

# HERALD



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Adrienne Daley/Herald photos

## At St. Patrick's Day Parade, everyone is lucky

Hundreds of people gathered to mark St. Patrick's Day by attending the annual parade in Glen Cove. Members of the Glen Cove Youth Bureau participated, decked out in green attire.

And Darin Mitchell, 15 months old, managed to march for the first time ahead of the McGowan Contractor's truck, which kept a good distance behind the toddler.

A favorite event for young and old, the parade also included bands of Irish pipers, representatives from the city's nonprofits, vintage cars, elected leaders, volunteer firefighters, police and even a leprechaun. More photos, Pages 14-15.



## Will Crescent Beach open this summer?

By **ROKSANA AMID**

ramid@iherald.com

On warm, calm summer days, Glen Cove beaches beckon visitors with serene beauty — but for 10 years, the city's Crescent Beach has been closed due to bacterial contaminants found in the stream that empties out at the beach.

This year, however, there are signs of hope that the beach will be open again, as a critical phase of its remediation plan nears completion. The recent replacement of a culvert marks a significant milestone in efforts to combat contamination that has plagued the beach for over a decade.

The state Department of Environmental Conservation approved a remediation plan for Crescent Beach in the fall of 2021 that included the installation of two Helix water filtration systems, which were activated in the spring of 2022. The

plans also called for the installation of pipes to channel estuary water into a bioswale — a channel that filters stormwater runoff — filled with plantings to purify the water before it reaches Crescent Beach and

**T**he residents can only go back to the beach after the county's health department gives its OK.

**ROCCO GRAZIOSI** project manager, Glen Cove Department of Public Works

Hempstead Harbor; the cleaning of existing pipes; sand replenishment and regrading; and the creation of a basin slope.

According to a 2023 analysis conducted by Save the Sound, Crescent Beach received a discouraging C-rating, and was among the lowest-ranked beaches among 204 beaches in the Long Island Sound Beach Report. It took into account how often water was deemed unsafe

for swimming and the magnitude of contamination, and noted persistent challenges facing Crescent Beach.

The completion of the culvert replacement project, confirmed by Glen Cove public works officials on Feb. 26, was a

CONTINUED ON PAGE 4

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# Sharing the many benefits of volunteering

By GUAMACICE DELICE

Intern

Volunteering can be a “win, win,” Jennifer Roth said. As keynote speaker at a workshop at Glen Cove Library on March 6 entitled, “The Benefits of Volunteering,” she shared several ideas on how residents can move forward to benefit themselves and others.

Roth, a volunteer and in-home respite coordinator for Parker Institute, provided a handout of information from Parker Jewish Institute for Healthcare and Rehabilitation that included why volunteering is so important — to end loneliness, create bonds,

improve self-esteem and promote longevity.

The workshop was implemented as part of an initiative called Willing Hearts, Helpful Hands Alzheimer's Disease and Dementia Awareness Resources for Libraries. The



JENNIFER ROTH

community outreach session aimed at engaging residents to volunteer in order to provide respite for local caregivers.

Roth shared 15 benefits of volunteering, which can provide emotional stability, improves self-esteem and wellness, promotes longevity, and reduce the risk of cognitive decline. To Roth, volunteering is one of the healthiest activities in which one can engage.

Willing Hearts, Helpful Hands provides free training, medical clearance and ongoing education to those who wish to serve their local community. Volunteers are matched with family caregivers and create their own schedules for socialization and visiting.

“Often enough, people develop lifelong friendships,” Roth said. “Our well-trained volunteers provide family caregivers of older adults with the time to meet self-care needs, as well as other family obligations, at no cost.”

According to Parker's website, the WHHH grant “includes a free in-home consultation, family consultation, support groups, education and training programs on how to care for someone with Alzheimer's disease, scholarships for temporary respite so [the caregiver] can get a break. Respite can include in-home respite, adult day service or overnights in a nursing home, access to volunteer companions, and joint enrichment opportunities.”

The process of participating in the

## How to volunteer through Parker Institute

- Student volunteers can be between 15 and 17 and adult volunteers 18 or older.
- Create an account on the website, fill out an inquiry form.
- Participate in a personal interview with a member of the staff.
- Fill out of a medical reference form. A current tuberculosis test and a flu vaccine are required.
- Attend an orientation before the first meeting with the family caregiver and the patient, which will be under a Parker's volunteer coordinator.

grant involves a formal application, an in-person visit from a licensed social worker and ongoing follow up and services. The grant itself is designed to alleviate stress on the caregiver.

“It's based on formal research studies which have shown that the caregiver is the person who experiences burnout,” Roth said. “In order to stave off exhaustion, a minimum of four hours per week of respite are necessary. This is where the volunteer steps in.”

The prospective volunteer submits an application and participates in formal training from national and international experts on dementia. The approach is patient centered, inclusive and education is ongoing.

“But the volunteer works according to his availability alongside the caregiver's needs,” Roth added. “The schedule is determined by both parties. In general, volunteers donate four to six hours per week.”

There are 150 volunteers from Nassau, Suffolk and Queens currently active on the WHHH caregiver initiative. Recruitment and education of volunteers is an ongoing community outreach effort, which begins at the local library.

The Parker Jewish Institute's Willing Hearts, Helpful Hands Caregiver Support Initiative grants services eastern Queens, Nassau and Suffolk counties. Its mission is “to improve the quality of life for family caregivers of older adult and loved ones by engaging the broader community to provide assistance and respite services.”

## Let us Know

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

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

Send to llane@liherald.com



Adrienne Daley/Herald photos

Incoming officers were sworn in, upholding the lodge's century-long history of celebrating Italian heritage.

# Loggia Glen Cove installs new officers

In the heart of Glen Cove amidst the hustle and bustle of modern life, Loggia Glen Cove stands as a testament to the enduring bonds of heritage, friendship and service.

Continuing its century-old traditions on March 6, Loggia Glen Cove, Order of the Sons and Daughters of Italy, welcomed members and friends to its annual installation of officers. The evening reverberated with tradition, when pride was evident among those eager to pay homage to loggia's rich history.

The highlight of the evening was the induction of the newly elected president and officers: Marisa Gambino, the president alongside Mark Galluccio, first vice president and Rocco Totino, second vice president.

The newly elected trustees included Lou Saviano, Nina Trolio, Stephen Ryder, Mike Stanco, Saverio Gallace, Mary Jo Ryzewski, Ralph Ciano, Lorraine Tassis, Andrea Gallo and Gaitley Stevenson-Mathews.

Established on April 10, 1920, Loggia Glen Cove boasts a storied history as the oldest lodge on Long Island. Rooted in the community, it has served as a bastion of Italian-American heritage, attracting members from diverse generations united in their dedication to community service and cultural preservation.

The origins of Loggia Glen Cove trace back to the influx of skilled Ital-



Francesca Gambino, an orator, and Antonia Gambino, recording secretary, smiled throughout the evening.

ian workers who settled in Glen Cove in the late 1800s and early 1900s, primarily from the province of Avellino, Italy. Led by Giuseppe A. Nigro, the lodge's founding members paved the way for a vibrant Italian-American community in Glen Cove, fostering camaraderie and support among its residents.

Throughout its history, Loggia Glen Cove has adapted to the evolving needs of its members. From assisting in citizenship applications to aiding Italy's recovery post-World War II, the lodge has remained steadfast in its commit-



Outgoing president, Joseph Gallo, celebrated incoming president Marisa Gambino's transition as the new head of the lodge.

ment to both its members and the broader community.

Despite facing challenges, including the loss of its original hall to fire in 1952, Loggia Glen Cove persevered, ultimately securing its current headquarters on Glen Street in 1985. Today, these facilities serve as a hub for meetings, educational programs, cultural events, and social gatherings, embodying the spirit of camaraderie and heritage that

defines Loggia Glen Cove.

Looking ahead, the newly installed officers are poised to build upon the foundation laid by their predecessors, guiding the lodge into a future filled with promise and possibility, with a renewed commitment to community service, cultural preservation and fellowship.

—Roksana Amid

# Crescent Beach makes waves of progress

March 21, 2024 – GLEN COVE HERALD

CONTINUED FROM PAGE 1

crucial step forward. It established a robust tidal exchange, a visible sign of progress in the beach's remediation.

City officials and Delia DeRiggi-Whitton, the minority leader of the Nassau County Legislature, voiced their optimism about the culvert. DeRiggi-Whitton, who has been instrumental in securing funding for the beach remediation and coordinating efforts since she was elected in 2012, emphasized its importance for future generations of Glen Cove residents.

"With this last major step now completed, I truly believe we have exhausted nearly every possibility that has been recommended, and I'm hopeful that the beach will be open in the near future," she said. "This has been a monumental undertaking, and I'm thankful to everyone who has remained so focused on this vital project. I'm truly looking forward to sharing this hometown gem with a new generation of Glen Cove families."

For the past 14 years, DeRiggi-Whitton has secured county funding for studies of the beach, and worked on a plan to determine the cause of the pollution and to eliminate it with the DEC; Sarah Meyland, an associate professor at New York Institute of Technology, who oversees the school's Center for Water Resources Management; H2M Archi-



Courtesy Office of Delia DeRiggi-Whitton

Workers from Galvin Bros built the culvert, which brings Crescent Beach closer to reopening for swimming.

itects + Engineers; and former Glen Cove Mayor Tim Tenke.

The culvert replacement, which cost \$287,000, addressed a critical aspect of

the contamination problem. The new 2-foot-high by 4-foot-wide concrete box culvert replaces an outdated 18-inch-diameter reinforced concrete pipe, to

enhance the flushing action of the connected tidal wetland and reduce bacteria levels, which should facilitate Crescent Beach's reopening.

Rocco Graziosi, project manager at the Glen Cove Department of Public Works emphasized that the reopening will depend on sustained improvements in water quality, with bacteria consistently reduced to acceptable levels.

"The residents can only go back to the beach after the county's health department gives its OK," Graziosi wrote in an email. "That OK is based on samples that are taken starting weekly in April and early May, then 2 to 3 times per week during the beach season. Only after a prolonged period of acceptable bacteria levels will the county give its OK."

Faulty home septic systems were initially suspected to be the cause of the pollution, which led to an extensive investigation by county and state agencies. But testing by the U.S. Environmental Protection Agency in 2018 revealed that animal waste, not human, was the primary contributor to elevated bacteria levels.

Despite fluctuations in contamination levels over the years, recurring testing by Save the Sound has underscored the severity of the problem. Concentrations of bacteria have at times reached levels 1,000 times higher than deemed safe for human contact.

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### ARRESTS

- A 29-year-old a Glen Cove man was arrested on March 10 for grand larceny on Glen Cove Avenue.
- A 28-year-old Glen Cove man was arrested on March 3 for one count each of aggravated unlicensed operation, equipment violation and not having a license on Glen Cove Avenue.
- A 30-year-old Glen Cove man was arrested on March 4 for criminal mis-

chief on Dickson Street.

- A 30-year-old Glen Cove man was arrested on March 4 for aggravated criminal contempt, aggravated family offense, criminal obstruction of breathing, assault and grand larceny on Roosevelt Street.
- A 19-year-old Bayside man was arrested on March 8 for unlawfully fleeing a police officer in a motor vehicle on Glen Cove Avenue.

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

GLEN COVE

# HERALD

### HOW TO REACH US

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

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# Embracing AI – but in a responsible way

By Rachele Terranova, Parker Schug  
& Brendan Carpenter

*Continuing a series exploring the presence of artificial intelligence in our schools — and, over time, in society as a whole. Thoughts? Questions? Ideas? Email us at [exeditor@liherald.com](mailto:exeditor@liherald.com).*

What place does artificial intelligence have in schools? Should it be feared? Embraced? Somewhere in between?

These are conversations that didn't even exist a year ago — at least as far as education is concerned. But as AI becomes more and more accessible, students and teachers alike are finding they can use software to ask questions, find answers, and even complete their work faster — and maybe even better — than they ever could.

But no matter how some may feel about AI — or simply not even understand what AI is — the tool is making its way into schools and curriculum. How fast and how much depends on the district. But at this point, it seems teachers and administrators on Long Island are accepting AI rather than running from it.

## Revolutionizing teaching and learning

One of those districts is Bellmore-Merrick Central High School, which is not just introducing AI to its students — it's already turning it into a college-level course.

Offered through the computer science department at Calhoun High School in Merrick, the magnet course partners with Long Island University to offer the college credit to not only Calhoun students, but also those from Kennedy and Mephram high schools in Bellmore, too.

"Each project is aligned with artificial intelligence topics that showcase the practical applications of AI," said Danielle Caliendo, the district's mathematics and computer science chair.

Students learn the Python programming language while creating AI chatbots. They also program a robot created by a French technology company to use AI features like facial recognition. And they fly drones.

Students also completed a linear regression project designed to make predictions based on existing data, like how public company stocks might perform.

Each project is aligned with AI topics that showcase the tool's practical applications.

Joe Innaco, who leads the district's administrative and instructional technology efforts, sees technologies like ChatGPT — a free chatbot system designed to provide a human-like response to a prompt — as fascinating possibilities.

"Our vision is of opportunity and innovation," he said. "That's how we see technologies like these. Opportunities and innovations for teachers. We want to provide training. We want to encourage exploration in model classrooms, spotlight success, and really host conversations about it."

Embracing AI goes right to the stop of the Bellmore Public Schools district, where superintendent Joe Famularo already serves on several AI advisory boards at institutions like Adelphi University, New Tech Institute and LIU. He also participates in think tanks conducted to discover how to incorporate AI into the classroom in a safe and responsible way.

While change might be daunting to many, Famularo points out that it's not unprecedented. Just think about how much opposition there was to bringing something as simple as a slide ruler into a trigonome-



Courtesy Bellmore-Merrick Central High School District

**New to schools in Bellmore and Merrick is a college-level artificial intelligence course. Partnering with Long Island University, the class is offered at Calhoun High School, where students can earn college credit by learning about the emerging technology.**

try class.

"If you look at the history, there was a lot of resistance because it would eliminate all the thinking of doing trigonometry," he said. "It was used, and it was embraced. And it saves more time for creative thinking and innovation."

Eventually came scientific calculators, and then the internet. Both received significant pushback, but now who could imagine a classroom without them?

## Learning responsible use of AI

Instructors at Lawrence Woodmere Academy in the Five Towns are guiding students there in to use AI responsibly. John Tiliakos — who teaches computer science in the middle and upper schools — tends to let his students lead discussions surrounding AI.

AI is coming into his middle school-level engineering and technology classes, as well as his more high school-level courses in aviation, aerospace and computer programming.

But even before that, Tiliakos was spreading the word about AI, teaching a class at LWA on how artificial intelligence works in our world.

While that class no longer exists, Tiliakos said he and the other teachers at LWA are still focusing on the same values of providing knowledge for proper use of the technology.

"AI is a great tool," Tiliakos said. "There's nothing wrong with it, if it's used in a positive way."

That's why he focuses so much of his attention on inputs — the written instructions given to AI systems. Tiliakos believes that inquisitive nature of teenagers could lead to devious uses of the technology — like writing term papers and the like.

His responsibility, Tiliakos said, is to direct students toward feeding AI prompts that result in helpful information to be used for beneficial causes.

"When you use AI, you see scenarios based on what you did," he said. "Every action is a reaction."

But some teachers — even at LWA — aren't too keen about the AI presence.

"I don't think it's positive or negative," said Christopher Clark, a senior at the school. "It just depends on how you use it."

One unlikely way of putting AI to use is through another somewhat newer technological offering: podcasting.

"AI is still new. But for podcasting, it's still very, very new," said Henry McDaniel, a theatre arts and oration teacher at LWA. "What it can do is help you write a script for your podcast."

Podcasting students also can use AI to reproduce their own voice to read their scripts, McDaniel said. They then post the productions online.

"Our motto here is 'at home with the world,'" he said. "What we're trying to do is give them skillsets, but (also) teach them the responsible way of using those skillsets."

## Testing the waters

Implementing AI has been a little slower going in Long Beach, where the discussion on how best to use it continues.

Lorraine Radice, the school district's literacy director, has worked to alleviate many of the fears some Long Beach teachers might have when it comes to AI, while looking for ways they could try to implement the technology into their respective classrooms.

"Over the summer, I taught two professional development courses in the district and taught teachers how to use ChatGPT," Radice said. "I surveyed teachers in the fall across the district as to who was using ChatGPT and who knew about it. Even in the fall — after about nine months of ChatGPT being in social media circulations and in the news — not as many people had used it as I expected."

While Radice would very much like developing ways on how AI chatbots like ChatGPT can be used in classrooms, a lot of her time is still focused on educating teachers what exactly the AI software is.

"So, part of the goals of those summer professional development courses was to raise awareness of how to use it," Radice said, "and then to really start to support teens in thinking about how it could be used from the planning side of being a teacher. And then also how it can be used as a tool to provide support and equitable access to writing and generating ideas for

CONTINUED ON NEXT PAGE



# Some teachers worry AI goes a little too far

CONTINUED FROM PREVIOUS PAGE  
kids.”

Having access to AI has impacted classrooms already by allowing students to use it to aid research, while many teachers worry they could go too far and have AI completely answer questions and even write essays for them.

But that just means adapting.

**AI is a great tool. There's nothing wrong with it, if it's used in a positive way.**

**JOHN TILIAKOS**  
teacher,  
Lawrence Woodmere  
Academy

“A teacher raised a great question during a session when talking about using artificial intelligence tools to analyze classical texts,” Radice said. “The same question has been asked so many times, and she asked, ‘If I could just get the answer from a tool like ChatGPT, then what’s the point of even asking this type of question?’”

“That’s a great thing for people to think about. What is the point of this question? Can I rephrase this question that really puts the student at the center of the thinking, and not so much (a) media tool?”

But there is still a ways to go before AI becomes more commonly accepted in classrooms, Radice said. At least on Long Beach.

“I wouldn’t say that there is a push,” she said. “I think part of that is because of the privacy. We want to make sure that we’re using tools that are safe to use in school. And once we do that, then it can become a more consistent part of our practice.”



Parker Schug/Herald

Lawrence Woodmere Academy in the Five Towns has a professional podcasting room where students learn to develop, record and upload audio programs using open-source artificial intelligence technologies to not only write scripts, but to handle actual audio production.

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## Accepting What Is

As estate planners, we consistently meet with people who are suffering from traumatic relationships with their children or grandchildren. Children themselves may become estranged or at odds with parents or their siblings. Sometimes, an in-law is involved that seems to turn the client’s son or daughter into someone completely different from the child they raised. The pain that these clients are going through is palpable.

Some wise sage once said that all pain comes from resistance. Many of these relationship issues may be difficult or impossible to overcome, but one thing we can all do is work on ourselves — by accepting what is. Accepting what is does not mean agreeing with or condoning certain behavior. What it does mean is that you stop saying to yourself that it is not fair, it “should” be otherwise, etc. That will not do you one bit of good and may do you considerable harm. Stress has been called “the silent killer”.

We recall reading a pithy quote a while back that went something like this “when someone disappoints you, you have two choices, you

can either lower your expectations or walk away”. What is disappointment but dashed expectations? Those who learn to expect less are disappointed less.

“Accepting what is” cannot be accomplished overnight. It is a concept or thought process that improves your outlook the more you think about it, work on it and form new neural pathways to forge the new outlook.

Estate planners inevitably become “therapists” for their clients, because estate planning involves social relationships. Over the years, we have observed that many social problems occur between the client’s two ears. As Shakespeare said in Hamlet “There is nothing good or bad, but thinking makes it so.” Forget about what’s fair or right and what’s not. You are only hurting yourself. The other person is often blissfully unaware of how you’re feeling. Michael J. Fox, the actor known for his optimism despite suffering from Parkinson’s, put it best when he said “My happiness grows in direct proportion to my acceptance, and in inverse proportion to my expectations”.

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# HERALD SPORTS

## Hofstra pushes for CAA playoff berth

By ANDREW COEN

sports@liherald.com

After an up and down non-conference schedule, Hofstra women's lacrosse gets a chance to hit the reset button with the start of conference play.

Hofstra entered the start of the Coastal Athletic Association portion of its schedule with a record of 3-4 and kicked off the league slate on an uplifting note with a 13-10 win at Campbell last Saturday.

The Pride is now looking to qualify for the four-team CAA tournament in early May after missing out on the postseason for the first time since 2018 last spring.

"I think it's a great opportunity for a new season and I think we have started to find out a lot about ourselves and who we are as a team," said 12th-year Hofstra head coach Shannon Smith. "Overall we have started to play better and we're starting to hit our stride at the right part of our season when we go into conference play."

The Pride have already equaled their win total from last season when Hofstra went 4-12 with two of those victories coming prior to a season-ending knee injury to rookie phenom Nikki Mennella. The now redshirt-freshman attacker is back healthy and is third on the team with 16 goals despite missing two games.

Graduate student Taylor Mennella, the older sister of Nikki, is tied for first on the team in scoring with 29 points on 19 goals and 10 assists. Hofstra has also gotten a boost from graduate student attacker Melissa Sconone, a University of North Carolina (UNC) transfer who also has 29 points.

"She brings a lot of leadership and a lot of experience and a calming presence," said Smith of Sconone, who tal-



Grad student Taylor Mennella is off to a sizzling start for the Pride with 29 points through seven games.

lied 35 goals during her UNC career and was part of the Tar Heels' 2022 national championship team. "She's been nothing but a tremendous addition and asset to our team."

Senior midfielder Kerry Walser has provided key veteran leadership in her final season with — goals so far. The Bay Shore native was an integral part of the 2021 Hofstra team that received an at-large bid to the NCAA Tournament her freshman season.

The Hofstra defense— led by Trinity Reed, Brynn Hepting, Ashlyn McDonald and Christine Dannenfeler— held Wagner scoreless for three quarters in a dominating 15-2 win on March 5. Sophomore goalie Luchianna Cardello is starting in net for the second straight season and recorded 10 saves in a season-open-

ing 13-5 victory against Long Island University on Feb. 10.

The Pride's roster features plenty of Long Island players including senior attacker Grace Pupke, who was a standout at Seaford High School. Pupke registered an assist late in the Wagner win and is often utilized in the player-up situations on the offense.

"Grace is one of our hardest workers on our team," said Smith of Pupke, who registered 44 goals and 16 assists during her final high school season at Seaford in 2019. "She's a great person and a great teammate and brings a lot of energy to our practices."

Hofstra will host William & Mary in its CAA opener this Friday, March 22 at 5 p.m. before returning home Sunday to face Elon at noon. The Pride will also



Redshirt freshman Nikki Mennella has found the back of the net 16 times already this spring.

host Monmouth on April 12 at 5p.m. and close the conference schedule on April 27 versus Drexel at noon. The remaining road league schedule is highlighted by an April 21 visit to Long Island rival and defending CAA champion Stony Brook at noon.

"Every game that you play is a backyard brawl and anyone can win on any given day in our conference," Smith said. "I'm just super excited for the journey that we're about to go on with our team for conference play."

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# A Nova festival survivor tells her story

By WILL SHEELINE & ROKSANA AMID

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Oct. 7, 2023 seemed like just another day in Israel for Daniel Dvir, an Israeli citizen who had recently moved to Tel Aviv. While attending the now-infamous Nova music festival near kibbutz Re'im, Dvir's life, and the lives of millions throughout the world, were flipped upside down by the surprise attack on Israel by the Palestinian militant group Hamas.

Dvir was invited to speak at the Chabad of Sea Cliff – Glen Cove on Tuesday to share her experiences and the terror she lived through on that fateful day last year. The Chabad's rabbi, Sholom Heber, impressed on attendees the importance of hearing from Dvir and other survivors of that fateful day, comparing it to hearing the testimony of Holocaust victims.

"We read our history books and understood what (the Holocaust) was, but we didn't think much of it," Heber said. "I think Oct. 7 reminds us, it's not history."

Dvir walked attendees through her week leading up to the attack, describing how she had recently moved to Tel Aviv for work, and had celebrated the holiday Sukkot with her family in the north. She emphasized how normal the days leading up to Oct. 7 were; how she was working, hanging out with friends, and preparing for a festival they were excited to attend.

Dvir, who had completed her mandatory military service in 2022, emphasized that in the days leading up to the Nova festival, neither she nor her friends knew where the event would be held, which she said was typical for this type of music festival. Even when they found out the event would be held only a few miles away from the border with Gaza, none of them were concerned.

"When I knew (the location) I wasn't worried or any-



Roksana Amid/Herald

Daniel Dvir told her harrowing story of survival on Oct. 7.

thing because it was so huge. Like 3,000 people or more came to the festival," Dvir continued. "I've lived in Israel my whole life, so it was not something I was really worried about."

That all changed in the early morning of Oct. 7, while Dvir, her friends and the other festivalgoers were still partying. She described seeing "thousands of rockets above our heads" when the music suddenly turned off and a police officer came and told them the concert was cancelled and that they needed to get to safety.

Dvir then talked through the fear and panic that rippled through the gathered partygoers. While some people stayed and waited for the military to arrive, she and a friend grabbed their things and ran to the car, frantically trying to figure out what to do.

"I was calling my parents, filling them in on the situation," Dvir said. "I don't want to spend more time here, under the rockets. So I think I better go back home and drive fast and go away from here, so that's what I decided to do."

But the traffic from others trying to leave the festival made leaving an impossibility. That's when she said she saw a man running towards her screaming, "Terrorists!" Dvir got out of her car and began to run.

She spent the next hours running for her life, looking for a safe place. Eventually she and roughly 100 other festivalgoers were informed by a police officer that Hamas had broken through the Israeli blockade, and that they needed to hide until Israeli security forces arrived.

Dvir hid on a farm for part of the following day with the other festivalgoers. She described their struggle to find food and water and their constant fear of being captured by Hamas. Dvir's father tried to find her.

"My mom texted me at 9:30 a.m. that my dad had gone south," Dvir said. "He drove all the way to me, like Liam Neeson in 'Taken.'"

Her father picked her and four of her friends up and managed to drive them home. Dvir said they were "really lucky for not being shot at when we were driving."

After her presentation, she spoke with the attendees, answering questions and talking about the ongoing issues of antisemitism in America and the changing dialogue around Israel's invasion of Gaza. Dvir emphasized the importance of the ongoing conflict not just in the Middle East, but around the world.

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# Joe Suozzi's fly ball leads to Mets spring training win

By LAURA LANE

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It was the kind of game the Mets are known for, one where they look like they'll win, but then everything goes south. Nail-biter games come second nature to the "Amazin' Mets," even in spring training.

Congressman Tom Suozzi was in Florida on March 13 when he realized he was only 25 minutes away from where his son Joe was playing for the Mets against the Houston Astros. He rushed to get there, arriving in the fifth inning.

Joe Suozzi entered the Mets spring training game in the top of the eighth inning, replacing Ji-Man Choi at first base. The Mets took a 5-1 lead over the Astros into the ninth but were unable to protect it. Houston scored four runs in the top of the ninth to tie it, forcing the Mets to bat.

"I was secretly happy because Joe would get to bat," Tom said. "And I hadn't seen him since my election. It had been a month."

In the bottom of the ninth, the Mets loaded the bases with no one out against Astros relief pitcher Cole McDonald, bringing Suozzi to the plate. After taking a strike on the first pitch, he hit a fly ball to center to bring home Rowdy Jordan with the winning run on a sacrifice

fly.

"I was so proud of him," Tom said. "I went down to the field, which was really great. Joe always inspires me because he sticks with it. It's been a long grind since Little League. He's had a lot of ups and downs."

Joe Suozzi, 26, was born and raised in Glen Cove, the middle child of Tom and Helene Suozzi. He was named after Tom's father, Joseph Suozzi, an Italian immigrant who was an attorney and mayor of Glen Cove from 1956 to 1960. And Joe was born on Michael Wrotniak, Helene's father's birthday. Wrotniak, who raised his family in Glen Cove, was a businessman who worked at Manhattan-based Great Lakes Carbon Corporation, rising from salesman to senior vice president.

"Both were very hard workers, loyal people," Helene said. "They cared about people."

Joe was always easy going, someone who always cared about other people too, Helene said. But he was also very determined.

"He's really a team player for everyone in the dugout," she said. "Joe wants everyone to do well and is a good friend to all of his teammates. He works hard, and if he has a bad day at the plate, he gets over it and focuses on the next day."

Much of Suozzi's life has been filled with overcoming challenges.

A student at Chaminade High School and a member of the baseball team, Suozzi broke his wrist during his sophomore year. Then when he was a junior, he broke his elbow and was cut from the team. He had been the most valuable player batting over .500 in his freshman year, so being brushed aside was tough. When he played again as a senior, he was named most improved player. But his uneven record in high school did not help him to garner any interest from colleges.

"And Joe was not a big kid," Helene said. "He had a growth spurt after his surgery and went from being 131 pounds in high school to 225 pounds. Now he's over 6 feet tall."

He decided to go to Boston College and major in economics. But he had not left baseball behind. Determined to play, he tried to walk on as a freshman. But there were no openings.

Boston College baseball coach Michael Gambino let him work out with the team. Impressed by how much he improved, he asked Suozzi to come back in his sophomore year. By the end of that year he was put on the lineup playing right, left and center fields.

But then, two weeks



Courtesy Tom Suozzi

Tom Suozzi joined his son Joe on the field after a spring training game when his sacrifice fly won the game for the Mets.

before the end of the fall season he suffered from another injury. Sliding into third base headfirst he dislocated his shoulder and tore his labrum, which required more surgery and rehabilitation.

"He was in the hospital, and they were cutting his shirt and he said, 'No, don't cut my shirt I like my shirt.' He thought he was just practicing with the team because no promises had been made," Helene said. "The coach said, 'Joe, you're getting a new one in the spring.'"

Suozzi started playing again as a junior and then in 2020 the Mets signed six players in its minor league draft and Suozzi was one of them. He signed a minor league contract with the Mets as a free agent. All Suozzi ever wanted was to play baseball, and a Mets fan since he went to his first game when he was 3, it was a dream come true. Last year, Suozzi was a Mets AAA affiliate in Syracuse.

"Every day is surreal for me," Joe said. "This is going to be my fourth season with the Mets."

When asked about the challenges Suozzi didn't pause. "In general, when you play professional baseball, you play

every day. If you don't come with the right mental mindset, it could go south very quickly so you really have to be in control of your emotions," he said. "You really have to be present. That's the key."

Challenges aside, Suozzi said he loves the game of baseball.

"The baseball season is like a rollercoaster with many ups and down," he said. "The challenge of riding that rollercoaster alongside my teammates is why I love baseball."

He sees parallels with his father, who ran unsuccessfully for governor of New York twice. Suozzi said his father is his role model.

"We've both gone through a lot of defeats in our careers. I follow my Dad's lead," Suozzi said. "He always got up and kept on going and tried to do the right thing."

The lessons go way back, perhaps beginning when he was a child watching the movie "Rocky."

"I remember how much Dad loved to watch that movie," Suozzi said. "I fell in love with the movie. It instilled in me a no-quit attitude."

Additional reporting by Tony Bellissimo



Courtesy Boston College Athletics

Joe Suozzi was batting .414 at Boston College in 2020, until the coronavirus pandemic ended the season.

# STEPPING OUT

## Unlocking the *unconscious*

### An artistic revolution on view at Hofstra Museum

By Danielle Schwab

**D**reams collide with reality and the subconscious reigns supreme. That's the essence of the transformative approach of the avant garde artists at the forefront of the Surrealist Movement. Inspired by André Breton's 1924 Surrealist Manifesto in France, artists, writers and filmmakers diverged from conventional thought to explore ideas such as the unconscious and the irrational.

Step into the fascinating creativity of the surrealists at Hofstra University Museum of Art's new exhibit "Les Visionnaires: In the Modernist Spirit." It's a deep dive into what became a new movement that transformed how artists moved on from rigid historical styles to invent new ways to respond to their world.

The exhibit commemorates the 100th year of the Surrealist Manifesto, which forever changed artistic practice. More than 70 works from 1924 through the 1970s — sourced from the Museum's permanent collection and the Howard L. and Muriel Weingrow Collection of Avant-Garde Art and Literature from Hofstra University Special Collections — are on view.

"The manifesto is important because artists from this time period are breaking away from the French Academy," Alexandra Giordano, Hofstra University Museum of Art's director and co-curator of the exhibit, explains. "It's a concrete way to unify artists working in different styles. The manifesto really engages the unconscious mind, the importance of dreams and free association, the rejection of rational thought. It's revolutionary because it's really about the liberation of the imagination."

Suddenly, artists whose work was tethered to the French Academy, established in 1635, realized that new modalities, mediums, and methodologies were a more appropriate way to respond to the rapidly changing world in which they lived. "Political, economic and cultural shifts inspired a new forward-thinking attitude in artists who, in turn, discovered radical innovations in aesthetic forms, techniques and content. Paris was the epicenter. Artists were drawn to the city, where a drive for pushing boundaries and sharing their transformative vision thrived," Giordano explains in the forward to the exhibit catalog.

Jean Arp, Marc Chagall, Jean Cocteau, Salvador Dalí, Max Ernst and Joan Miró are among the 25 artists and writers represented here. Besides the artworks, first-edition books are on display including an original copy of the Surrealist Manifesto. Françoise Gilot, who had a tumultuous, decade-long partnership with Picasso and is the mother of two of his children, also figures prominently in the exhibit. Gilot had a close association with Hofstra and was awarded an honorary doctorate in 1982. She was an honorary conference chair of the 1985 Hofstra Cultural Center conference "Toward a Reappraisal of Modernism," a program on avant-garde art and literature.

The Surrealist movement emerged in response to shifting political and societal landscapes.

"You had World War I and World War II that were devastating events, but at the exact same time you had Sigmund Freud's interpretation of dreams," Giordano says. "All of these new ideas were being explored, juxtaposed to these scary world events. Artists were responding to it all."

Paris became a hub for artists to collaborate — sharing ideas, living spaces, lovers, and friends.

"They show us how we can work with our peers to produce

something powerful," Giordano adds. "Their partnerships and collective approach captured the realities and hopes of modern society."

She cites Salvatore Dalí's lithograph "Untitled from Memories of Surrealism," (a suite of 12 prints he created in 1971 reflecting on his long artistic career) as a prime example of the movement's significance.

"It reflects on the stream of consciousness with this out-of-body experience," she says. "You have this large eye in the background, there's a clock on the pupil and (in the foreground) there's butterflies. It captures otherworldliness."

Not only was a change of ideas happening at the time, but also a change of mediums.

"They focused on interdisciplinary vision using a lot of different materials," Giordano says. "In addition to this dream-like quality and imagery, there is also this idea of collaboration for bookmaking, photography, collage, poetry, set design and film. These artists created these new ideas towards art, which was a deviation from the expected outcome."

One of the 'Les Visionnaires' as they were known, was filmmaker and artist Jean Cocteau, who directed the 1946 adaptation of "Beauty and the Beast" (La Belle et la Bête). Based on the original fairytale with a surrealist twist, the film is a testament to bringing the traditional to reinvention. Visitors can view portions of the film throughout the exhibit.

As always, related programming enhances the exhibit. For those who want a more in-depth look, join Giordano for a guided exhibit tour and discussion, Tuesday, April 16, at 5 p.m. During the tour, as Giordano puts it, participants will learn all the "juicy tidbits."

As Long Island's only nationally accredited public-facing academic museum, Hofstra Museum is an important local resource.

"Our neighboring communities don't realize that they don't have to travel to New York City to see wonderful art, they can come here," Giordano adds. "They can be nose-to-nose with important artists, and experience this beautiful art in their backyard."

**The exhibit includes Salvador Dalí's etching and lithograph, Untitled, from Memories of Surrealism, Portfolio, 1971. A gift of Benjamin Bickerman. Also Françoise Gilot's lithograph IX, from On the Stone: Poems and Lithographs (Sur La Pierre: Poemes et Lithographies), 1972. Courtesy of Special Collections, Joan and Donald E. Axinn Library, Hofstra University.**



Francois Gilot



Salvador Dali



Rick Wakeman

Keyboard wizard Rick Wakeman is headed back on the road for one last jaunt, 'The Final Solo Tour.' Known for his incredible talents, sense of humor, and multitudinous back catalog, expect to hear some of his best-known hits from both his solo career and his collaborations with Yes, Bowie and more among musings and hilarious tales from his 50-plus years in the music industry. Wakeman — who has become almost as well-known for his intimate piano shows as his prog rock extravaganzas — has decided that after a decades spanning career spanning he is calling a halt to lengthy American one-man show tours, in order to concentrate on composing, recording and collaborating with other musicians. In addition to his musicianship, Wakeman has evolved into a well-loved television presenter and author, with his bawdy British wit endearing him to audiences on both sides of the Atlantic.

Friday, March 22, 8 p.m. \$75, \$5, \$45, \$29.50. The Paramount, 370 New York Ave., Huntington. Tickets available at [Ticketmaster.com](https://www.ticketmaster.com) or [ParamountNY.com](https://www.ParamountNY.com).



Comedy's 'Ivy League'

The Ivy League of Comedy arrives on Long Island with their elite brand of clever humor. Carmen Lynch (above), Ryan Reiss and Shaun Eli deliver the laughs in this fast-paced evening of stand-up. Lynch, who made it to the semi-finals of NBC's 'Last Comic Standing,' is known for her deadpan delivery and riffs on life. A rising star from a bilingual family, who lived in Spain as a child, she's appeared on a string of late-night television shows, 'Inside Amy Schumer,' and more. Funnyman Reiss, also a writer-actor, began his career while attending NYU, and quickly became a favorite act on the scene. His quick wit and instant likability have made him one of the most sought-after comics on the club circuit. Eli has rightfully been called one of America's smartest comics. Whether it's a story about dining with a vegetarian or successfully fighting a parking ticket in criminal court, master storyteller Eli shows you that there's hilarity in the ordinary if you approach life with a comedic warp. For just about anything he's experienced he has hilarious stories at the ready.

Saturday, March 23, 8 p.m. \$45-\$50. Molloly University, 1000 Hempstead Ave., Rockville Centre. Tickets available at [MadisonTheatreNY.org](https://www.MadisonTheatreNY.org) or (516) 323-4444.

# THE SCENE

March 30

## So Good: The Neil Diamond Experience

Get ready for an unforgettable night on the Paramount stage, Saturday, **March 30**, 8 p.m. Robert Neary honors an icon with The Neil Diamond Experience, a tribute show like no other. With over 35 years as a Broadway, TV, and film actor, Neary brings a unique touch to this production, weaving Neil Diamond's greatest hits with stories from interviews, quotes, and autobiographical books. Neary creates an incredible cut above the rest tribute show. You will swear you are watching the master himself as he and the band perform Neil Diamond's greatest hits. With his powerful presence, from the moment he struts on stage wearing trademark black, gray, and silver sequined jacket, Neary, uncannily, resembles Neil Diamond at the height of his touring career in the 90s and 2000s. His wit and mannerisms on stage is spot on, especially when he plays his guitar. When he speaks and tells the stories and trivia behind some of Neil's most popular songs, his rich baritone gravelly voice can easily be mistaken for Neil's own speaking voice. But make no mistake about it at all, if you close your eyes and listen to him sing any of the 22 classic Neil Diamond songs with the magnificent band behind him, you will swear you are listening to the Master himself. This truly is, the most authentic tribute to one of the greatest artists in musical history. The title says it all. It is the quintessential Neil Diamond Concert Experience. With a finale that will blow your mind, the show is guaranteed to have you on your feet dancing and cheering. \$49.50, \$39.50, \$35, \$29.50, \$25. The Paramount, 370 New York Ave., Huntington. Tickets available at Ticketmaster.com or ParamountNY.com.



## Bird walk

See some birds with the South Shore Audubon Society. All are welcome to join members for the next in its series of bird walks, at Norman J. Levy Park and Preserve, Sunday, **March 24**, starting at 9 a.m. The entrance road to the preserve is located on the south side of Merrick Road, just east of the Meadowbrook Parkway.

Walk leaders, other birders and nature enthusiasts are happy to share their knowledge and experience with you. Bring binoculars. The group will meet at the gazebo. To register, text your name and contact information to (516) 467-9498. No walk if rain or snow. Text regarding questionable weather. For more information, visit SSAudubon.org.

## Movie matinee

Enjoy a movie on Gold Coast Public Library's big screen. See "Napoleon," Friday, **March 22**, 7-10 p.m. Joaquin Phoenix stars in the epic that details the rise and fall of French Emperor Napoleon Bonaparte.

Against a stunning backdrop director Ridley Scot's large-scale filmmaking, the film captures Bonaparte's relentless journey to power through the prism of his addictive, volatile relationship with his one true love, Josephine, showcasing his visionary military-political tactics. 50 Railroad Ave., Glen Head. Visit GoldCoastLibrary.org or call (516) 759-8300 for more information.



## On exhibit

Nassau County Museum of Art's latest exhibition, "Urban Art Evolution," is a comprehensive exhibit featuring a diverse range of compositions from the 1980s through the present by creators who were based in the rough and tumble downtown area of New York City known as Loisaidea/LES (Lower East Side/East Village) and close surrounding neighborhoods.

Artists pushed the boundaries of what was considered "art" with a primary focus on street/graffiti art. The exhibit's scope, guest curated by art collector/gallerist Christopher Pusey, offers an even broader view from other creative residents, who worked inside their studios but still contributed to the rich fabric of the downtown art scene from different vantage points and aesthetics.

Works include sculpture, paintings, photography, music, and ephemera from many noted and influential artists. Opens March 23, on view through **July 7**. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.

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March  
27

## Literary conversation

Poet-essayist Elizabeth Schmermund, who is an assistant professor of English at SUNY Old Westbury, reads from her works, as part of Hofstra University's Great Writers Great Readings series, Wednesday, **March 27**, 4:30 p.m.

Her work has appeared in The Independent, Mantis, and Gyroscope Review, among other venues. Her first poetry chapbook, "Alexander the Great," is published by Finishing Line Press. Free and open to the public. Guthart Cultural Center Theater, Axinn Library, South Campus, Hempstead. Register in advance at [events.hofstra.edu](http://events.hofstra.edu) or call the Hofstra Cultural Center at (516) 463-5669 for more information.

## Life of Roosevelt

Join former Sea Cliff mayor Ed Liberman for a slide presentation on the life of President Theodore Roosevelt, at Sea Cliff Village Library, Thursday, **April 4**, 4 p.m.. 300 Sea Cliff Ave. Registration required. Visit [SeaCliffLibrary.org](http://SeaCliffLibrary.org) to register and for more information.

## Painting Party

Join local artist Jo Gray for a painting party, hosted by Sea Cliff Arts Council, Friday, **March 22**, 7-9 p.m. The fully guided group painting class incorporates creative visualization and breath awareness. All art materials provided. For 21 and over. \$38. 86 Roslyn Ave., Sea Cliff. Visit [SeaCliffArtsCouncil.org](http://SeaCliffArtsCouncil.org) for more information.

## Artist showcase

Sea Cliff Arts Council member Kaylin Burger's paintings are on view at Sea Cliff Village Library, through April. She embodies a distinctive perspective shaped by the diverse cultural landscapes of both the east and west.

Enriched by her experiences, Burger integrates elements from both worlds into her work, creating a harmonious fusion of influences that captivates the viewer. Immersed in the familiarity of coastal living, Burger finds boundless inspiration in the ebb and flow of the sea, inviting all to experience a sense of calm. 300 Sea Cliff Ave. Visit [SeaCliffArtsCouncil.org](http://SeaCliffArtsCouncil.org).

## Art explorations

Converse, collaborate and create at Family Saturdays at Nassau County Museum of Art, Saturday, **March 23**, noon-3 p.m. Get inspired by the art and objects in the galleries and then join educators at the Manes Center to explore and discover different materials to create your own original artwork.

Kids and adults connect while talking about and making art together. A new project is featured every week. \$20 adult, \$10 child. For ages 2-14. Registration required. 1 Museum Dr., Roslyn Harbor. Visit [NassauMuseum.org](http://NassauMuseum.org) for to register or call (516) 484-9337.

## Culinary Delights

Glen Cove Chamber's 26th Annual Culinary Delights is set for Monday, **April 15**, 6-9 p.m., at Glen Cove Mansion. This gourmet event introduces the community to the area's restaurants and food businesses. 200 Dosis Lane, Glen Cove. Visit [GlenCoveChamber.org](http://GlenCoveChamber.org) for tickets.

## Having an event?

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



## Get hoppy

Long Island Children's Museum welcomes spring when it opens its doors for an after-hours celebration, "Spring EGGstravaganza," Saturday, **March 23**. Peter Cottontail greets families, 6-9 p.m., with a night of engaging activities celebrating iconic symbols of the season.

Children can start their evening by decorating a Cool Carrot goody bag to collect items throughout the night.

Activities include the creating such spring-themed items as a Bunny Puppet Pal, How Does your Garden Grow planter, an Everywhere a Chick Chick necklace and a Spring Has Sprung hat. Also test your skills in egg relay races and take part in a museum-wide scavenger hunt. All that celebration got you egg-hausted? Make a sweet treat to recharge your energy.

The LICM Theater hosts eye-popping performances of BubbleMania Jr. with bubbleologist Jim Napolitano (6:15, 7:05 and 8 p.m.) Sit back and witness fascinating bubble sculptures being crafted and discover soap bubble tricks, with plenty of comedy and audience interaction woven into this spell-binding show. Dancing bubbles, bubbles inside bubbles, arches and a bubble fountain on display create a truly memorable performance. (Additional ticket required for theater performance.) \$15 per person (\$13 members); BubbleMania Jr. ticket fees are \$4 with EGGstravaganza admission (\$3 members). Advance tickets are recommended for this popular event. Museum Row, Garden City. (516) 224-5800 or [LICM.org](http://LICM.org).

## Lecture program

Examine transatlantic slave trade with Philip Misevich, Associate Professor at St. John's University. Friday, **March 22**, 5:30 p.m. at Raynham Hall Museum. He will highlight New York's overlooked role in the transatlantic slave trade, utilizing new data on slave ship movements. Misevich, co-author of "An Atlas of the Transatlantic Slave Trade," contributes to Slave Voyages, an online database documenting 36,000+ voyages. The program is part of the Townsend Talks series, offering insights into various historical topics \$25, \$20 members, \$10 for students with ID. 30 W. Main St., Oyster Bay. Visit [RaynhamHallMuseum.org](http://RaynhamHallMuseum.org) or call (516) 922-6808 for reservations/information.

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Glen Cove Mayor Pamela Panzenbeck wouldn't miss being a part of the parade.

Adrienne Daley/Herald photos

# St. Pat's Parade brings

The weather could not have been better on Sunday, March 17, when hundreds of people gathered for the annual Glen Cove St. Patrick's Day Parade. With a storied past, the parade is three generations old, a day that has been joyful for so many and continues to be so today. The grand marshal of the 2024 parade was Christine Rice, the executive director of the Glen Cove Senior Center, who is also the chairwoman of NOSH Delivers, Inc. The aide to the grand marshal was dedicated local Hibernian, Patricia Victoria.

Surplus funds raised were given to the Glen Cove SAGE Foundation, which assists the Glen Cove Senior Center in its mission to pursue and provide the highest quality of programs and services for the senior citizens of Glen Cove and surrounding communities.



Robert Hubertz, brought his daughter, Jean-Raphael Biagini, 23 months.

Morgan Messer, 3, far left, Aidan Messer, 1, Stevie and Meyer See, 3, and Grace and Maggie Fasciano, 3 and 4, didn't expect to walk away from the parade with candy.



Bayville and Sea Cliff were also represented at the parade.



Yulle Dizgomez and Brenda Gomez brought their dog, Gracie.

# green wave of happiness



Nick Marton marched with his daughter, Michaela Encarnacion.



Christine Rice was this year's grand marshal.



Level Up members gathered before joining in the parade.



The parade wouldn't be one for St. Patrick if it didn't include marchers playing the bagpipes.



Nicole Murphy brought her children, Raegan, 4, and Connor, 1, to celebrate being Irish.

## Eat right, help your sight

Good nutrition will keep those peepers in top-notch shape

Everybody knows that eating right is the way to keep your heart healthy. The good news is that the same diet that helps your heart is probably also good for your eyes. A diet low in fat and rich in fruits, vegetables and whole grains can pay benefits not only to your heart but to your eyes. The connection isn't surprising: your eyes rely on tiny arteries for oxygen and nutrients, just as the heart relies on much larger arteries. Keeping those arteries healthy will help your eyes.

Some foods stand out as particularly helpful for eye health. Here are four you should make sure are part of your diet.

**Kale.** Leafy green vegetables, like kale, are high in lutein and zeaxanthin, two nutrients found in the healthy eye that are believed to lower your risk for age-related macular degeneration (AMD) and cataracts. One large study showed that women who had diets high in lutein were 23 percent less likely to develop cataracts than women whose diets were low in this nutrient.

Not a big fan of kale? Not to worry. Other dark leafy green vegetables, like spinach, romaine lettuce, collards and turnip greens, also contain significant amounts of lutein and zeaxanthin. Eggs are also a good source of these nutrients, as are broccoli, peas and corn.

**Salmon.** Some studies suggest that diets rich in omega-3 fatty acid from cold-water fish like salmon, tuna, sardines and halibut reduce the risk

of developing eye disease later in life. A 2010 study from Johns Hopkins found that people who had a diet high in omega-3 fatty acid were much less likely to develop AMD.

**Oranges.** Oranges and all of their citrus cousins — grapefruit, tangerines, and lemons — are high in vitamin C, an antioxidant that is critical to eye health. Scientists have found that your eyes need relatively high levels of vitamin C to function properly, and antioxidants can prevent or at least delay cataracts and AMD. Lots of other foods offer benefits similar to oranges, including peaches, red peppers, tomatoes and strawberries.

**Black-eyed peas.** Legumes of all kinds, including black-eyed peas, kidney beans, lima beans, and peanuts contain zinc, an essential trace mineral that is found in high concentration in the eyes. Zinc may help protect your eyes from the damaging effects of light. Other foods high in zinc include oysters, lean red meat, poultry and fortified cereals.

There are lots of other great food choices to keep your eyes healthy. Among them, the one most people think of first: carrots. Carrots are high in beta-carotene, a nutrient that helps with night vision, as are other orange-colored fruits and vegetables like sweet potatoes, apricots and cantaloupe. Making them a part of a colorful diet can help you keep your eyes healthy.



Photo: Adding powerful vitamins, antioxidants and minerals to your diet can improve your vision and overall eye health. Researchers have even linked eye-friendly nutrients, such as lutein and zeaxanthin, vitamin C, vitamin E and zinc, to reducing the risk of certain serious eye diseases like age-related macular degeneration and cataracts.

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## The Parker Jewish Institute helps patients transition from skilled nursing facility to home

March 21, 2024 – GLEN COVE HERALD

To help patients transition from a skilled nursing facility to home, New Hyde Park-based Parker Jewish Institute has enhanced its award-winning Patient Education Resources Project. This comprehensive video series reinforces Parker's guidance to patients and their caregivers, so they feel prepared and confident to manage care at home.

Featured on Parker's YouTube Channel and website, the series is available 24/7, so viewers can access the information whenever they need it. Updated titles in the series include "Medical Equipment," "Smooth Transitions" and "Advanced Directive Planning." Additional videos include "Preventing Falls," "Diabetes Care" and more. The series earned a McKnight's Excellence in Technology Award.

This project is part of Parker's robust support for patients and their families when a person is discharged from the Institute. Parker also offers Parker At Your Door (PAYD), a medical house-call service for patients, including in Nassau and Suffolk Counties, who can no longer make visits to a physician's office. PAYD's services include annual wellness



Parker Jewish Institute offers robust programs and services for patients who are discharged from the skilled nursing facility.

visits, medical house calls, chronic-condition management, post-hospitalization transitions, and advance-care planning assistance. Other programs include Parker's Certified Home Health Care and Comprehensive Community Hospice.

"We are proud to offer these programs and services, which improve quality of life for

patients and their caregivers," said Michael N. Rosenblut, Parker's President and CEO.

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

The Parker Jewish Institute for Health Care and Rehabilitation is headquartered in New Hyde Park, New York. The facility is a leading

provider of Short Term Rehabilitation and Long Term Care. At the forefront of innovation in patient-centered health care and technology, the Institute is a leader in teaching and geriatric research. Parker Jewish Institute features its own medical team, and is nationally renowned as a skilled nursing facility, as well as a provider of community-based health care, encompassing Home Health Care, Medical House Calls, Palliative Care and Hospice. Parker Jewish Institute is also home to Queens-Long Island Renal Institute (QLIRI), led by an interdisciplinary team of experienced Nephrologists and Dialysis Registered Nurses, a Renal Social Worker, and a Registered Renal Dietitian.

For more information visit [parkerinstitute.org](http://parkerinstitute.org) or call (877) 727-5373.



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## Queens-Long Island Renal Institute offers Home Hemodialysis and Certified Home Health Care available through Parker Jewish Institute

Queens-Long Island Renal Institute (QLIRI), located at The Parker Jewish Institute, now offers a state-of-the-art Home Hemodialysis Program. Those patients who also require Certified Home Health Care can access it conveniently through QLIRI's affiliate, Parker Jewish Institute.

QLIRI's Home Hemodialysis Program allows patients to transition from an in-center setting to receiving hemodialysis from the comfort of their home, using the Tablo Hemodialysis System. Enrolled patients are first trained by a registered nurse. The nurse provides step-by-step guidance four days a week over the course of four weeks, or longer if necessary. Through training, patients learn to use the system before transitioning to home hemodialysis.

If needed, patients of Parker's Certified Home Health Care Agency receive individualized nursing, medical, and

rehabilitation services, so they can maintain maximum independence in the comfort of their homes. Home-care services can include skilled-nursing care; physical, occupational and speech therapy; home-health aides; medical social services; medical supplies; and 24-hour telephone availability.

Call with questions: (718) 289-2600. To learn more about QLIRI's Home Hemodialysis Program, visit [qliri.org](http://qliri.org). For more on Parker's Certified Home Health Care, visit [parkerinstitute.org](http://parkerinstitute.org).



**Queens-Long Island**  
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Queens-Long Island Renal Institute is located at the Parker Jewish Institute.

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**LEGAL NOTICE**  
**AVISO LEGAL**  
**AVISO DE UNA REUNION ESPECIAL DE LA BIBLIOTECA DEL DISTRITO EL 26 DE MARZO 2024, DE LA BIBLIOTECA PUBLICA DE GLEN COVE PARA VOTAR EN EL PRESUPUESTO DE LA BIBLIOTECA PUBLICA Y PARA ELEGIR A UN JUNTA DE FIDEICOMISARIO DE LA BIBLIOTECA POR MEDIO DEL PRESENTE SE NOTIFICA** que se llevara a cabo una reunion especial de los votantes calificados de la Biblioteca Publica de Glen Cove en conformidad con lo dispuesto en la Seccion 260 y 270 de la Ley de Educacion de Estado de Nueva York, en dicho Distrito el 26 de Marzo 2024 entra las 9am y las 9pm Dicha reunion sera de ayunda para los siguientes fines:  
 Para votar sobre las siguientes prosiciones:  
**SE HA RESUELTO** que el presupuesto propuesto de la Bilioteca Publica de Glen Cove, Deistro Escolar de la Ciudad de Glen Cove segun lo preparado por los Fideicomisarios de dicha Biblioteca publica para el ano 2024/2025, y segun se haya modificado, se apruebe por la presente; y que la cantidad de los mismos, menos los recibos, se aumenta mediante la recaudacion de un impuesto sobre bienes inmuebles gravables en dicho Distrito Escolar.  
 Con el fin de elegir; un (1) Fideicomisario de la Biblioteca Publica de Glen Cove por un (5) mandato de cinco anos.  
 La votation sobre los asuntos mencionados se emitira mediante urnas.  
**POR FAVOR, TOME NOTA** que la junta de la Biblioteca, en conformidad con lo dispuesto en la Seccion 260 y 270 de la Ley de Educacion, convoca dicha reunion Especial de Distrito.  
**SE DA AVISO ADICIONAL**, que las peticiones que nominan al candidato para el cargo de administrador de la Biblioteca Publica de Glen Cove deben presentarse al secretario entre las horas de 9am y las 9pm., a mas tardar el 23 de febrero de 2024, el trigesimo dia anterior a la eleccion, momento en el cual sera elegido el candidato asi nominado. Cada peticion de nominacion debe dirigirse al Secretario del Distrito, debe estar firmada por al menos veinticinco (25) votantes calificados del Distrito, debe ondicar la residencia de cada firmante y debe indicar el nombre y la residencia del candidato.  
 Los formularios de muestra las peticiones se pueden obtener del Secretario de Distrito en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva

York  
**SE DA AVISO ADICIONAL**, que una copia de los gastos estimados propuestos para ser votados estara disponible en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York, entra las 9am y 5pm todos los dias, except los sabados, domingos o festivos durante los catorce dias anteriores a dicha reunion.  
**SE DA AVISO ADICIONAL**, que la Junta de la Biblioteca Publica de Glen Cove realizara una audiencia especial sobre el presupuesto el 26 de Marzo 2024 en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York. a las 7pm  
**SE DA AVISO ADICIONAL**, que los votantes calificados del Distrito pueden inscribirse entre las 9am y 4 pm. La fecha final para inscribirse en la reunion que se celebrara el 19 de marzo es el 5 de marzo. Si un votante ha votado en alguna eleccion en los ultimos 4 anos (2019) o si es elegible para votar conforme al Articulo 5 de la Ley Electoral, el o ella es elegible para votar en este eleccion. Todos las demas personas que deseen votar registrarse. La lista de registro preparado por la Junta de Elecciones de Condado de Nassau se Archivarán en la oficina del secretario de Distrito de la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave, Glen Cove, Nueva York, y estara abierta a inpeccion por cualquier votante calificado Del Distrito entre las horas de 9am y 4pm hora vigente cualquier dia despues del martes 19 de Marzo de 2024 y cada uno de los dias anteriores a la fecha establecidos para la Eleccion de la Biblioteca y la Votacion de Presupuesto, except los sabados, domingos o dias festivos, incluida la fecha establecida para la reunion.  
**BOLETAS AUSENTES**  
**POR FAVOR, TOME NOTA**, que las solicitudes de boletas de votacion en ausencia. Para la Eleccion de la Bibliotecas y la Votacion de Presupuesto se puede solicitar en las oficinas del Secretario del Distrito, de la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave, Glen Cove, Nueva York. Tales solicitudes deben recibirse al menos (7) siete dias antes de las elecciones si se va a enviar la boleta al votante. Ninguna boleta de votante ausente sera votada a menos que haya sido recibida en la oficina de Secretario de Distrito, en la Biblioteca Publica de Glen Cove, 4 Glen Cove Ave., Glen Cove, Nueva York a mas tardar a las 5:00 pm hora del dia, en el Fecha de la eleccion.  
 Gina Rant

Oficinista  
 144804

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**LEGAL NOTICE**  
**NOTICE OF SPECIAL LIBRARY DISTRICT MEETING ON MARCH 26, 2024 OF GLEN COVE PUBLIC LIBRARY TO VOTE ON THE PUBLIC LIBRARY BUDGET AND ELECT ONE TRUSTEE OF THE GLEN COVE PUBLIC LIBRARY**  
**NOTICE IS HEREBY GIVEN** that a Special meeting of the qualified voters of the Glen Cove Public Library will be held pursuant to the provisions of Section 260 and 2007 of the Education Law of the State of New York at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York, in said District on March 26, 2024 between the hours of 9 a.m. and 9 p.m. Said meeting will be held for the following purposes:  
 To vote on the following proposition:  
**RESOLVED** that the proposed budget of the Glen Cove Public Library, Glen Cove City School District, as prepared by the Trustees of the said Public Library, for the year 2024/2025, and as the same may have been amended, be and hereby is approved; and that the amount thereof, less receipts, be raised by the levy of a tax upon the taxable real property in the said School District.  
 For the purpose of electing; one (1) Trustee for the Glen Cove Public Library. For a (5) five-year term  
 The vote on the aforesaid matters will be cast by ballot in a ballot box.  
**PLEASE TAKE FURTHER NOTICE** that the Library Board pursuant to the provisions of Section 260 and 2007 of the Education Law hereby calls said Special District Meeting.  
**FURTHER NOTICE IS HEREBY GIVEN** that petitions nominating the candidate for the office of Trustee of the Glen Cove Public Library must be filed with the Clerk of the District between hours of 9 a.m. and 5 p.m., no later than February 23, 2024 the thirtieth day preceding the election, at which time the candidate so nominated is to be elected. Each nominating petition shall be directed to the Clerk of the District, must be signed by at least twenty-five (25) qualified voters of the District, shall state the residence of each signer, and must state the name and residence of the candidate.  
 Sample forms of the petitions may be obtained from the Clerk of the District at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York.

**FURTHER NOTICE IS HEREBY GIVEN** that a copy of the proposed estimated expenditures to be voted upon shall be made available at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York, between the hours of 9 a.m. and 5 p.m. each day other than Saturday, Sunday or holiday, during the fourteen days preceding such meeting.  
**FURTHER NOTICE IS HEREBY GIVEN** that the Board of Trustees of the Glen Cove Public Library will hold a special budget hearing on Tuesday March 19, 2024 at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York at 7:00 p.m.  
**FURTHER NOTICE IS HEREBY GIVEN** that the qualified voters of the District may register between the hours of 9 a.m. and 4 p.m. at the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York. The final date to register for the meeting to be held on March 19, 2024 is March 5, 2024. If a voter has voted in any election within the last 4 years (2019) or if he or she is eligible to vote under Article 5 of Election Law, he or she is eligible to vote at this election. All other persons who wish to vote must register. The registration list prepared by the Board of Elections of Nassau County will be filed in the Office of the District Clerk of the Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York and will be open for inspection by any qualified voter of the district between the hours of 9 a.m. and 4 p.m. prevailing time, on any day after Tuesday, March 19, 2024, and each of the days prior to the date set for the Library Election and Budget Vote, except Saturday, Sunday or holiday, including the date set for the meeting.  
**ABSENTEE BALLOTS**  
**PLEASE TAKE FURTHER NOTICE** that an application for an absentee ballot for the Library election and budget vote may be applied for at the office of the District Clerk, of Glen Cove Public Library, 4 Glen Cove Ave., Glen Cove, New York. Such application must be received at least (7) seven days before the election if the ballot is to be mailed to the voter, or the day before the election if the ballot is to be delivered personally to the voter. No absentee voter ballot shall be canvassed unless it shall have been received at the office of the District Clerk, Glen Cove Public Library, 4 Glen Cove Ave., New York, not later than 5:00 p.m., prevailing time, on the date of the election.  
 Gina Rant  
 Clerk  
 144802

## ON THE ROAD WITH A TAKEOUT QUEEN

# Mini picnics to go

In early spring, it's nice to grab a sandwich from a café, sit on a park bench, and welcome the birds as they return from Boca Raton. Since March can be windy, it's best to bring along a sandwich that's neatly packed. That way, your lettuce and sliced tomatoes won't blow in your face while you try to balance your lunch on your lap. This month, I found three compact sandwiches on menus in new and popular cafes, plus a new dessert treat. All the ingredients will hold together well on a mini picnic.

**Ichiddo Ramen (1018 Willis Ave., Albertson)** This light, bright, authentic Japanese restaurant just opened its doors. Though there are 14 creative ramen soups to choose from, five ramen stir fries, and a host of colorful appetizers, I went straight for the tofu bun sandwich. Very lightly fried tofu sits atop crisp lettuce, a bit of house made sauce and Japanese mayo. A soft, steamed bun holds them together with elegance and style. It's a mini-picnic dream come true.

The ramen soups deserve a shoutout as well. They're vibrant and filled with the freshest ingredients. For example, my vegetable ramen soup included thinly shredded cabbage that resembled pasta. The next time I stop by, I'm thinking of asking if I can replace the ramen noodles with cabbage for a "light" version. Go me.

**La Bottega (190 Glen St., Glen Cove)** Yay! A new La Bottega has just joined the other locations on Long Island. In this casual, Italian café, the menu features fun varieties of pizza, paninis, entrees, salads, vegetarian dishes, soups, and more. For my mini-picnic, I ordered the LB eggplant sandwich: grilled eggplant, sauteed onions, and Gaeta olives on focaccia bread. It was compact and a lovely combination of flavors. The ingredients held together

perfectly as I munched in the park. I also brought along the fagioli avocado salad filled with romaine hearts, sauteed black beans, roasted corn, quinoa, avocado, cilantro, hot peppers, onions, and sundried tomatoes. It was a wonderful mixture, and the ingredients sat together tightly and politely in their container.

**Panera Bread (1 Village Square, Glen Cove)** There are two new spring sour-dough sandwiches on the menu: the bacon avocado melt and the southwest chicken melt. I chose the former, made with melted gouda, chopped bacon, avocado, chipotle aioli, and everything bagel seasoning. The ingredients sit between slices of country rustic sourdough bread. I give full credit to the melted gouda and aioli for doing an outstanding job of holding the other ingredients in place. It was compact, the flavors blended beautifully, and the sandwich tasted like "the day your mom packed you a great school lunch."

**Sea Cliff Gelateria (198 Sea Cliff Ave., Glen Cove)** This family-friendly gelateria opened just in time for spring. Welcome gelato, cakes, cookies, and chocolates! Check out these unique gelato flavors: peanut butter Oreo, wild cherry vanilla, espresso almond, strawberry cheesecake, and more. There are 20 homemade flavors in all, and additional flavors will rotate. My creamy wild cherry vanilla was filled with mouthfuls of juicy cherries. If you pick up a cup of gelato to go, it will come in a neat container with a lid. There's no way this dessert will drip on your jacket during your mini picnic.

Happy eating! See you next month!

Cathi Turow can be reached at:  
[cturoutakeout@gmail.com](mailto:cturoutakeout@gmail.com)



CATHI TUROW

# HERALD PUBLIC NOTICES

**LEGAL NOTICE**  
**NOTICE OF SALE**  
**SUPREME COURT.**  
**NASSAU COUNTY. ELM LIMITED, LLC., Pltf. vs. JOHN KEMPSKI, NASSAU COUNTY TREASURER, Defts. Index #606054/2022. Pursuant to judgment of**

foreclosure and sale entered August 18, 2023, I will sell at public auction on the North Side Steps of the Nassau Supreme Court, 100 Supreme Court Drive, Mineola, NY on April 25, 2024 at 2:00 p.m. prem. k/a Section 22, Block F01, Lot 298.

Sold subject to terms and conditions of filed judgment and terms of sale. **RON FERRARO, Referee. LEVY & LEVY, Attys. for Pltf., 12 Tulip Drive, Great Neck, NY. #101110 145608 To Place A Notice Call 516-569-4000 x232**

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## OPINIONS

# Where do our young leaders fit in the age debate?

It's a common refrain your well-meaning, often younger friend or coworker might tell you to dampen your fears of getting older: "Age is just a number."

Of course, to our inner cynics, these are just pretty words. But it's true, isn't it? Judging oneself based purely on one's time spent on earth can lead to false conclusions. And if we struggle to extend



**JUAN  
LASSO**

this generous thinking to ourselves, imagine how hard it's been for voters to extend it to this year's presidential candidates.

Fate is pointing toward a rematch between President Biden and former president Donald Trump, the two oldest nominees in

history — as they were when they faced off four years ago. Their age has given voters plenty to talk about.

In fact, age — and its toll on the physical and mental fitness of the candidates — has become a leading issue in the campaign.

Trump would be 82 at the end of a second term. Biden, who is already the oldest president in history, would be 86. If

current polls are correct, most Americans are less than thrilled about another four years of a geriatric presidency.

The endless media clips of incoherent garble, memory slips and puzzling public performances by both candidates have done little to quell fears.

Instead, they've served as endless fodder for speculation and rumor, with words like "dementia," "senile" and "incompetent" dripping from commentators' lips.

Much of the panic is over-hyped, medical experts say. Forgetting things and stumbling over words are not, by themselves, telltale symptoms of cognitive decline, they explain — rather, symptoms of just being human.

They remind us that no president under 24-hour media scrutiny has been spared cringe-worthy moments. Who can forget the gaffes of President George W. Bush, a spring chicken compared with Biden and Trump?

Nonetheless, I think Americans do have a right to be worried.

The fact that we must consider the possibility that either man could die in office of natural causes should give us pause. Doctors tell us that both are exceptionally healthy for their age, but they're

in a cohort all their own. They are "super seniors," pushing the limits of an average lifespan while competing for the hardest job in the world.

It's one thing not to judge people by their age, but quite another to ask the

American public to ignore the effects of aging on these two people.

Age is a factor for the average senior managing the strains and pressures of a normal life, to say nothing of one who's dealing with the unthinkable pressures of leading the free world. Can either Trump or Biden do it? Sure they can. But if the past few months are any indication of the next four years, it won't be pretty.

The problem is bigger than just Trump and Biden — it's a sign of deeper trouble with our politics. We complain about our leaders being too old, but we've paid too little attention to the other side of that coin: Where are our young leaders?

Socially and technologically, America today is not the America in which Biden and Trump came of age. Yet those in their 40s and younger are still passed up and overlooked for positions of power. The median age of a member of the U.S. House of Representatives is 58, according

to Pew Research. For a senator, it's 65.

Is it any wonder that young people feel they have been shut out of a place at the decision-making table, and that their concerns don't rank high among their representatives' priorities?

Young people's alienation from and skepticism about politics have created a vacuum of engagement that older politicians have exploited in their own interests, as evidenced by the culture war focusing on gender in universities and school board meetings — and by extension against young people, who are by and large more open than past generations to redefining such concepts.

Those generational differences are also evident in the sluggish pace with which the government has mobilized technology and legislation to combat climate change, despite the urgent cries of young people demanding change now.

And those differences are brutally obvious in the lack of progress toward rethinking the cost of education and housing, for which young people stand most to lose.

Our present discontent toward our aging leaders is neither inevitable nor forever. It's something we've chosen by refusing to let our young people take the lead and have a say in their future.

*Juan Lasso is editor of the Valley Stream Herald. Comments? jlasso@liherald.com.*

## It's me, not ChatGPT . . . at least I think so

Why should I work this week? No one works anymore, or if they show up, they bring attitude or the three stages of incompetence: Don't care, don't want to be here, don't notice you standing there at my counter. (I don't mean *you*, of course. Herald readers are all diligent, responsible people.)

Anyway, as an experiment with AI, and a way not to work, I thought I'd ask ChatGPT to write my column. What I specifically asked for in the query was: Write a 750-word column in the style of Randi Kreiss.

It took about two seconds, and I got a piece about the idea of detoxing ourselves from our exposure to screens and devices. Not an original idea, not a bad idea, but between you and me, I hope it wasn't an example of how I usually write, because it was sooooo booooring.

This was the last paragraph of the pseudo-Randi column, written by ChatGPT:

*"So let us embrace the digital detox not as a fleeting trend, but as a timeless*

*reminder of our innate capacity for connection, creativity, and contemplation. Let us reclaim our time, our attention, and our humanity from the clutches of the digital realm and rediscover the beauty of life beyond the screen."*

I mean, there's nothing *wrong* with the writing; it's just so blah-blah-blah. All of which leaves me with no other choice than to abandon AI and deploy my own skills, which are both modest and flawed.

If I were going to write about the toxicity of screens and devices — and I am, now that ChatGPT gave me the idea — I would connect it specifically to our current political madness. We are bombarded 24/7 by repetitious news about the threat to our democracy by former President Donald Trump and his acolytes. Is there really anything else to talk about that carries the gravitas of a looming democracy-destroying, unhinged presidency? The Orange Man lurks behind us just as he stalked Hillary in the 2016 debates.

He is meaner than the last time around. His alleged crimes have earned him dozens of felony indictments. We can't stand watching the coverage, and we can't stop.

Other news outlets beat the drum about President Biden's age and oratorical misadventures.

For a long time, I tried to see the issues from all sides. I figured that I have more in common with Trump supporters

than the issues that divide us. I figured that when he fully revealed himself as an authoritarian wannabe, folks would recoil, seeing the threat to our freedoms. I wanted to stand in their shoes and see what they saw, but Trump's singular determination to take down our democracy blots out the sun. Legitimate disagreements over immigration, the economy and taxes pale compared to his promise to

dismantle the pillars of government and build camps for people he determines are unwelcome or undesirable.

There isn't a legitimate other side when the other side is a dictatorship.

Trump must be removed from political life, and we must find ourselves again. That means removing ourselves from obsessional newscasts. Watch the candidates' speeches for yourself, without the filters, and believe what you see. Look and listen to who Trump is. Listen to Biden.

We must retire the would-be dictator;

and that means re-electing Biden. Both men are too old for the job, but Biden and his team will keep faith with the American public. The country is sound and well-connected to our friends around the world. Biden's experience has brought us through these difficult years. The alternative is more than a flirtation with authoritarianism and institutionalized racism. Young people do not realize how quickly bellicose talk can turn into tanks rumbling down our streets.

In many homes, the TV is on. It's always there, in the background, too loud, too repetitive, too insignificant. We all know that news shows ran out of news long ago. Most of the time they reprocess the meat of a story until it comes out like sausage, link after link, hour after hour. Is it news when a know-nothing anchor interviews a reporter who once interviewed a spokesperson who represents an insignificant staff member of a mid-level politician?

We can improve our lives by disconnecting from our devices. Voting is easy and analog. The conflation of politics and screens is wearing us down. Let the candidates speak for themselves.

Thanks, ChatGPT, for priming the pump. I just needed to say it in my own words.

*Copyright 2024 Randi Kreiss. Randi can be reached at randik3@aol.com.*

**W**hen I asked it to write a column like I might write, it let me down.



**RANDI  
KREISS**

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# HERALD EDITORIAL

## Celebrating L.I.'s rich Irish-American heritage

St. Patrick's Day has come and gone, but there is much more to this annual holiday than just the vibrant green decorations, festive parades, pints of beer and corned beef. It is an opportunity to celebrate the rich tapestry of Irish-American heritage, deeply woven into the fabric of Long Island and its communities.

The journey of Irish immigrants and their descendants is a narrative of resilience, contribution and cultural vibrancy. The Long Island portion of that history stretches back centuries, marked by waves of newcomers who left their homes in search of the American dream.

The potato famine in the 19th century led nearly 800,000 Irish immigrants to travel across the Atlantic in search of new opportunities in the United States. Many entered through Ellis Island before finding their way to Long Island, drawn by construction and agricultural work.

Many of those new pioneers faced adversity and discrimination because of their heritage, their religion, and their immigrant status. Still, they persevered, carving out a place for themselves in their adopted homeland.

Their legacy and contributions to Long Island's growth and development span many generations, shaping the landscape and leaving an indelible mark on the region's cultural identity. From building the infrastructure that connects communities, to establishing businesses and institutions, Irish-Americans played a pivotal role in shaping the destiny of Long Island.

St. Patrick's Day serves as a poignant reminder of this heritage. It is a day when people come together to honor their Irish roots and celebrate the legacy of those who came before them. The festivities are a testament to the enduring spirit, camaraderie and pride that characterizes the community. Parades wind through the streets. Music fills the air. And traditional Irish fare delights the senses, adding to an atmosphere of joy and unity.

Beyond the revelry of the holiday, Long Island is home to a vibrant tapestry of Irish-American cultural organizations, events and businesses that enrich the community year-round.

The Ancient Order of Hibernians — the oldest Irish-Catholic fraternal organization in the country — boasts numerous divisions across Nassau and Suffolk

counties. Long Island is also home to several Irish dance troupes and Gaelic sports clubs. They preserve tradition, and foster a sense of belonging among generations of Irish-Americans, providing avenues for cultural expression, education and camaraderie, and ensuring that the legacy of Irish heritage continues to thrive.

Local businesses also play a crucial role in promoting Irish-American culture, offering cuisine, crafts and products that pay homage to the traditions of the Emerald Isle.

Whether it's a cozy pub serving up a hearty Irish stew or a shop brimming with Celtic jewelry and knick-knacks, these establishments serve as ambassadors of Irish culture, inviting many to experience all that Ireland has to offer without ever leaving home.

Although this year's St. Patrick's Day is now behind us, let us not forget all of the contributions and traditions of Irish-Americans that resonate throughout our communities every day.

So, a toast to all of the pioneers who paved the way. The traditions that bind us together. And the legacy of Irish-American heritage on Long Island.

*Sláinte!*

## LETTERS

### Legal immigrants make our economy stronger

To the Editor:

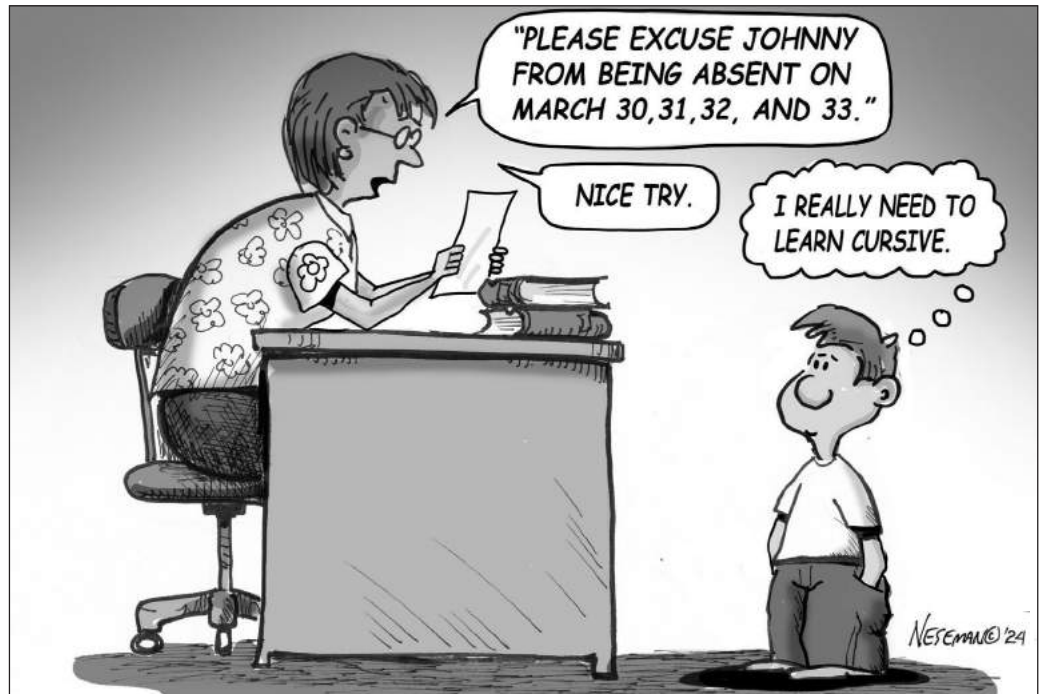
The letter from Joseph Varon, "Immigrants make our economy stronger," in the March 7-13 issue, asks us to "stop the anti-immigrant rhetoric." What anti-immigrant rhetoric?

Americans, personally, and the United States, officially, are very immigrant-friendly. For many years, the U.S. has admitted hundreds of thousands of immigrants each year, issuing them green cards, which grant permanent residency, and if you want, you can become a citizen in five years, as long as you don't commit a felony — sooner if you marry an American citizen or serve in the military. That's an admission policy unmatched by any other country.

Members of my family and my wife's family have married immigrants. A legitimate case can be made for raising the limit on immigrants due to America's decreasing birth rate.

I hear no complaints about legal immigrants — only about the illegals and the unvetted, let in, regardless of the costs of housing them and the brutality of the crimes committed, by an administration bent on countering the population loss of blue states caused by their irresponsible fiscal policies. It's an exodus that would otherwise cause these states a loss of congressional seats and Electoral College votes.

The "billions" in taxes quoted, unfortunately, are buying more people in to failing systems



that will pay out even more billions than are paid in. I fail to see a hero in one who puts in a dollar and takes out two.

DENNIS J. DUFFY  
Lynbrook

### And the illegal ones are costing us dearly

To the Editor:

Joseph Varon's letter sang the praises of

immigration and why we shouldn't look down on it. Yes, the greatest country in the world, the USA, became that because so many of its citizens are immigrants, or children of immigrants. They came mostly from civilized countries, and came legally.

With the Industrial Revolution booming, America needed skilled and unskilled workers, and they came in droves. Most were checked over at Ellis Island, and all were required to become citizens. Yes, we quarantined the sick for a couple of weeks, in not the most luxurious accommodations, but it

## OPINIONS

# Wake up, Congress!

**O**n the night of my victory in last month's 3rd Congressional District special election, I promised my constituents that when I was sworn back into Congress, I would personally deliver their simple yet powerful message to my fellow members.

Late last month, I kept that promise.



**THOMAS R. SUOZZI**

I told Congress in no uncertain terms: "Wake up! The people are sick and tired of the finger-pointing and petty partisan politics. They want us to work together to solve the problems our country and our world face."

Americans are worried about the cost of living, the border crisis, Israel, Gaza and Ukraine. They look to Congress, and what do they see? Extremists getting all the attention. Pandering to the left and the right has grown increasingly harsh.

We are letting ourselves be bullied by our base, on both sides.

I also challenged Speaker Mike Johnson and my colleagues to do their job — and pass a bipartisan immigration bill that will finally secure our borders and provide funding to our allies Israel and Ukraine. To not do so would keep the border open, endanger peace in Israel, and empower Russian President Vladimir Putin.

And while that bill doesn't include everything I want — a legal pathway to citizenship for the "Dreamers," Temporary Protected Status recipients and those many immigrants who have lived here for decades — I would still compromise and vote to pass it.

For some in Congress, compromise is not an option. They equate compromise with weakness, and claim it smacks of backroom deals and sellouts. They fail to understand that compromise is the lifeblood of democracy. It may be the single reason that our republic has survived for so many years.

I know compromise is hard in this town, but if the speaker will bring a bipartisan bill to the floor, I guarantee

it will pass.

Congress just isn't getting anything done. We need less chaos and more common sense. Americans have had enough of political theater, hyperbole and histrionics, enough of shutdowns and put-

downs. The people aren't paying us to make things worse. The people are paying us to be in the solutions business.

All of the issues we face in this country are complicated. We can't solve any of them in an environment of fear and anger. And we can't fix them with a tweet, a partisan press conference or a single speech. We always need to search for common ground

and look to unify our government.

Many people believe that Democrats and Republicans can't work together. They have said to me, "Tom, wake up. You must face the real world." But I reject that notion. The real world isn't something we must simply face. It's something that we as a free people can actively create. We make the real world.

In two years, Americans will celebrate the 250th anniversary of the signing of the Declaration of Independence.

But in this year, Congress has literally become a house divided against itself. While I was the only member sworn in last month, I'm hoping our House can see that as a fresh start, a chance at a new beginning.

Let's take this opportunity to break bad habits. Let's remember why we ran for office in the first place. Let's get back into the business of finding solutions.

We all know what politics has become. Here's what it could be. Instead of continuing to fight with one another, we can begin to work with one another. Instead of spouting attacks, we can come up with answers.

No foreign adversary can hope to defeat America. None ever has. The greatest threat to our republic comes not from external forces but from within — internal divisions that could one day topple our government.

Let my election carry the day in Congress, and let's take back the House and the country from those who would divide them. Let's make our problematic Congress a problem-solving Congress instead, and let's get something done for the American people.

*Tom Suozzi represents the 3rd Congressional District.*

## LETTERS

worked.

We do not need the number and the caliber of those coming across our borders in illegal fashion. We don't need the crime, and we don't need what they turn our cities into. We can't afford to clean up the world, and we aren't all in desperate need of gardeners, but rather skilled welders, carpenters, etc.

Having these illegal immigrants among us costs us money, and destroys our school systems. They don't even try to blend in — they dress, act and expect us to learn their culture. Sometimes the raw truth hurts, but they are the only ones benefiting from their crime of crossing our borders illegally. Politicians? Guilty.

ROBERT CASALE  
*Glen Head*

## We thought Randi was gone

To the Editor:

My wife and I, loyal readers of the Merrick Herald, are among Randi Kreiss's biggest fans, and we were thoroughly dismayed when we thought she disappeared last year. But a letter to the editor in the Feb. 29-March 6 issue, "At your library, borrow a book — or a telescope," which mentioned her column on libraries, made us realize that Randi is still here!

We have now read all her monthlies since she started them in September. What an

ordeal she and her husband have been through. We wish both of them all the best, and are beyond delighted that Randi's observations on our society, her humor, her book recommendations, and her overall words of wisdom can continue to be part of our lives.

KARIN SPENCER & MARISA HOHEB  
*Merrick*

## Guess who opposes even-year elections?

To the Editor:

Yet another example of Nassau County Republicans' blatant misuse of taxpayers' money for partisan purposes is the legislative majority spending \$500,000 for a politically connected law firm to prevent holding all elections in even years, even though even-year elections increase voter turnout and save taxpayers millions.

Nassau GOP machine officials justify this waste by claiming that even-year elections "will lead voters to ignore local issues when federal and state issues dominate." Yet Republicans' local campaigns are dominated by state and federal issues. Indeed, County Executive Bruce Blakeman just sent a glossy mailer smearing Democrats in Albany and Washington, misusing county taxpayers' dollars on issues that have nothing to do with county government.

Last year, Blakeman took county govern-

## FRAMEWORK by Tim Baker



An artisan's work at Matinecock Lodge — Oyster Bay

ment employees to New York City, and used a county podium to grandstand on an issue over which he had no jurisdiction. The GOP continuously misuses taxpayer dollars for political purposes. Neither county nor town GOP officials sent a single mailer on the plan for the casino at the Coliseum or the Nassau University Medical Center debacle — critical county issues. Instead, every mailer attacks federal

and state Democrats.

The Republicans win elections by gerrymandering, voter suppression, taxpayer-funded mailers and scare tactics. GOP officials use our tax money to fight voter participation. Clearly, they know that higher voter turnout will turn them out of office.

DAVE DENENBERG  
*Merrick*

## CORRECTION

Highland Road Extension has not reopened for vehicles. A news brief in our March 3 issue stated otherwise.

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