles, including delivery trucks and other large vehicles, remain a serious problem.

She has held many meetings since the group first formed, but a forum on June 1 at Glen Cove City Hall gave residents the chance to talk directly with rep-

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Business Improvement District in Glen Cove has a new director

By **ROKSANA AMID**
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After five years as executive director of Glen Cove's Business Improvement District, Patricia Holman is passing the leadership to Jill Nossa, the BID's former assistant director. Nossa's new role is something of a natural progression, given her knowledge of the city, as a former editor at Herald Community Newspapers, and her work with the

BID, which began in 2021. The 45-year-old is well prepared to manage one of the city's most vital organizations.

"I've kind of hit the ground running, taking over and continuing what needs to be done," Nossa said. "Especially right now, with Downtown Sounds" — a free concert series every July and August — "and then every other thing that we do as the BID, which is a lot."

Part of Nossa's focus will be

determining which businesses still face hardships in the wake of the coronavirus pandemic. She plans to continue an outreach effort, she said, to see what businesses need to thrive again, and added that she believes the best solution is to continue networking businesses with one another and the BID.

"Sometimes you learn just having that sense of community,

CONTINUED ON PAGE 22

Glen Cove's salutatorian is Aisling Greene

By **ROKSANA AMID**

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Aisling Greene, a 17 year old senior, is Glen Cove High School's salutatorian for 2023. A member of her class student senate, she has helped organize homecoming and pep rallies. She is also co-president of the student senate.

Greene has committed to the University of Maryland and will choose to major in either computer science or data science. Math has always been her favorite subject.

"When we started doing long division, I found it almost satisfying to find the answer," Greene said. "I knew that there was one definitive answer, and I remember I could do my homework or class work and make problems for myself that I could solve and then check."

She remembers her passion for math spilling into her free time, and knew she enjoyed it more than most students in her class

Greene was always motivated to perform well in school, saying she looks up to her older sister Caitriona, who graduated in the class of 2020, and her brother Ciaran, class of 2022 at the Glen Cove City School District.

"I always saw them as smart," Greene said. "I just wanted to follow in their footsteps."

Greene fondly remembers an assignment to draw a blueprint of a house. Her father, a local contractor, helped her with the project. She said her creative side blossomed with his knowledge of blueprints and his love of music. Greene is also inspired by her mother's business mindset as an accountant for FedEx. She hopes to one day own a business where she takes the practical lessons her mother taught her about finances and combine it with the imagination her father helped to foster.

Her passion for math isn't just limited to crunching numbers, instead, Greene has gravitated to the creative



Courtesy Aisling Greene

AISLING GREENE, LEFT, and Aiden Costella celebrate their win at the high school's Red vs Green school games.

side of her mathematical talents by learning to code. Coders need a vision for their creations and the creativity to bring that vision to life.

As a coder, she focuses on making graphics, and has even created movie themed Wordle puzzles, which she made in her advanced computer science class in 2022. During her creative process, she pays close attention to measurements to make sure images are proportional.

Greene's fascination with the creative side of math

inspired her to tutor her younger peers. She hoped to open them to a new way of thinking about math and let younger students experience the creative world at a younger age than she had.

"I'm so passionate about coding and I felt like I didn't really know about it that much as a middle schooler," Greene said. "I wanted to give the middle schoolers the opportunity to learn about it and see it, and that's been really fun."

Greene has always been highly involved in her school's community. Aside from her academics, getting to know her teachers and classmates was one of her favorite parts of being a student. When the coronavirus pandemic was widespread, she felt the crushing isolation of not seeing her friends and fellow classmates.

"It's hard to sort of feel inspired to do your work when you don't really have a connection to the class," Greene said. "I think that was definitely the hardest part about it. You just felt very disconnected from your work because you were so disconnected from everything."

"Aisling is in a league of her own," said guidance counselor Christine Farrell. "She is a prolific student, brilliant leader, and a caring sister and friend. Aisling exceeds expectations as one of the most well-rounded students I have worked with."

The creative mathematician loves her school, but she also loves helping her community. Greene is a member of the Rotary Youth Leadership Association, and she's worked with a local transitional home in the area, Living Water for Women. Living Water's mission is to help disenfranchised and formerly incarcerated women, who are struggling with addictions, to overcome their weaknesses and nurture their strengths so that they may become vital members of the community.

Greene has helped to get residents of Living Water essentials like toilet paper and clothes.

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Photos courtesy Morgan Park Summer Music Festival

GLEN COVE'S **RICHIE** Cannata and the Lords of 52nd Street, a crowd favorite, will return in August.

Music festival returns to Morgan Park

By **ROKSANA AMID**

ramid@liherald.com

For nearly 60 years, summers in Glen Cove have meant the Summer Music Festival in Morgan Park, where music lovers enjoy their evenings on the backdrop of the Long Island Sound. The park will see festival goers lay out blankets, sit on camping chairs and lean on trees around the park to watch the night's events while enjoying a cool summer breeze.

The 2023 season will appeal to all ages and all musical tastes ranging from the sounds of Paul McCartney, Johnny Cash, and Billy Joel to The Allman Brothers, Broadway, Big Band, and more. Festival goers can enjoy the familiar faces of crowd favorites, like local acclaimed musician, and record producer, Richie Cannata, who always delivers a dynamite performance. Other familiar faces include Marvin Floyd, who plays with D'Votion on July 30, and Dave Losee, and Dan Roth with the Allmost Brothers Band on Aug. 13.

The Morgan Park Summer Music Festival is an all-volunteer nonprofit organization. The professional concerts offered each summer are free to the public and are completely funded through generous donations from businesses and individuals. This year's festival is sponsored with a \$1 million donation by the Terian family and Rallye Motor Company.

At its beginning, the Morgan Park Summer Music Festival was just one show, but it expanded over the years into performances each weekend in July and August. Eventually the festival outgrew the original gazebo, and volunteers raised money for a new stage, a semicircle bandstand with a set of classic pillars. The stage, like the concerts, was funded entirely through private donations.

The rich history of the festival, a Glen



THE ALLMOST BROTHERS Band members are Sean McGrath, local favorites, David Losee of Glen Cove and Dan Roth of Sea Cliff, as well as Dave Filloramo, Joe Wasserman, Tom Hooker, and Bob Oven (who is no longer in the band.)

Cove tradition for many families, makes it not only entertaining, but also meaningful in its historic significance. In 1932, the financier J.P. Morgan donated Morgan Park to the people of Glen Cove in memory of his wife.

The property for Morgan Memorial Park, a 40-acre space overlooking the Long Island Sound, was leased to the city for 999 years for \$1.

In 1959, then-Mayor Joseph Suozzi suggested that there be free concerts in the park and reached out to prominent locals to organize what would ultimately become the Summer Music Festival.

THE SEASON WILL open with Live and Let Die: The Music of Paul McCartney, performed by Tony Kishman.



Morgan Park Summer Music Festival schedule

- July 2, Live and Let Die: The Music of Paul McCartney
Tony Kishman
- July 9, 100 Years of Broadway
Neil Berg
- July 16, Walking the Line: The Music of Johnny Cash
Tom Cavanagh
- July 23, Italian Night
Massimiliano Barbolini, Claudio Mattioli, Vanessa Racci
- July 30, D'Votion: The Music of Earth Wind and Fire
Marvin Floyd
- August 6, Swingtime Big Band
Steve Shaman, conductor
- August 13, The Music of the Allman Brothers
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- August 20, The Music of Billy Joel
Richie Cannata and The Lords of 52nd Street
- August 27, The Music of John Denver
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- "An empty bag cannot stand upright."
- "Anger is never without a reason, but seldom a good one."
- "Anoint a villain and he'll stab you: stab him and he'll anoint you."
- "An old young man will be a young old man."
- "Don't think to hunt two hares with one dog."
- "Eat few suppers and you'll need few medicines."
- "Great almsgiving, lessens no man's living."
- "Happy's the wooing that's not long a doing."
- "He that lies down with dogs, shall rise up with fleas."
- "If your riches are yours, why don't you take them with you to the other world."
- "Lost time is never found again."
- "The noblest question in the world is, what good may I do in it?"
- "They who have nothing to trouble them, will be troubled at nothing."
- "The sleeping fox catches no poultry."
- "The tongue is ever turning to the aching tooth."
- "When you're good to others, you are best to yourself."
- "Who is rich? He that rejoices in his portion."

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Road is noisy and has too many speeders, locals say

CONTINUED FROM FRONT PAGE

representatives of both departments.

"We know everything in government takes time to happen, but right now we still have a problem," Cusumano said at the forum. "We know we're going to get some streetscaping and repaving in the future, and part of the goal of that project is to do some calming traffic techniques to help slow down speeders in the future, but up until the point where we get that done, we need enforcement now to keep things under control, because it's very out of control down here on our street."

The intersection of Albin Street and Shore Road sees many vehicles rushing to get through. Every day, Cusumano said, she sees near-collisions involving cars that don't come to a full stop. She believes that part of the problem is that some of the motorists are driving down a steep hill.

At the beginning of Shore Road, near Glen Cove Avenue, there are a number of signs stating that trucks are not allowed in the area, and in the summer months there is no outlet near Sea Cliff Beach, when it is designated a seasonal one-way street.

During a typical week, over 15,000 cars travel through the neighborhood. Glen Cove Deputy Chief Chris Ortiz said at the forum, describing that number as a tremendous amount of traffic.

"We're going to put some enforcement out there to try and ease some of the issues that you guys are having," Ortiz said. "Hopefully that will make the neighborhood a little better."

Since the forum, the Glen Cove P.D. has increased its presence on Shore Road with both marked and unmarked patrols, and, the department reports traffic summonses are up as a result.

In the weeks following the forum, some residents expressed an interest in assisting the department by allowing the use of



Roksana Amid/Herald

A SIGN ON Shore Road states that trucks weighing over 4 tons cannot travel through the neighborhood. Many residents, however, say they believe truckers are ignoring the restrictions.

their property to set up radar enforcement.

According to city code, Shore Road and Albin Street qualify as an arterial highway, which residents like Patricia Tracey see as an inaccurate designation, given the close proximity of the area's homes to one another. Informing Google about the traffic would help ease many of the neighborhood's issues by deterring drivers from taking their street. Tracey said she hoped that informing Google Maps of the condition of the street resulting from the high traffic would help ease some of the high traffic but was told an official from the municipality would need to contact them to verify the findings.

Ortiz contacted Google after the forum to discuss changes to their maps, but Google has yet to respond.

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Ben Fiebert/Herald

U.S. SEN. KIRSTEN Gillibrand announces the Fend Off Fentanyl Act, which aims to tackle the fentanyl crisis in New York. More than 70 percent of overdose deaths in Nassau County in 2021 involved fentanyl.

Gillibrand ready to combat fentanyl ODs

Fend off Fentanyl Act has bipartisan support

By **BEN FIEBERT**

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There were 270 reported deaths from overdoses in Nassau County in 2021. Of those, nearly three-quarters of them involved fentanyl, an opioid analgesic said to be 100 times stronger than morphine.

And that must come to an end, according to U.S. Sen. Kirsten Gillibrand. And for her, it all starts in the halls of Capitol Hill through a bill that's already earned the support of not only the Nassau County Police Department Center, but lawmakers and leaders on both sides of the political aisle.

Gillibrand's Fend Off Fentanyl Act was introduced in Nassau County last week by Police Commissioner Patrick Ryder, County Executive Bruce Blakeman, District Attorney Anne Donnelly, Long Island advocate Carole Trottere, and Long Island Council on Alcoholism and Drug Dependence executive director Steve Chassman.

"No community has been left untouched by the deadly impacts of silent killers like fentanyl, including Long Island," Gillibrand said. "Just last year, the DEA seized enough deadly doses of fentanyl in New York for more than three times the state's population."

The bill targets both cartels as well as people involved in producing and trafficking drugs into the United States, the senator said. The legislation will "better empower" the government to sanction drug traffickers and combat money laundering schemes that make this trade profitable.

"We have lost far too many lives to fentanyl overdoses," Gillibrand said. "And I am committed to work-

No community has been left untouched by the deadly impacts of silent killers like fentanyl, including Long Island.

KIRSTEN GILLIBRAND

U.S. Senator

ing with my colleagues in congress to keep our communities safe from deadly synthetic opioids."

Gillibrand's bill is intended to provide more resources to law enforcement and police officers on Long Island. This will then help them "trace these transnational criminals," find the supply chain of these drugs, and then shut down these drugs deals on a local level. Gillibrand said fentanyl is "making the strengths of these drugs so much stronger than ever imagined," which is why she is working on finding their source.

Trottere has fought against fentanyl since her son was fatally poisoned in 2018 when he was just 30 years old. He was a licensed welder and had a great job before dying, she said. And when his life ended, Trottere's "nightmare began."

"Unfortunately, my story is far from unique," she said. "Disturbingly, fentanyl and opioids have quickly become the leading cause of death among adults 18 to 45. Last year on Long Island, there were over 500 deaths from fentanyl and opioids. That means over a thousand parents became members of the club that

nobody wants to join."

These young people who died too early could have contributed a lot to the world, Trottere said, but we'll never know what that would have been. She is certain about one thing, however: the feeling of grief. The pain that follows the death of a child is "unimaginable."

"To the young people out there, I understand that death is not on your mind," Trottere said. "It's probably graduating, which is what it should be. But when you take any street drug or accept a pill from a friend at a party, or buy drugs from someone you don't know, it could be the last thing you do."

Fentanyl is getting mixed with everything, Ryder said. "Cocaine, crack, heroin, and even some marijuana in some situations."

Some may not even know it, Ryder said. Adderall — used to help with attention deficit hyperactivity disorder — is abused by students in schools to help them focus. But it could very well be laced with fentanyl, intended to get them addicted, and then prompting them to buy more.

This is the "business model" that Ryder has been seeing kill people across Long Island.

"It is sickening how fentanyl traffickers continue to profit by peddling deadly poison to our communities and our children," Nassau County legislator Delia DeRiggi-Whitton said, in a statement. "Sen. Gillibrand's Fend Off Fentanyl Act will strengthen ongoing efforts to keep this deadly, highly addictive drug out of our nation, and empower law enforcement to seize the ill-begotten gains being made at the expense of sick and suffering addicts."

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Only Hempstead village escapes rent raise

By **BRANDON CRUZ**

bcruz@liherald.com

Don't expect rents to rise next this coming year — that is, if you're living in a rent-stabilized apartment in Hempstead village. Everywhere else? Be ready to pay more.

That was the decision of the Nassau County Rent Guidelines Board last week, hearing the concerns voiced by Hempstead village renters at an open forum earlier this month. The rest of Nassau County could see rents climb by 1 percent for one-year leases, and 2 percent for two-year leases beginning Oct. 1.

The passing vote came after a series of contrary motions were denied by the board, including one by landlord representative Barry Stein, who proposed an increase of up to 6.5 percent before being drowned out by a series of boos from tenants and advocates in attendance.

Stein's justification for such an increase? Rent income increased nearly 3 percent while expense increases more than doubled that. Then there's the rising property taxes in Nassau County, rising house insurance costs, and mortgage rates doubling. They were numbers Stein called "unsustainable."

Stein also asserts the state's reported profit figures by landlords are overblown, incorrectly looking at entire buildings — includes units not subject to regulation.

Alternatively, board member Rob



Brandon Cruz/Herald

AFTER IT WAS all said and done, members of the Nassau County Rent Guidelines Board decided regulated rents would rise for the second year in a row, despite some tenants and political groups calling not only for a freeze, but a rollback to pre-pandemic levels.

Rychlowski explained tenants like him are overburdened.

"We heard a lot of things from the landlords about the rising cost of living, but what about how that disproportionately affects the tenants?" he asked. "Mr. Stein is arguing that we shouldn't be using their overall profit margin because it combines non-regulated housing along with regulated housing."

Despite these claims, landlord profits are at record highs, according to the

state's New York State Division of housing and community renewal division.

Another member, Martin Melkonian, also pointed out data suggesting rent-stabilized buildings consistently rise in value. That suggests to him this is a profit enterprise — not simply for the cash flow, but for asset growth. And that many ordinary property owners have enormously benefited from rising values.

"Over the past 20 years, the net operating income continues to rise," Melkonian

said. That net operating income peaked at 38 percent in 2022, "which is the highest it's been, despite the fact that the expenses have gone up, and admittedly, rents have not followed along. Nevertheless, net operating income continues to rise. What explains that?"

At least from Melkonian's point of view, despite regulation, landlords do pretty well in terms of cash flow, and extremely well in terms of the rapidly rising property value of their buildings over time.

Following the vote, Jeremy Joseph, — an organizer with the Working Families Party and the Nassau County Democratic Socialists of America — said he is disappointed with the overall vote, but will accept the small victory for Hempstead village residents while acknowledging the long road ahead.

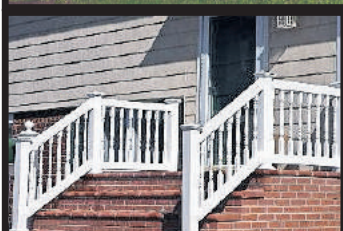
"All tenants in Nassau County deserve a rent reduction," Joseph said. "Anything less than that is not enough."

Prior to the vote, the board heard tenants from Hempstead directly, and that members who are not usually on our side were compelled to vote for no raise.

"Just imagine if they gave that same attention to all the municipalities in the county," Joseph said. "But they don't. They only have a few hearings."

"If we had a hearing in Freeport and Rockville Centre, they would have heard all the same stuff they heard in Hempstead."

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- August 20 | The Music of Billy Joel**
Richie Cannata & The Lords of 52nd Street
- August 27 | The Music of John Denver**
Ted Vigil

Morgan Park overlooks the harbor at Germaine Street between Landing Road and McLoughlin Street in Glen Cove. Bring chairs or blankets, and a picnic if you wish. Children are welcome.

Morgan Park Summer Music Festival is a not-for-profit organization, administered by an all-volunteer team. No taxpayer money is used or requested for these concerts. Our seasons of professional, family-oriented performances are funded entirely through tax-deductible contributions.

Website: morganparkmusic.org Email: morganparkmusic@yahoo.com Find Us On Facebook

Call 516-671-0017 for information and updates.

All concerts are subject to change.



Will Sheeline/Herald

CONGRESSMAN GEORGE SANTOS, seen here after his indictment in May. His suretors were revealed to be his father, Gercina Antonio dos Santos Jr., and his aunt, Elma Santos Praven.

A familial rescue for embattled Rep. Santos

By WILL SHEELINE

wsheeline@liherald.com

The names of the two people who guaranteed Representative George Santos' \$500,000 bail bond have finally been released by order of Judge Anne Y. Shields of New York's Eastern District Court. According to the court, his father, Gercina Antonio dos Santos Jr., and aunt, Elma Santos Praven, acted as suretors for the embattled congressman.

"The latest news in George Santos' legal case is yet another reminder that he is an embarrassment to Long Island and Queens residents," Zak Malamed, one of several Democrat candidates for Santos' seat, wrote in a statement. "There are still many unanswered questions about his ethical, moral and legal decisions and he remains a dishonest and disgraceful con artist who should have no place representing NY-03 in Washington.

Very little is known about Santos' father, as most of Santos' claims about his family have focused on his mother, Fatima Devolder, who the congressman falsely claimed died as a result of the terrorist attacks on the World Trade Center. The only previous information Santos had revealed about his father was the claim that dos Santos Jr. was black, and that the congressman had grown up in a "very biracial family," which he made on Twitter to defend a post he made of Barack and Michelle Obama depicted as monkeys.

It is unclear exactly what dos Santos and Praven do for a living, and their addresses were redacted from the court filing. The New York Times reported that Santos' father lives in Queens and works as either a painter or in construction, based on campaign finance records submitted while making donations to his son's 2022 campaign.

It was also revealed on Friday, the day after the suretors' names were released, that in discussions with Shields regarding the bond dos Santos and Praven admitted



Tim Baker/Herald

MOVEON HAS TRIED many methods to get the word out of their displeasure with Santos' continued representation of the 3rd Congressional District.

they do not own any property. According to a transcript released by the court, the siblings were under no obligation to post collateral in order to secure the pretrial release of their congressional relative.

"The entire setup leaves me with more questions than answers," Josh Lafazan, a Nassau County legislator and another Democrat candidate for Santos' seat, said. "These are two individuals who do not have a history of holding assets where they'd be able to make a half a million dollar payment."

ABC News reported Thursday that Santos had revealed the names of his suretors to them minutes before the documents were released. It is unclear why he chose to divulge their names in advance.

The release followed a petition by numerous media outlets asking for the names of Santos' suretors. Santos, the Republican representative of the 3rd Con-

gressional District, submitted an eight page appeal on June 9 to have the names redacted by the court, asserting that releasing the names would put his suretors at risk of harassment by members of the media.

"I was pleased that the court required them to go ahead and release this information," Anna Kaplan, another Democrat candidate, said. "It really does highlight that we have an indicted member of Congress representing this district, and someone who's not able to represent this district."

Santos has expressed anger in the past regarding the release of the names. At his arraignment on May 10, Santos was infuriated when a member of the media asked him about the suretors.

"That is information you'll never get," Santos angrily retorted. "Your intention is to go harass them and make their lives

miserable; you're not getting that."

Santos' lawyer Joseph Murray had previously stated that the fabulist Republican would rather go to jail than have the names revealed, according to the Associated Press. Yet it looks like that was just another lie by Santos, as he remains out of prison despite the release of his suretors' names.

"It's more of the same," Kellen Curry, a Republican challenger to Santos, said. "It's been a trip of headlines that are distracting for the district, for our interests, for families and communities on Long Island and certainly for the country."

The New York Times had previously reported that the House Ethics Committee has also expressed interest in the names of the Santos' suretors, in order to gauge whether the \$500,000 bail bond is in violation of House Ethics rules regarding gifts. As the bond was made by family members, it remains to be seen what the response from the Ethics Committee will be.

Despite all of this, Kevin McCarthy, Republican Speaker of the House, has continued to ignore calls to hold a vote on Santos' expulsion, although in a FOX News interview he said that the disgraced congressman did not have his support for his reelection campaign.

"Every time someone asks me about Kevin McCarthy I call him a coward, and he proves me right with every move he makes," Democrat candidate Will Murphy said. "This is his delay tactic to try to push this to a Republican primary next year."

Santos is currently facing 13 felony counts, which cover everything from fraud to money laundering, making false statements and theft of public funds, related to his acquisition of Covid-19 federal unemployment funds at a time when he was employed. If convicted of the top counts, Santos could face up to 20 years in prison.

The Congressman's next court date is Friday, June 30.

STEPPING OUT

Lighting up the island: A patriotic salute sets the tone for a colorful Fourth of July



By Karen Bloom

The sky will be aglow for the annual spectacle that marks our Independence Day, always a rousing celebration. While the main event is Tuesday, of course, the county-wide festivities begin Saturday, with plenty of local fireworks to enjoy.

TD Bank Celebrate America at Eisenhower Park

Eisenhower Park is a popular spot to view the pyrotechnic spectacle, as part of its annual holiday double bill that also includes a concert. The park around Harry Chapin Lakeside Theatre will be filled with visitors celebrating the lead-up to the holiday, Saturday, July 1, to enjoy some tunes and watch as the skies light up at the county's Independence Day extravaganza.

The prelude, which starts at 7 p.m., includes a drone and laser light show, followed by a performance by the county's winner of its recently concluded Battle of the Bands competition. That sets the stage for the colorful fireworks that follow, presented by the famed Grucci family, at dusk, simulcast by WALK 97.5 FM.

Of course, there is no formal seating, so bring blankets or chairs. Space is limited, and overflow will be directed to other viewing and parking areas. The rain date is July 2.

Families may also want to check out i.Fly Trapeze, the acrobatic/circus arts venue nearby in the park.

Fireworks at Jones Beach

The beach light show, a longstanding tradition, is eagerly awaited by the throngs of folks who make that yearly holiday trek to Jones Beach on July 4. The vivid display, beginning at 9:30 p.m., is a spectacular 25-minute display using state-of-the-art pyrotechnic technology. The dazzling colors and sights always thrill, accompanied by rousing musical array of patriotic songs simulcast by WALK 97.5 FM and KJOY 98.3 FM.

Of course, expect crowds. As always, thousands of hardy souls brave Jones Beach's jam-packed thoroughfares to get a spot to see the light show. More than 250,000 people generally visit, so an early arrival is a must. "Center stage" is the Central Mall, but fireworks are visible throughout the length of the beach.

History comes alive

The holiday celebration involves more than fireworks (although

it may not always seem so). Other popular festivities involve the historical aspect of our nation's birthday. Consider a visit to Old Bethpage Village Restoration, Saturday and Sunday, for the historic site's annual re-creation of a Fourth of July celebration as commemorated during the Civil War.

The setting marks the departure of local Union soldiers — new recruits — and the nation's 85th anniversary. The weekend events, which run from 10 a.m. to 4 p.m., include contra dancing, patriotic speeches, musket firing and children's games, along with a ceremony and parade, against the backdrop of historic music performed by the Old Bethpage Village Brass Band.

Or visit the summer home of President Theodore Roosevelt in Oyster Bay for Sagamore Hill's annual presidential-style Independence Day festivities. Commemorate the holiday in the Roosevelt tradition, at the former presidential residence, on Tuesday, from noon to 4 p.m.

The 26th president would gather with his extended family and friends at Sagamore Hill for a day of celebration. Cousins and friends enjoyed the day here participating in flag-waving outdoor activities.

Highlights include tours of the Roosevelt home, a concert with the Calliope Brass Band, a holiday-themed Junior Ranger Program, assorted lawn games and crafts for kids, historical exhibits at the Old Orchard Museum, and even an appearance by the president himself as portrayed by re-enactor Joe Wiegand. He will mingle with visitors and read from the Declaration of Independence.



Celebrate America

- July 1, 7-10 p.m.
- Harry Chapin Lakeside Theatre, Eisenhower Park, East Meadow
- NassauCountyNY.gov

Jones Beach Fireworks

- July 4, 9:30 p.m.
- Jones Beach State Park, Wantagh

Old Bethpage Village Restoration

- July 1-2, 10 a.m.-4 p.m.
- 1303 Round Swamp Road, Old Bethpage
- OldBethpageVillageRestoration.org

Sagamore Hill

- July 4, noon-4:30 p.m.
- 20 Sagamore Hill Road, Oyster Bay
- NPS.gov or (516) 922-4788

Left photo: Eisenhower Park hosts the popular patriotic light show on Saturday, attracting large crowds that eagerly gather every year.

Right photo: The sky will glitter over Jones Beach, another favorite destination for fireworks viewing.

Tim Baker/Herald photos



Motor City Revue

Journey back in time to 1960s Detroit and the birth of the Motown sound, when Motor City Revue visits the Landmark stage. This 13-piece tribute band will have you dancing and singing along to the songs immortalized by Smokey Robinson & The Miracles, Marvin Gaye, The Temptations, The Supremes and countless others. From Hitsville to Soulsville, they'll perform it all, with a passion and delivery of the true Motown sound that is undeniable. Their ability to match the vocal harmonies and instrumental mix that distinguished the original recordings is not to be missed. Everyone will be humming along to these iconic tunes in this authentic re-creation of the great era that revolutionized the music industry. Their music is about peace, love and soul that defined a generation and retains its power today.

Friday, June 30, 8 p.m. \$47, \$42, \$38. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. (516) 767-6444 or LandmarkOnMainStreet.org.



Nassau Pops Symphony Orchestra

A summer tradition returns to Eisenhower Park. Settle in with Music director Louis Panacciulli and his orchestra for an evening of crowd-pleasing tunes outdoors. Hear the orchestra interpret the best in popular and light classical music, including several toe-tapping Big Band selections. The program, Salute to Stage and Screen, includes 'Phantom of the Opera,' Sinatra selections, a tribute to John Williams, 'Annie Get Your Gun,' the best of Billy Joel, Louie Armstrong, and more. Longtime vocalists Jack and Ann Cassin are also back again, as guest soloists, joining the orchestra songs from some of Broadway's greatest productions. Bring a blanket or a lawn chair and settle for a relaxing evening of music under the stars.

Friday, July 7, 8 p.m. Eisenhower Park's Harry Chapin Lakeside Theatre, East Meadow. For information, visit NassauCountyNY.gov.

THE SCENE



July 6 **Three Dog Night**
 The legendary band is back on tour, appearing on The Paramount stage Thursday, **July 6**, 8 p.m. Now their fifth decade, Three Dog Night claims some of the most astonishing statistics in popular music. In the years 1969 through 1974, no other group achieved more top 10 hits, moved more records, or sold more concert tickets. Their hits continue to weave through the fabric of pop culture today; songs like "Mama Told Me (Not To Come)", "Joy to the World", "Black and White", "Shambala" and "One" serve to heighten our emotions and crystallize the band's continuing popularity. Not content resting on legacy alone, Three Dog Night is always working to expand its audience. Maintaining an aggressive, year-round touring schedule, the band performs their hit-filled concerts for generation-spanning audiences. Their now-famous name refers to native Australian hunters in the outback who huddled with their dogs for warmth on cold nights; the coldest being a "three dog night." \$99.50, \$59.50, \$44.50, \$39.50. The Paramount, 370 New York Ave., Huntington. Tickets available at Ticketmaster.com or ParamountNY.com.



Art talk
 Join Nassau County Museum Director Charles A. Riley II, PhD, for a Director's Seminar, Sunday, **July 9**, 3 p.m. He'll discuss "Oscar Wilde: The Critic and His Artists," examining the endlessly fascinating author who was connected to a glittering circle of artists. His friends included Toulouse-Lautrec (who painted his portrait on the eve of his legal demise), the Pre-Raphaelites Burne-Jones, Morris and Millais, Whistler and Sargent (his neighbors on Tite Street in London's Chelsea), and the naughty prodigy Aubrey Beardsley. Participation is limited; registration required. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.

June 29



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.

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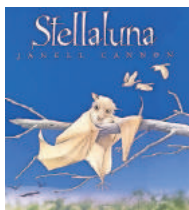
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Storybook Stroll

Bring the kids to Old Westbury Gardens for a storybook adventure, Saturday, **July 1**, 10:30-11:30 a.m. Stroll the gardens and listen to Janell Cannon's "Stellaluna." Later create a unique take home craft. For ages 3-5. Old Westbury Gardens, 71 Old Westbury Rd., Old Westbury. For information visit OldWestburyGardens.org or contact (516) 333-0048.



July
6

Summer stage

Plaza Theatricals brings the iconic musical "Rent," to Eisenhower Park, Thursday, **July 6**, 7 p.m. The acclaimed reimagining of "La Vie Boheme," loosely based on Puccini's opera and set on East Village streets, fire escapes, tenements, and cafes. This groundbreaking roller coaster ride depicting the joys and sorrows of an eclectic, diverse group of young artists and activists is always captivating. Harry Chapin Lakeside Theatre, Eisenhower Park, East Meadow. For information, visit NassauCountyNY.gov.

Jacinta Clusellas in concert

Composer, singer-songwriter and guitarist Jacinta Clusellas' celebrates the release of her second EP "A Donde Llega El Silencio," at Planting Fields Arboretum, Saturday, **July 1**. Clusellas' music brings together South American folklore, jazz and chamber music in the context of songs influenced by poems, literature and nature from South America. 1395 Planting Fields Road, Oyster Bay. Visit PlantingFields.org or call (516) 922-868.

July
8



Family Bat Walk

Stroll Old Westbury Gardens with Gabriel Willow, a New York City-based urban naturalist and environmental educator, Saturday, **July 8**, 7:30-9:30 p.m. He will lead a walk through the gardens to listen and look for bats while discussing bat ecology and conservation. All ages are welcome. Space is limited and reservations are required. Rain date is **Saturday, July 15**. 71 Old Westbury Rd., Old Westbury. For information contact (516) 333-0048 or visit OldWestburyGardens.org.

Pokemon Parade

Bring the kids to a Pokemon Parade at the Whaling Museum, Friday, **July 7**, noon and 2 p.m. Discover how whales, sharks and other marine animals inspired some of the most iconic Pokemon, how to play a unique version of the card game, and design and create your own Pokemon and an exclusive card to go with it. 301 Main St., in Cold Spring Harbor. For more information call (631) 367-3418.

Morgan Park Summer Music Festival

Tony Kishman, who played the role of McCartney in Broadway's "Beatlemania," presents a Beatles tribute, Sunday, **July 2**, at 7 p.m., at Morgan Memorial Park, Germaine St., Glen Cove. For information contact mpsmfpress@gmail.com or (212) 315-4118.

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 GlencoveLibrary.org or call (516) 676-2130 for more information.

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 Cliff. Those interested in joining the lunch program can call Peggine Como at (516) 675-7239.

Westbury House Tour

For many years visitors to Westbury House at Old Westbury Gardens asked what was beyond the first floor corridor. Now go beyond the door and discover "secrets of the service wing," during a 60-minute guided tour, Friday, **June 30**, noon. 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.



Having an event?

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

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Tim Baker/Herald photos

THE GRADUATING CLASS of 2023 celebrated the end of their academic careers in the city's school district

A big hats off to the GCHS class of 2023

When the Glen Cove City School District's graduating class of 2023 started the school year, they returned to their classrooms with a renewed sense of normal. Sports, concerts and other extracurricular activities fueled their school spirits once again.

At their graduation and throughout the years, many of the graduating seniors were recognized for their high academic achievements, grit in the face of challenges, creative endeavors and their selfless acts of community service. These students not only celebrated the conclusion of their academic achievements in the city's school district, but their transition into adulthood.



STUDENTS APPLAUDED FOR one another during commencement. They reflected on their time attending the school, and what life means to them outside the classroom.

AISLING GREENE, RIGHT, the salutatorian, delivered a heartfelt speech to her fellow classmates.

AIDAN COSTELLA, CENTER, class president, delivered an inspirational message to his classmates.

SUPERINTENDENT MARIA RIANNA, far left, delivered a poignant speech to the graduating seniors.



Tim Baker/Herald photos

STUDENTS LISTENED TO f the district's administrators, taking comfort in the advice given to them as they eagerly waited to move their tassels and toss their mortarboards skyward.

Enjoying the last few moments at GCHS



AS A TRADITION, many graduating students decorate their caps with inspirational messages as a reminder of what is important to them, above.

HIGH SCHOOL PRINCIPAL Allen Hudson, right, is a former graduate of the district. He offered encouraging words to the graduating class of 2023.

HONORARIAN AGOSTINO FACCILO, above, far right, addressed his peers, friends and family.

VALEDICTORIAN BROOKE TRAN, far right, gave a heartfelt speech encouraging fellow graduates to pursue their dreams.





Live your best life

Steps to a healthier you

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

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

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

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

Man Up And Get To The Doctor

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

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

Get Moving

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

Make Healthy Food Choices

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

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

Find A Healthy Weight And Keep It There

This goes along with the exercise and food choices. We all pack on a few extra pounds as we get older. It's the nature of the old age beast. But know your BMI and keep an eye on it. If you're on the last setting of your expandable waistband, it's probably time to get some exercise, review your diet and make an appointment with your doctor.

Drink Alcohol In Moderation

What exactly is moderation? Two drinks per day for men under the age of 65, and just one drink a day for men 65 and older. Some studies indicate health benefits of moderate alcohol consumption, though those may not help all who choose to imbibe. In some cases, it may be safer to avoid alcohol entirely and the positives may not outweigh the risks.

But if you're going to drink? Don't drive. Male drivers involved in fatal motor vehicle crashes are almost twice as likely as female drivers to be intoxicated with a blood alcohol concentration of 0.08 percent or higher.

Tame That Stress

A lot of the men are workaholics and seem to thrive on stress. Note the word "seem." You aren't thriving.

Stress leads to higher blood pressure, diabetes, heart disease, accelerated risk for prostate cancer and even erectile dysfunction. And though ED won't kill you, it might make you more stressed! Stress and anxiety also play a big part in depression, and many men resist getting help for depression or don't recognize the signs.

Play Hooky

Stop checking your email at home or kick off early now and again. And those of you with umpteen weeks of accumulated vacation days? You aren't heroic. No one dies saying they wish they'd worked more.

Get Some Rest

Many of you are up late at night even though you have to be up at 7 a.m. Or brag about how you don't need more than four to five hours of sleep a night.

Not according to the National Sleep Foundation, which says that your body requires seven to nine hours of sleep a night to stay healthy.

Lack of proper rest is associated with an increased risk of cardiovascular disease, diabetes, obesity and depression as well as accidents involving motor vehicles and machinery. So power down and hop under the covers.

You'll gain that extra time on the back end.

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



Yoga: It's not just for women

How to take the plunge when you're a dude

The popularity of yoga has grown considerably in the 21st century. But while women have embraced yoga en masse, men have been more hesitant to do so.

A recent survey from Yoga Journal found that, among the 20 million yoga practitioners in the United States, only 18 percent were men. While those figures might have risen in recent years, anyone who has recently visited a yoga studio can attest that the participants in many classes remain overwhelmingly female.

That's unfortunate for men, who can benefit from practicing yoga in myriad ways.

The misconception is that yoga is a lighter form of fitness training, better suited to women, may cause some men to miss out on the health benefits. One reason for this misconception is that yoga has become associated with flexibility rather than strength. However, evidence shows that the mind-body practice can also be very effective in increasing overall strength and building muscle, making it a valuable part of any guy's fitness routine.

Yoga can protect against muscle imbalances. Yoga requires various muscle groups to work together to perform certain exercises. This can reduce the risk of muscle imbalances that can develop when men design workout routines that target specific muscle groups.

Yoga can improve flexibility. When performed correctly, various yoga exercises improve flexibility. For example, the big toe pose can help men and women lengthen and strengthen their hamstrings, while the downward facing dog pose stretches various areas of the body, including the shoulders, calves and arches. Yoga is not the only way for men to improve their flexibility, but it can be an effective supplement to exercise routines for men who routinely feel tight after traditional strength training sessions.

Yoga can improve stamina. Numerous studies have indicated the positive effects yoga can have on muscle endurance. Researchers at the University of Wisconsin, La Crosse, have found that the regular practice of Hatha yoga provided a significant boost to chest and abdominal strength and endurance. Such improved stamina can have a trickle-down effect on men who practice yoga and also adhere to strength training regimens and/or participate in competitive sports.

Yoga can help men maintain healthy weights. The Harvard Medical School notes that researchers discovered that people who practiced yoga for at least 30 minutes once a week for at least four years gained less weight during middle adulthood than those who did not. That might be linked to additional research that found people who practiced yoga were more mindful eaters than those who did not, making them less likely to overeat, eat when sad or stressed or eat in response to certain cues, including the smell of food.

Photo: In recent history, a gender shift occurred. Yoga, which traditionally had been practiced only by men, began to be dominated by women. However, now it's experiencing a resurgence among men.

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Banish those hunger pangs

Healthier, guy-friendly snack ideas

He may always ensure his kids have access to fresh fruits, lean protein and plenty of water, but Dad's personal snacking habits might not be so healthy. If so, he's not alone; chips are the snack food of choice for 63 percent of Americans, and 91 percent of us snack daily, according to a Nielsen report.

Many Dads who are diligent about providing healthy food options for their families could stand to do better for themselves," says Dr. Michael Roussell, a nutrition consultant. "Good health is not a given for American fathers. Heart disease is the leading cause of death for American men, and the American Heart Association says nearly 10 million have been diagnosed with diabetes. The National Institutes of Health estimate three out of every four American men are overweight or obese."

Unfortunately, many of your favorite snacks may be unhealthy, from chips and cookies to nachos and wings. Families can work together to help everyone ditch bad snacking habits and replace them with healthier choices that are still guy-friendly, Roussell suggests.

Here are some better-for-Dad (and everyone) snack options that still offer the flavor, satisfaction and convenience fathers love:

Pistachios: "Pistachios should be a go-to delicious snack for your father," says Roussell. "He might already snack on pistachios while watching the big game, but you should encourage him to add them as an everyday snack in lieu of traditional snack foods like cookies and chips." Pistachios contain healthy fat, fiber and



protein that contribute to a feeling of fullness and satisfaction between meals. Snacking on pistachios can also reduce risk factors for heart disease, according to research from Penn State University.

Jerky: Here's a snack that might already be on many guys' list of favorites. Beef jerky clocks in at 80-100 calories for a 1-ounce serving and

also provides double-digit grams of protein. However, some types can have much higher sugar and sodium levels, so be sure to read labels.

Alternative chips: Traditional fried potato chips aren't a great snack choice. Fortunately, better options are now available, allowing Dad to get his chip fix with a better nutritional pro-

file. For example, baked potato chips can have significantly lower fat content than fried. Black bean or lentil chips can provide more protein and fiber. Plus, a better-for-you chip provides the same satisfying crunch as the fat- and calorie-filled varieties do.

Frozen Greek yogurt: Hey, it's summer, and a man sometimes needs a frozen treat after working up a sweat with yard work or a workout. Rather than loading up on the fat and calories of ice cream, or the high sugar content of other frozen treats, look to frozen Greek yogurt for a more healthful cold snack. When frozen, Greek yogurt can compete with ice cream for creaminess, plus it's rich in protein, calcium and a host of other vitamins and minerals. Many frozen yogurt makers now offer Greek yogurt versions of popular flavors.

Dark chocolate: It's high time to set aside the stereotype of dark chocolate as a treat for Moms. Dads can love it, too. While dark chocolate can be higher in calories and fat than some other snacks, it also has nutrients that have been linked to better heart health. You wouldn't want him to eat a bar of dark chocolate after every meal, but a 1-ounce bar every now and then could help support Dad's heart health — and the mental benefits of eating chocolate are a bonus!

Photo: When you need a between meal pick-me-up, you can either fuel your body or grow your gut. Which will it be?

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Tim Baker/Herald

HABITAT FOR HUMANITY of Long Island chief executive Jimmy Jack along with Habitat's community development and special projects director Mymissa Stone accept a \$2,000 donation from Herald Community Newspapers and RichnerLive. They were joined, center, by Herald Community Newspapers sales vice president Rhonda Glickman, and RichnerLive executive director Amy Amato.

Giving to create more habitats

Habitat for Humanity of Long Island will have a little extra money moving forward, thanks to the celebrated movers and shakers in real estate.

The local non-profit received a \$2,000 donation from Herald Community Newspapers and RichnerLive, money raised during the Herald Real Estate Achievers + Leaders Awards Gala, otherwise known as the Herald REAL Awards Gala.

Habitat for Humanity is an affordable home and property developer that raises funds and creates partnerships allowing hard-working families the ability to become homeowners on Long Island. The

local foundation's chief executive, Jimmy Jack, as well as the community development and special projects director Mymissa Stone, accepted the check on the organization's behalf.

"The foundation really promotes the idea that we're building a legacy and enabling that family to be homeowners," Stone said.

The gala took place in March, honoring a number of real estate professionals across the industry — and Long Island.

To learn more about how you can support Habitat for Humanity of Long Island, visit HabitatLINY.org.

Train to become a community journalist

STAFF REPORT

Ever read a story and thought, "I can do that!" Or missed coverage in your local paper simply because the newsroom didn't have enough resources?

Now could be your chance to do something about it. And the New York Press Association — the statewide organization representing news outlets like the very newspaper you're reading — is offering training to neighbors just like you interested in covering news for the local newspaper.

The free four-part online program focuses on ethics, accuracy in reporting, interviewing techniques, and how to write clearly. Everyone who completes all four sessions and pass a written test will receive certification as a community journalist from the association.

"We're not aiming to replace traditional journalists with this program," said Judy Patrick, the association's vice president for editorial development, in a news release. "We're working to expand local news coverage and build on our industry's longstanding tradition of community correspondents."

The one-hour sessions include an introduction to journalism that will explain the First Amendment and the

business of newspapers. The differences between news and opinion and news and advertising. And discussing news literacy and ethics.

The second session focuses on basic news writing, the "inverted pyramid" method of writing, and how to write a lede. There also will be discussion on checking facts, how to avoid libel, and the difference between "off-the-record" and "on background," as well as how to follow recommended writing styles, story accuracy, and writing clearly.

On the job in the third session, participants can explore how to comport themselves on the job, how to find news and interview story subjects and sources, the variety of stories — from hard news to features — how to find and develop sources, and why deadlines matter.

The basics of local government across the state will be covered in the last session, along with how to write about governmental financial budgets, education and politics, learning about basic investigative tools, open government tools in New York, and social media.

Offered four times a year, the first online session is set to run between July 10 and July 13 beginning at 4 p.m.

Free registration is open through July 7 by emailing judy@nynewspapers.com.

NOMINATIONS NOW OPEN

SEPT 27, 2023



6:00-9:00PM

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The 2nd annual **HERALD 2023 Excellence in Healthcare Awards** will recognize and honor deserving individuals, institutions, facilities and healthcare groups whose dedication and commitment have made a difference in the health and well-being of others.

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RAISE HEALTH

Opening doors, windows at summer soiree

STAFF REPORT

It was a beautiful evening in Roslyn Heights on June 15 when Herald Community Newspapers, RichnerLive and Pella Windows & Doors hosted a summer soiree at the Pella Experience Showroom at 79 Powerhouse Road. Those attending enjoyed cocktails, hors d'oeuvres, and plenty of networking.

Beth Donner from Beth Donner Design was a guest speaker, sharing her experiences on designing a number of well-known Long Island spots such as the Scotto Brothers restaurants. Also sharing expertise were Mark Stempel and Jennie Katz from Blue Island Homes, who

reeled the audience into the world of residential brokerages and real estate development.

"Pella Windows & Doors of Roslyn Heights welcomed real estate professionals, designers, architects and contractors to our summer soiree held at the Experience Center Showroom," said Sabina Mortillaro, a brand ambassador at Pella Corp. "Our guest speakers did a phenomenal presentation."

Prizes were raffled at the end of the night, and all those in attendance received an envelope with special offers for Pella Windows, as well as consultations with Beth Donner herself.

To view the Pella collection, stop by the showroom at 79 Powerhouse Road in Roslyn Heights. Or visit PellaBranch.com.



GLEN COVE HERALD - June 29, 2023



Photos courtesy RichnerLive

PELLA WINDOWS & Doors joined Herald Community Newspapers and RichnerLive to host a summer soiree this month at its 79 Powerhouse Road showroom in Roslyn Heights. Among those attending were, from left, Ingrid Schwartz, Karen Larson, Pella Corp. brand ambassador Sabina Mortillaro, Grace Iacona, and strategic marketer and financial educator Jesika Kalika.



MARK STEMPEL AND Jennie Katz, founding partners at Blue Island Homes, talked to those attending the summer soiree at Pella Windows & Doors about their experiences in real estate and development.

BETH DONNER VISITED the recent summer soiree hosted by Pella Windows & Doors at Roslyn Heights to talk about her work as part of her firm, Beth Donner Design. Her Long Island credits include the Scotto Brothers restaurants.



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BID leader Nossa is ‘humble but competent’

CONTINUED FROM FRONT PAGE

knowing your neighbors and helping them to connect — they might find more stability and resources that way,” Nossa said. “That’s our goal. We want our businesses downtown to not just survive, not just hang on. We want them to be doing well. We want them to thrive.”

The BID’s goal is to attract shoppers to Glen Cove’s downtown. It was cofounded by then Mayor Tom Suozzi in 1997. The district is adjacent to Glen Cove’s waterfront, and encompasses part of State Route 107 and Glen Cove Road, Pulaski Street, Glen Cove Avenue, and Brewster, School, Glen and Bridge streets. In addition to Downtown Sounds, the BID hosts Halloween and Christmas festivities downtown, and focuses on beautification as well: Visitors admire landscaping along the public walkways to the municipal lots and garages.

Nossa left her home in Michigan to attend Humboldt State University in California where she earned a degree in journalism and mass communication. She was not only active in the school’s newspaper and radio station, but was also fascinated with the inner workings of the organizations and communities she reported on as a student. From there she moved to Portland, Oregon, where she began her career in production for broadcast news.

In 2005 she moved to Manhattan, and became a freelance blogger, writing business reviews. In 2009, she married Rick Nossa, a Mineola native, and they moved to Glen Cove the same year.

“I loved Glen Cove, and the timing was right for us,” Nossa said. “Morgan Park was one of the selling points for me. It was the first place I ever came to in Glen Cove after being more on the South Shore. I thought this place was beautiful.”

Tapping into her journalistic roots once again, Nossa applied for jobs that would give her a deeper understanding of the North Shore. She became a reporter for the Record Pilot, and worked there for 10 years.

When she left the Pilot in 2019, she became the editor of the Rockville Centre Herald. She enjoyed the challenge of building relationships in a community she didn’t know well, but she eventually transferred to her hometown Herald.

“When they moved me to cover Glen Cove, it felt right,” Nossa said. “I felt like I was kind of missing out on some of the stuff that was happening here by not covering it. It’s enriching in a way to have a deeper sense of what our community is about, and to know people from all the different organizations. If you’re going to be part of a community, you have to really kind of experience it and be in it.”

Nossa’s extensive reporting on Glen Cove helped her establish local connections, a vital skill the BID needed when she began working there as the assistant director.

“She is humble, but she’s competent,” Alvin Batista, the BID’s president, said. “She just does what she needs to get done in the background, without a lot of fanfare. She’s a hard worker.”



Courtesy Jill Nossa

JILL NOSSA IS the new executive director of Glen Cove’s Business Improvement District. Her community-focused reporting is a valuable resource for the BID’s goal of helping businesses thrive.

Quarrel over charter revision at council meeting

By **ROKSANA AMID**

ramid@iherald.com

Glen Cove’s City Council meeting erupted in chaos on Tuesday night, as officials debated whether to hold a public hearing to discuss the city’s charter regarding eligibility, terms, compensation, and oath for city officers. The agenda item was tabled.

The city’s code states that each officer, unless otherwise provided in the charter, shall be elected for the term of two years from and including the first day of January succeeding his or her election, and until the election and qualifications of his or her successor.

The matter has been discussed for decades, but in 2018, Glen Cove’s policymakers heard a proposal from Carolyn Wilson of the Charter Review Committee to study whether to make certain fundamental changes to the city charter, including amendments regarding councilmembers’ term lengths, term limits and whether the terms should be staggered. That commission has since expired its term.

Members like Councilman Kevin Maccarone said they were initially in favor of the agenda item when first discussed at June’s precouncil meeting but expressed concern about following through with a public hearing during the council’s summer session.

“We’ve had committees in the past that have been informed to explore this stuff,” Maccarone said. “I think it’s something we need more input into. I don’t think it’s jeopardizing anything if we hold off on this and remove this from the agenda for now so we can continue the conversation.”

Councilwoman Danielle Fugazy Scagliola countered Maccarone’s remarks asking for clarification on his hesitation about a public hearing. Public hearings can remain open until a resolution is proposed, Scagliola said, citing a 2023 hearing with the city’s business improvement district over vacant storefronts, which still remains open.

“What’s the harm in letting people talk about things?” Scagliola asked. “Why can’t we just have a conversation? What’s the difference if we start a conversation with the public now? It’s not a resolution.”

Councilwoman Marsha Silverman agreed, adding that

What’s the harm in letting people talk about things? Why can’t we just have a conversation? What’s the difference if we start a conversation with the public now? It’s not a resolution.

DANIELLE FUGAZY SCAGLIOLA
Councilwoman, Glen Cove

a public hearing is meant to gather input. Mayor Pamela Panzenbeck’s election platform discussed amending the city charter’s election terms, Silverman said. But when she brought the issue up, after the recent election, Silverman said she was told the matter is a low priority for the administration. She said she hopes that the next council meeting, scheduled for July 25, will give the public enough time to research the charter.

“It’s time to hear from the public and hear what they want,” Silverman said. “To stop and thwart the public input makes absolutely no sense. No decision is being made tonight.”

Councilman Jack Mancusi said that although he was in favor of the public hearing during the last precouncil meeting, he agreed with Maccarone after conducting his own research from the New York State Division of Local Government Services, an advisory on the revision of city charters. He cited that proposed changes to the city’s charter can be conducted via a mayoral-appointed charter commission committee, voter petitions to start a charter commission, or direct legislative action through the municipal home-rule law. Although this option is infrequently used, it is possible for a city council to directly revise a city charter.

Silverman told Mancusi that it’s not in the council’s authority to revise the charter and stressed that she is requesting input from the public to request a ballot referendum for the upcoming November election.

Mancusi said he is against any discussion of changing the charter without the creation of a charter commission.

Silverman interrupted Mancusi and said the discussion has become partisan. She added that Mancusi is unaware of the charter’s history since this is his first term as a councilman.

“That’s my point,” Mancusi said. “Is it partisan that you cut me off and didn’t let me finish speaking? I didn’t interrupt anybody else.”

During the commotion, Silverman expressed her frustration with John Maccarone, Chairman of the city’s Republican Committee, and father of councilman Maccarone.

“You’re showing your cards, it is political,” Silverman said. “Under a Republican city attorney, a charter review commission was created, and for three years they worked until they realized that that city attorney had not properly informed them of the right procedures.”

Silverman said that she and Scagliola reviewed the findings of the commission and found the charter revisions are “way overdue.”

Scagliola said she was approached by two other councilmembers who expressed interest in the hearing, and their change of heart at the council meeting was concerning.

“I want to just say this that’s upsetting,” Scagliola said. “This is the third time that we’ve had a precouncil meeting that went one way, and then somehow, we get to the meeting, but things have been skewed.”

Councilwoman Barbara Peebles stated that she felt rushed to hold a public hearing.

Scagliola suggested extending the public hearing and added that no votes were requested during the meeting.

“We have all discussed this in the past,” Panzenbeck said. “I think the issue here is that it was presented to the council at the last minute the night before the hearing had to be posted. There’s really a lot more to discuss than just the mayor and council’s term.”

When Silverman expressed her continued interest in a public hearing, Maccarone advised her to respect decorum and to let the council vote whether to table the hearing.

LEGAL NOTICE
NOTICE TO BIDDERS
Notice is hereby given that sealed bids for the following projects will be received by the Purchasing Agent of the City of Glen Cove, located at City Hall, rear entrance, 9 Glen Street, Glen Cove, New York no later than 10:00 a.m. prevailing time on Wednesday, July 12, 2023 at which time they will be opened and read aloud at 11:00 a.m., in the 2nd floor conference room.: 2023 ROAD AND DRAINAGE IMPROVEMENTS- VARIOUS LOCATIONS Bid No. 2023-016 Specifications are available for download at <https://www.bidnetdirect.com/new-york/cityofglencove>. Registration is free and instructions are available on <https://glencove.ny.gov/bid-rfps/> Each proposal must be submitted on the forms provided in the bid package, in a sealed envelope with the name of the bidder, the bid name, and bid number marked clearly on the outside of the envelope. Yelena Quiles Purchasing Agent City of Glen Cove June 23, 2023 140425

LEGAL NOTICE
NOTICE OF PUBLIC HEARING
NOTICE IS HEREBY GIVEN that a public hearing pursuant to Section 859-a of the General Municipal Law, as amended, will be held by the Glen Cove Industrial Development Agency (the "Agency") on the 13th day of July, 2023, at 6:00 p.m., local time, at City Hall, 9-13 Glen Street, City of Glen Cove, County of Nassau, New York, with respect to the "Proposed Project" and the "Additional Financial Assistance" (as such terms are defined below). RXR Glen Isle Partners LLC, a limited liability company organized and existing under the laws of the State of Delaware and authorized to do business in the State of New York ("RXR"), presented a certain application for financial assistance (the "Initial Application") to the Agency, which Application requested that the Agency consider undertaking a mixed-use project (the "Project") consisting of the following: (A) the acquisition of an interest in approximately 56 acres of land (the "Land") located on Garvies Point Road, Herb Hill Road and Dickson Street in the City of Glen Cove, New York; (B) the acquisition and construction on the Land by RXR as part of a planned smart growth community of certain buildings and other improvements containing in the aggregate approximately 1,800,000 square feet of space comprising (i) approximately 1,720,000 square feet of space containing a total of up to 486 rental residential units, 153 for sale condominium units and

111 workforce housing units (55 for rent and 56 for sale) (collectively, the "Residential Units"), and (ii) up to approximately 75,000 square feet of retail, restaurant, cultural and related space (collectively, the "Commercial Space", and together with the Residential Units, the "Improvements"); and (C) the acquisition and installation in and around the Improvements of certain items of machinery, personal property, fixtures and equipment (the "Equipment", and together with the Land and the Improvements, the "Facility"). RXR leased the Facility to the Agency pursuant to the terms and conditions set forth in that certain Lease Agreement dated as of November 1, 2016 between RXR and the Agency (as amended, the "Original Lease"). The Agency subleased the Facility to RXR, all pursuant to the terms and conditions set forth in that certain Leaseback Agreement dated as of November 1, 2016 between RXR and the Agency (as amended, the "Original Leaseback Agreement"), and the other documents, instruments and agreements executed by RXR and/or the Agency in connection with the Project (collectively, the "Transaction Documents"). In connection with the Project, RXR and the Agency entered into that certain Garvies Point Continuing Covenants Agreement dated as of November 22, 2016 (as amended, the "Covenants Agreement"), pursuant to which RXR made certain continuing covenants to the Agency and the City of Glen Cove, New York (the "City"), relating to the Project. Pursuant to a certain Bifurcation, Assignment and Assumption Agreement (the "Bifurcation Agreement") among the Agency, GCLEAC, RXR and certain affiliates of RXR, RXR will assign its interest in and to the Assumed Documents (as defined in the Bifurcation Agreement) with respect to the Assigned Site (as defined in the Bifurcation Agreement) to RXR Garvies P1 Building F Owner LLC ("Building F Owner"). Pursuant to a certain Mortgage Modification Agreement (the "Mortgage Modification") by and among Building F Owner, the Agency, GCLEAC and The Bank of New York Mellon, as Trustee (the "Trustee"), Building F Owner will be released from its obligations with respect to the portion of the Assigned Site known as the northern approximately 1.99 acre portion of Section 21, Block 259, Lot 22 to be subdivided as Lot F (the "Block F Parcel") upon execution and delivery

of (i) a certain Lease Agreement (the "Block F Lease") by and among RXR, GCLEAC and the Agency, pursuant to which RXR leases the Block F Parcel to the Agency, and (ii) a certain Leaseback Agreement (the "Block F Leaseback Agreement") between the Agency and RXR, pursuant to which the Agency subleases the Block F Parcel to RXR. Pursuant to a notification and consent request letter dated April 17, 2023 (the "Consent Request Letter"), RXR requested that the Agency consent to the transfer by RXR to Garvies Block F LLC, a limited liability company organized and existing under the laws of the State of New York (the "Company"), of all of RXR's right, title and interest in and to the Block F Lease, the Block F Leaseback Agreement and the related Transaction Documents (collectively, the "Assignment Transaction"), as required by Section 18 of the Covenants Agreement. The Company presented a certain application for financial assistance (the "Application") to the Agency, which Application requested that the Agency consider undertaking the following (the "Proposed Project"): (A) the consent by the Agency to the assignment of all right, title and interest of RXR in and to the Block F Lease, the Block F Leaseback Agreement and the related Transaction Documents to the Company in place of the Assignee; (B) the construction, installation and equipping of the buildings and improvements on the Block F Parcel contemplated by the Block F Leaseback Agreement (collectively, the "Block F Improvements") by the Company as agent of the Agency; (C) the acquisition of certain furniture, fixtures, machinery and equipment necessary for the completion of the Block F Improvements (collectively, the "Block F Equipment" and together with the Block F Parcel and the Block F Improvements, collectively, the "Block F Facility") by the Company as agent of the Agency; and (D) the granting of certain additional "financial assistance" (within the meaning of Section 854(14) of the Act) with respect to the foregoing, including potential exemptions or partial exemptions from sales and use taxes and mortgage recording taxes (collectively, the "Additional Financial Assistance"). The Block F Facility would be initially owned, operated and/or managed by the Company or such other entity as may be designated by the Company and agreed upon by the Agency. The Company would receive the Additional Financial Assistance from the Agency in the form of

potential exemptions or partial exemptions from sales and use taxes and mortgage recording taxes. A representative of the Agency will at the above-stated time and place hear and accept comments from all persons with views with respect to the Proposed Project or the Additional Financial Assistance. Interested parties may present their views both orally and in writing with respect to the Proposed Project or the Additional Financial Assistance. Subject to applicable law, copies of the Application, which includes a description of the anticipated costs and benefits of the Proposed Project, are available for review by the public during business hours at the offices of the Agency at City Hall, 9-13 Glen Street, Glen Cove, NY 11542 (from 9:00 a.m. to 5:00 p.m. Monday through Friday). The Application is also posted on the Agency's website at: <http://glencoveida.org/public-meetings> The Agency also encourages all interested parties to submit written comments to the Agency (which must be received by the Agency no later than July 17, 2023 at 5:00 p.m.), which will be included within the public hearing record. Any written comments may be sent to Glen Cove Industrial Development Agency, City Hall, 9-13 Glen Street, Glen Cove, NY 11542, Attn: Executive Director, and/or via e-mail to afangmann@glencoveida.org The public hearing will be streamed on the Agency's website in real-time and a recording of the public hearing will be posted on the Agency's website <http://glencoveida.org/meeting-livestream/> all in accordance with Section 857 of the New York General Municipal Law, as amended. Dated: June 29, 2023 GLEN COVE INDUSTRIAL DEVELOPMENT AGENCY By: Ann S. Fangmann Executive Director 140505

LEGAL NOTICE
PUBLIC HEARING NOTICE
NOTICE IS HEREBY GIVEN that the Glen Cove Industrial Development Agency (the "Agency") will hold a public hearing on Thursday, July 13, 2023 at 5:30 p.m., local time, at City Hall, 9-13 Glen Street, 2nd floor conference room, City of Glen Cove, County of Nassau, New York, pursuant to Section 874 of the General Municipal Law, as amended (the "Act"). The purpose of the public hearing is to provide an opportunity for all interested parties to present their views with respect to the Agency's possible adoption of a revised uniform tax exemption policy ("UTEF"). Section 874 of the Act provides that the Agency shall establish such a policy "with input from affected

Dear Great Book Guru,
July is one of my favorite Sea Cliff months. There are so many great events, plus all of those Sunset Sere-nades to enjoy! I would love to read a book set on Long Island that captures some of the summer vibe. Any suggestions?
-Fan of Sea Cliff Summers



**ANN
DIPIETRO**

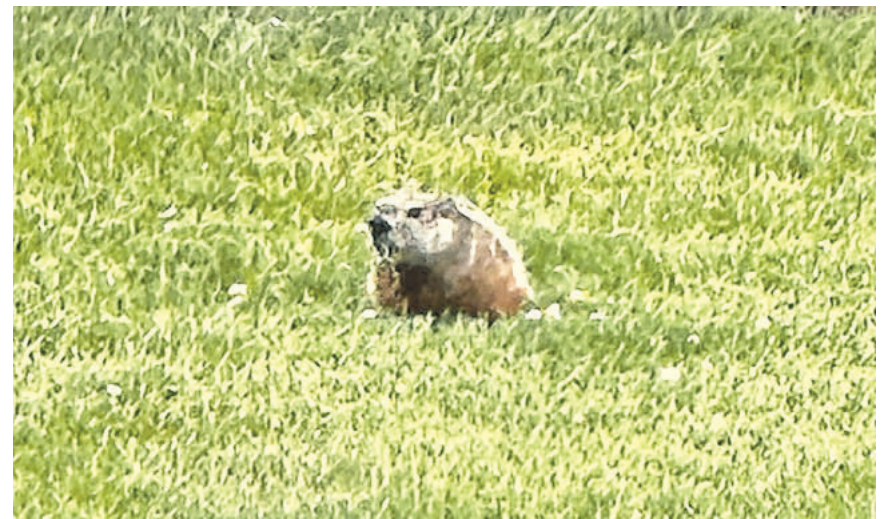
Dear Fan of Sea Cliff Summers,
Emma Cline's "The Guest," is set entirely on Long Island's East End and covers one summer week. Alex, 22, is bright, beautiful, and homeless, thrown out by her New York City roommates for not paying rent, drug use and stealing from them. She has been banned from local restaurants and bars, and is being stalked by Dom, a mysterious, threatening character from whom she has stolen a large amount of money. But in a "lucky"

move she meets Simon, a much older, very wealthy man who has a home in the Hamptons, where we first meet Alex. A few weeks into her stay, she angers him, and she is once again looking for shelter.

The rest of the book is a Homeric-like odyssey; she travels throughout the Hamptons meeting an assortment of mostly very wealthy, unscrupulous characters who she beguiles, bewitches and betrays only to be trapped by her own missteps. The novel is a suspenseful tale of one woman's misguided attempts to survive, but it

is also a harsh indictment of a money-driven society that treats people with shameful disregard. Alex is not blameless, but it is hard not to see her as a victim. Highly recommended!

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



Courtesy William Kasper

IT'S UNUSUAL TO find a beaver on Long Island, but one has moved into Glen Cove.

Beaver takes residence in Glen Cove

The beaver, New York state's official mammal, was indigenous to Long Island, but these days it's rare to spot one. Even so, one has found its way into William Kasper's seawall on Morgan's Island in Glen Cove.

For the past two weeks, the beaver has come out daily to eat grass, Kasper said, appearing to be unbothered by the local rabbits. But it does get spooked if Kasper comes near, running for cover as quickly as it can.

tax jurisdictions". You may provide your input, if any, at such public hearing, or in advance thereof by sending any comments to: afangmann@glencoveida.org. Comments will be received through Monday, July 17, 2023. A representative

of the Agency will, at the above-stated time and place, hear and accept comments from all persons with views with respect to the Agency's possible adoption of a revised UTEF. Copies of the current draft revised UTEF are available on the

Agency's website: <http://glencoveida.org/public-meetings/> The public hearing will be streamed in real-time and recording of the meeting will be posted on the Agency's website at <http://glencoveida.org/meeting-livestream/> in accordance

with Section 857 of NY GM Law, as amended. Dated: June 29, 2023 GLEN COVE INDUSTRIAL DEVELOPMENT AGENCY By: Ann S. Fangmann Executive Director 140506
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OPINIONS

Mr. Trump meets Lady Justice

The political news these days is dominated by two names, Biden and Trump. Because of his many criminal entanglements, Donald Trump wins the prize for the most coverage. But there are other names that are unfamiliar to many readers, and their stories may help clarify your thinking about the issue of mishandling classified documents.



**JERRY
KREMER**

Retired Air Force Lt. Col. Robert Birchum recently made the news when he was sentenced to three years in prison for storing classified documents at various locations. A 30-year veteran of the Air Force, Birchum entered into a plea agreement, under which he admitted to having kept documents labeled “top secret,” “secret” or “confidential.”

Birchum admitted that he had knowingly removed over 300 documents from his office and stowed them in his overseas officer’s headquarters, at his home and in a storage pod in his driveway. More than 30 of those files were marked “top secret,” the highest level of classification.

A thumb drive contained 135 files marked as “classified,” and a hard drive

had 10 files that contained information marked as “secret.” Birchum had a spotless record during his decades of military service, which made the sentencing that much harder for the average citizen to comprehend.

Another new name in the news was Nghia Pho, a former software developer at the National Security Agency. Pho took troves of highly classified information out of a secure location and kept them at home. As reported two weeks ago by the HuffPost’s Jennifer Bendery, Pho, a Vietnamese immigrant who was working on his English, said he was falling behind his peers in promotions and wanted to catch up on work at home.

Pho received a five-and-a-half-year sentence in federal prison for trying to keep pace with his fellow workers. What was most significant was the reaction of the NSA director, Navy Adm. Michael Rodgers. Rodgers, an appointee of President Obama, was kept on in his job by President Trump until his retirement.

In a harsh three-page letter to U.S. District Court Judge George Russell III, Rodgers wrote, “While criminal conduct involving matters of national security may come in different forms and some of the harms may not be immediately appar-

ent, the retention of classified information is no less damaging to the national security of our country and our ability to protect and defend the Nation against our adversaries.”

Rodgers concluded his letter, Bendery wrote, by calling Pho’s actions “a breach of trust” and indirectly telling the judge to prove he stands with the intelligence community with his sentencing. “Affirmation by this court of the cost to the women and men who have dedicated their lives to public service and who have maintained trusted stewardship of national defense information will send them a message of confidence and respect.”

The stories of Birchum and Pho are just two of many that are popping up in the news these days. Birchum apparently decided he should be the custodian of sensitive documents, and Pho did something genuinely stupid. This brings us to the case of Trump, who stands accused of obstruction of justice and violations of the Espionage Act.

The Trump accusations are so bewildering. Why didn’t he just turn over all of the classified documents that were requested when he was served with a subpoena? Why did he allegedly stonewall

The charges against him are bewildering. Why didn’t he just turn over the documents?

Where’s Granny? Living in the backyard bin.

You may think this doesn’t have relevance for you, but you’re wrong, my friend. You may be 40 years old, running 7-minute miles and sprinting up the corporate ladder, but believe me, you need to focus on your old age — now. In fact, the only way you *won’t* have to plan for your dotage is if you die before you become decrepit,



**RANDI
KREISS**

not an entirely awful option. The new rage around the country is a concept for housing, or more accurately, storing our elderly. Several companies are selling what they call MedCottages or Granny Pods, pre-fabricated guest houses — glorified hospital rooms — that can be plunked down right in a willing child’s backyard.

The standard is 12 feet by 24 feet, and runs \$39,000 and up. Sounds pricey, but it’s cheap when you consider the cost of assisted living or skilled nursing care. I know you don’t want to think about this stuff, but I insist, because the chances are 100 percent that this will become the

most relevant issue in your life, if it isn’t already.

These pods hook up to local sewage and power lines. They have “virtual” caregivers that remind you over a speaker to “take your meds” or it’s “time for lunch.” The toilets can read body temperature. Floorboards are lighted. The living room has its own defibrillator, and a monitoring system communicates the elder’s activities to a security service. Of course, you can’t sneak a puff, or a sip or anything else fun because Big Brother is watching. Next step, I suppose they could dig a giant hold in the backyard, put a board over it, install the Granny Pod on the wooden foundation and when the elders pass on, just drop that baby into the ground. Dust to dust.

According to the American Association of Retired People, there is little planning in place to deal with the explosion of super-old people coming down the pike — some 70 million by 2030.

I’m sitting at ground zero in this generational squeeze. My parents live on their own, with helpers, in Florida. My sister and I go back and forth as often as

we can, which isn’t close to often enough. Of all the things I anticipated worrying about in my 60s, elder care never crossed my mind. Now it’s a daily, consuming and pressing concern.

So, a Granny Pod for Mom and Dad?

They actually might go for it, but it doesn’t touch the real concerns. My mother is lonely because my dad sleeps all day. Her friends are gone. What she wants is for us to be there, basically, all the time. Not unreasonable for her, but problematic for us.

Let’s consider the idea of my folks living in my backyard. I could pop in and say hello several times a day. That would be nice. But they would still need helpers every day. Someone would still have to monitor all the meds and devices and the cleaning and meals and TV repair and appliance maintenance and visits to doctors and outings to the rest of the world and finding the missing hearing aids, canes and glasses.

And when the sprinklers went off, it would be a bitch.

A pod in a backyard could work in some situations, perhaps for all the millennial kids who are reportedly moving

the prosecutors and lie about having any such papers in his possession? Why did he tell his counsel to deny having any additional sensitive papers at his Mar-a-Lago home?

Trump’s defenders have rushed to protect him by accusing the FBI and the Justice Department of “weaponizing” their powers against a political opponent. But Trump is no different from Birchum or Pho when it comes to the issue of holding onto documents that could aid our enemies.

Does being a former president exempt you from the same day in court that Birchum and Pho got? Add the name of recently arrested Air National Guardsman Jack Teixeira to the roster of those who have been charged with the possession of secret documents.

Of course, Trump is entitled to a presumption of innocence. He will have his chance to tell his story, if he testifies in front of a jury. What is mystifying is why he finds himself in this position at all. And if found guilty, why should he be treated differently than Birchum and Pho?

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.

Randi is on a brief leave. This column was originally published June 2-8, 2016.

home to Mom and Dad. But for the frail elderly with no connections to the community, it would be tantamount to climate-controlled storage.

Jumping ahead to my own future elder years, a pod is out of the question for my hubby and me. First, my son’s backyard is a canal in Florida, and my daughter’s is a mountain in the Sierra Nevada. Second, if you put my husband and me in a 12-by-24 space to live out our days, those days would be numbered.

No one in government is dealing with the tsunami of elderly coming our way. That leaves each of us to deal the best we can, which is woefully insufficient. We need communal, political and financial assistance to make life livable for our very old — and for the people caring for them. But a backyard pod?

When my daughter was little, she said she wanted to live in our backyard when she grew up. The wish may get turned around if I decide someday to permanently drop in on her.

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In Congress, July 4, 1776

The Declaration of Independence was first published on July 6, 1776, in a newspaper, the Pennsylvania Evening Post. We are proud to commemorate that high point in American journalism by reprinting that historic document.

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the Powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed. That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that governments long established should not be changed for light and transient causes; and accordingly all experience hath shown, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security. Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

He has refused his Assent to Laws, the most wholesome and necessary for the public good. He has forbidden his Governors to pass Laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them.

He has refused to pass other Laws for the accommodation of large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only.

He has called together legislative bodies at

places unusual, uncomfortable, and distant from the depository of their Public Records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved Representative Houses repeatedly, for opposing with manly firmness of his invasions on the rights of the people.

He has refused for a long time, after such dissolutions, to cause others to be elected, whereby the Legislative Powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the mean time exposed to all the dangers of invasion from without, and convulsions within.

He has endeavoured to prevent the population of these States; for that purpose obstructing the Laws of Naturalization of Foreigners; refusing to pass others to encourage their migrations hither, and raising the conditions of new Appropriations of Lands.

He has obstructed the Administration of Justice by refusing his Assent to Laws for establishing Judiciary Powers.

He has made Judges dependent on his Will alone, for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of New Offices, and sent hither swarms of Officers to harass our people, and eat out their substance.

He has kept among us, in times of peace, Standing Armies without the Consent of our legislature.

He has affected to render the Military independent of and superior to the Civil Power.

He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his Assent to their acts of pretended legislation:

For quartering large bodies of armed troops among us:

For protecting them, by a mock Trial, from Punishment for any Murders which they should commit on the Inhabitants of these States:

For cutting off our Trade with all parts of the world:

For imposing taxes on us without our consent:

For depriving us in many cases, of the benefits of Trial by Jury:

For transporting us beyond Seas to be tried for pretended offences:

For abolishing the free System of English Laws in a neighbouring Province, establishing therein an Arbitrary government, and enlarging its Boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule into these Colonies:

For taking away our Charters, abolishing our most valuable Laws, and altering fundamentally the forms of our Government:

For suspending our own legislature, and declaring themselves invested with Power to legislate for us in all cases whatsoever.

He has abdicated Government here, by declaring us out of his Protection and waging War against us.

He has plundered our seas, ravaged our Coasts, burnt our towns, and destroyed the lives of our people.

He is at this time transporting large armies of foreign mercenaries to compleat the works of death, desolation and tyranny, already begun with circumstances of Cruelty & perfidy scarcely paralleled in the most barbarous ages, and totally unworthy of the Head of a civilized nation.

He has constrained our fellow Citizens taken Captive on the high Seas to bear Arms against their Country, to become the executioners of their friends and Brethren, or to fall themselves by their Hands.

He has excited domestic insurrections amongst us, and has endeavoured to bring on the inhabitants of our frontiers, the merciless Indian Savages, whose known rule of warfare, is an undistinguished destruction of all ages, sexes and conditions.

In every stage of these Oppressions We have Petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated injury. A prince, whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free People.

Nor have We been wanting in attention to our British brethren. We have warned them from time to time of attempts by their legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which would inevitably interrupt our connections and correspondence. They too have been deaf to the voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity, which denounces our Separation, and hold them, as we hold the rest of mankind, Enemies in War; in Peace Friends.

We, therefore, the representatives of the United States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these United Colonies are, and of Right ought to be Free and Independent States; that they are absolved from all Allegiance to the British Crown, and that all political connection between them and the state of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. And for the support of this Declaration, with a firm reliance on the Protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes and our Sacred Honor.

The Declaration was signed first by John Hancock, president of the Continental Congress, and then by 55 others representing the 13 original states.

OPINIONS

Man up? Sure, let me ask for help

I've struggled with depression and anxiety my whole life. That's not an easy thing to admit, especially publicly. But mental health awareness isn't what it used to be, thankfully. The stigma has been largely diminished.

So, in honor of guys pushing off asking for help or pretending we'll do it tomorrow, I'm offering a belated note for



**MARK
NOLAN**

Men's Health Month and Men's Mental Health Month, both in June. Yes, June's just about over, but as my mom and wife often say, if you want to hear about the plan, ask a man. If you want it done, ask a woman.

I grew up with a core group of friends, and as we aged, we got better at talking to one another about things that were bothering us. We made plenty of jokes, and helped each other through tragedy and defeat.

At a friend's wedding earlier this month, I was reminded, by being with my old friends, that even though we're a bit grayer and see one another less and less, our friendships remain strong. We retold inside jokes, bragged about our kids, and laughed all night.

These are men and women I've known for 40 years or more. We grew up together, and shared the same experiences as kids in the same hometown. We celebrated one another's successes and commiserated about one another's failures as we navigated adolescence and then early adulthood.

But even with my closest friends, I have never completely surrendered my male ego and asked for help, or explained a mental health problem. Sure, I'd say that I was struggling or hurting, and they would help me. Those cathartic admissions were helpful, but not regenerative.

My oldest son, now a 26-year-old police officer, told me that he recently sought mental health help through his job. He said he had felt apprehensive on a few recent patrol calls.

That's never happened. He's always been a tough dude — we took him to the emergency room twice in one day for different injuries when he was 9. He likened his recent unease to a case of the yips — a baseball player's sudden and inexplicable inability to make routine throws accurately.

I was relieved to hear he had the fortitude to seek professional help. Several friends on the job told him they regular-

ly go to a therapist to talk about job stresses and issues. As a dad, that made me happy that he is mature and strong enough to ask for mental help before an issue corroded into something larger.

For 11 years as a high school English teacher, I took advantage of our social workers by frequently bringing students with issues into their office for help. I was amazed at how comfortable adolescents had become with expressing their feelings and reaching out for help, without making a big deal of it.

These things weren't talked about when I was in school, and certainly not among friends. Anger was the closest thing to an emotion that a boy could express in front of a group of fellow 10-year-olds.

It's remarkable that mental health awareness and acceptance has come so far in a few decades. But men remain trapped by clichés of manliness and the stigma of admitting any mental health issue, however brief. We're supposed to soldier through it, man up, tough it out. There is strength in learning to deal with adversity through perseverance, and there is also astuteness in knowing when something could be wrong and seeking professional help. Cognitively

dissonant, we put our heads down and plow through a hardship, but that childish reaction often fails and exacerbates a problem.

Men are generally less likely than women to ask for help for depression or stressful life events. Men downplay symptoms and pretend they're OK.

According to Mental Health America, more than 6 million American men suffer from depression. Male suicides have increased since 2000.

There are ample places to get more information online. Here are two: MentalHealthAmerica.net and MensHealthNetwork.org.

The biggest step is asking for help. My dad often said that he made a point of saying "I love you" to my brothers and me, because he didn't remember his own father ever saying it to him. I smile when I hear my kids say that to each other. Seems pretty normal nowadays, but it wasn't when my dad was a kid.

I love my kids, and I'm proud my oldest son is seeking mental health help. His actions put the lie to the false narrative that tough guys don't need help. More men need to follow his example.

Mark Nolan, the editor of the Lynbrook/East Rockaway and Malverne/West Hempstead Heralds, taught high school English for 11 years. Comments? mno-lan@liherald.com.

Mental health awareness has come a long way in a few decades.

LETTERS

Why are we charged twice for using a credit card?

To the Editor:

I cannot be the only one upset by this new trend of being charged for using a credit card. It started with two different prices for gas. That has now moved to restaurants (including fast food), the service industry (haircuts), car dealerships, doctor's offices and even religious institutions.

And the charges aren't consistent: 3 percent here, 3.5 percent there. And who knows if these percentages are accurate? Maybe the actual charges are less, and they're just padding their profits?

We pay to *have* a credit card, and we pay to *use* a credit card.

My wife and I go out for a nice dinner once a week with friends. This would include having a glass of wine with dinner. Well, I will refrain from ordering alcohol from restaurants. Alcohol has a very large profit margin. Would a restaurant rather sell four glasses of wine for \$40 or charge the 3.5 percent credit card

surcharge?

If enough people start doing this, will restaurants stop passing the credit card processing fees on to patrons? Maybe, maybe not, but it will send a message that we're tired of being nicked and dimed for just about everything. Truth be told, all they have to do is raise prices by 25 cents and no one would know the difference.

What's next? Food costs have skyrocketed since the pandemic. Going to the supermarket is quite expensive. Do people feel safe carrying a lot of cash around? I can foresee the day when supermarkets will be adding the credit card fee.

I have written to our senators, Kirsten Gillibrand and Chuck Schumer. You know what their response was? Crickets. Nothing.

Shouldn't there be some legislation against this practice? It is a double charge to pay to have a credit card and to pay to use a credit card. But our elected officials choose to ignore this, and let their constituents bear the brunt of it. As usual.

JEFF COHEN
Wantagh

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