

HERALD



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VOL. 33 NO. 26

JUNE 20 - 26, 2024

\$1.00



Courtesy Becky Matsubara

While coyotes have been returning to Long Island over the past eight years, their numbers have remained stable, at between 10 and 20.

Who's afraid of big, bad coyote?

Examining population of wild canines in Nassau

By **WILL SHEELINE**

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Coyotes, once absent from Long Island, have been gradually making a return. These elusive predators sparked both curiosity and concern among residents when they first began arriving, but in the near decade since the coyotes began migrating back to Long Island, the wild canines have kept a low profile.

Current estimates suggest that there are fewer than 20 coyotes on the Island, with populations primarily concentrated in western Nassau County.

Frank Vincenti, director of the Wild Dog Foundation, has been tracking these coyotes closely since they first arrived and noted there have been fluctuations in their numbers due to factors such as breeding success and accidents. Despite occasional setbacks, including the loss of breeding animals to vehicle collisions, the population has remained stable.

"We think there are about maybe a little less than 20," Vincenti said. "We haven't had consistent breeding over the last five years, but every other year there's been a litter."

Vincenti explains that while there have

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Innovations in special education

School district highlights initiatives to support student well-being, success

By **ROKSANA AMID**

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The Glen Cove City School District is making strides to benefit its special-education students. At the June 5 Board of Education meeting, Jamie Alonso, the district's assistant director of special Education, and Courtney Farrell, the assistant director of secondary education, detailed new initiatives and future plans that showcase the district's progress in special education.

One of the highlights was the introduction of a mindfulness room at Finley Middle School. The innovative space is equipped with calming cards, beanbag chairs, a noise machine, adjustable lights, and coloring materials. The room provides students with a serene environment where they can manage stress, practice mindfulness, and just take a break.

"Students are free to enter

and engage in a mindful moment to reduce anxiety and seek support," Alonso said. "Students are using this time during their lunch periods for counseling sessions or even as needed before an exam or after having a rough start to their day."

Our primary objective is to continue fostering the integration of our special-education students.

COURTNEY FARRELL

assistant director of secondary education, Glen Cove City School District

Similarly, Gribbin School established a quiet and calm space called the Calm Cove, designed to offer students a place to relax, practice coping strategies they've learned, and have a quiet moment. Alonso noted that there are plans to enhance the Calm Cove with a sensory wall, adding another dimension to this supportive environment.

Connolly School has introduced the Inclusive Eats program, which offers special-education students life skills-based education by getting them involved in running a snack cart. Students taking part in the program learn interpersonal skills, problem-

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Spider invasion is more like a web of hype

By WILL SHEELINE

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The arrival of joro spiders, which are native to East Asia, in the United States has sparked concern and some sensational headlines. According to experts, however, the potential impact on Long Island's North Shore is likely to be far less dramatic than feared.

The joro spider, *Trichonephila clavata*, was first documented in North America in Georgia in 2014, and has since spread to several southeastern states. The spider takes its name from a creature of Japanese folklore called a jorogumo, a legendary spider and seductress that can shape-shift into a woman, breathe fire and control other spiders.

There have been reports suggesting the spider's imminent invasion of northern states, including New York. But John Di Leonardo, an anthrozoologist and the president of Humane Long Island, urges caution and perspective.

"They're native to Asia, but they were introduced to Georgia and somewhat made their way to neighboring states," Di Leonardo noted. "There is no evidence that they've made their way to New York."

Despite the dramatic headlines about giant flying spiders, Di Leonardo emphasizes that these descriptions are greatly exaggerated. He explained that the female spiders' bodies are only up to an inch long, and the males are smaller.



Courtesy Christina Butler

Despite recent headlines claiming there would be a joro spider invasion in the Northeast, local experts are skeptical about the range of the arachnid's spread.

The joro spider, which has a distinctive yellow and blue-black pattern with red markings, has often been described as a venomous and invasive species, but Di Leonardo clarified that while they are venomous, their venom poses no significant threat to humans.

"They're no more venomous than your average house spider," he said. "We're not talking about a brown recluse or black widow."

Moreover, the term "invasive," Di

Leonardo said, might not even apply to joro spiders. He pointed out that despite the fact that they have been in the U.S. for around a decade, there has been no evidence of negative impacts on local ecosystems.

"They're exotic and non-native, but there's no science to show that they're actually invasive," he said. "If they were going to have a negative impact, we probably would have seen it by now."

While fears of the spiders "ballooning" their way north are prevalent, Di Leonardo explained this phenomenon. Ballooning is a dispersal method known among tiny juvenile spiders, not adults. While it certainly helps young spiders spread themselves out, it's not a means of long-range movement that will carry them across multiple state lines.

"They can't really fly. I think that's vastly overstated," Di Leonardo said. "They can kind of make little parachutes and balloon themselves when they're only tiny babies."

In terms of ecological impact, there could even be potential benefits. With rising temperatures contributing to an increase in insect populations, joro spiders might help control pests. According to a 2021 news release from the University of Georgia, where entomologists have been studying the spiders since they first appeared in the state, they have been observed eating other invasive species, like the brown marmorated stink bug.

"Spiders are our friends, not our foes," Di Leonardo said. "I think humans have a largely symbiotic relationship with spiders. Of course we do have a natural fear of them, and it's good to have a healthy fear, but let's not be paranoid."

Whether the spiders can survive in colder northern climates remains uncertain. The climate in Georgia is markedly different from New York, and it is still unknown whether the spiders can endure harsher winters. Despite the hyperbolic coverage, Di Leonardo stresses the importance of maintaining a balanced perspective.

"It'll be a long time before we see them in New York, if ever," he predicted. "Headlines and social media can easily turn a harmless thing into a perceived deadly threat."

Di Leonardo also urged focusing on more pressing ecological issues, such as the impacts of animal agriculture on the environment, rather than demonizing these spiders. People have far more reason to be concerned about cross-species diseases and toxic and inhumane husbandry practices, he said, than headlines about giant flying spiders.

Research on Joro spiders is continuing, primarily in Georgia and other states where they have been found. Universities are studying their ecological impacts, though Di Leonardo noted that much of that work is local to areas where joro spiders have established populations.



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Photos courtesy Ampy Peters

Visitors eagerly line up at one of the vendors at Deep Roots Farmers Market, celebrating its 10th anniversary this year.

Deep Roots Farmers Market celebrates 10 years

By **ROKSANA AMID**

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Deep Roots Farmers Market, founded by Glen Cove Resident Amy Peters, is a vibrant community hub, drawing visitors and vendors from across Long Island. The market, founded by Peters in 2014, began in the quaint village of Sea Cliff before moving to Glen Cove in 2020 to accommodate its growing popularity.

This year, the market features around 30 vendors, offering a diverse array of goods. Peters explains that the market has a strong local focus, with many vendors hailing from nearby towns like Glen Head, Sea Cliff, Oyster Bay, and Glen Cove. However, it also attracts vendors from further afield, often those who operate out of shared commercial kitchen spaces in places like Farmingdale and Amityville.

Peters' journey into the farmers market world began long before she founded Deep Roots. With a background in the health food industry, she has always been passionate about local, health-conscious food. Her involvement in Slow Food USA, an organization promoting good, clean, and fair food, spans over two decades. This deep-rooted commitment to sustainable and ethical food production inspired her to create a market that embodies these values.

"I've always tried to be very conscientious about where I get my food from," Peters shares. "Starting the farmers market was a way to bring that to my community and educate others about the benefits of shopping local."

The market's relocation to Glen Cove in 2020 marked a significant expansion. Initially held in the pickle factory parking lot, it soon moved to a more spacious location at Garvies Point Park, offering a picturesque setting next to the beacon. Despite this growth, Peters notes that the market faces challenges in maintaining foot traffic, a problem exacerbated by the proliferation of new farmers markets across Long Island.

Nevertheless, Deep Roots has earned a loyal following and has been recognized for its excellence, winning the Long Island Choice Awards for three consecutive years. "I think that says something," Peters remarks, reflecting on the market's organic success without heavy advertising.

Among the standout vendors are Oregon Road Organic, bringing beautiful produce from Cutchogue, Horman's Pickles, a staple at many Long Island markets and Conscious Kitchen, owned by Sea Cliff resident Michael Schoudel.

Peters is particularly proud of the market's atmo-



John DellAquila of Johnny Breads serves savory sourdough bread for the farmers market every Saturday.

sphere. "What really makes it great are the vendors and the customers," she says. "Our vendors love the market because of the attention to detail and the supportive community."

In addition to the Glen Cove market, Peters manages a smaller Sunday market in Great Neck, further extending her commitment to bringing local, healthy food to Long Island communities.

For more information, visit the Deep Roots Farmers Market at Garvies Point Park every Sunday from 10 a.m. to 2 p.m., now through October.



Fresh fruits and vegetables are always available at the Deep Roots Farmers Market.

Basile is Nassau Columbiette of the Year

By **ROKSANA AMID**

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Angie Basile has been named the Nassau Columbiette Chapter 2024 Columbiette of the Year. A longtime member of the Glen Cove Knights of Columbus, she has spent over 40 years contributing to the organization and the community, chairing numerous events and raising funds for those in need.

Basile's recognition as the 2024 Columbiette of the Year highlights a life dedicated to family, community and charitable service. Her story is one of resilience, compassion, and unwavering commitment to making the world a better place, reflecting the true spirit of the Columbiettes and the values they uphold.

Born and raised in Glenwood Landing, she moved to Locust Valley when she was 15, and then to Glen Cove after her marriage. Her husband, Anthony, a Glen Cove native, served in the Army, and the couple lived for a time in Washington state, where their second son was born.

After returning to Glen Cove, they settled down, and Basile devoted herself to raising their three sons: Michael (known as Butch), Tony, and Jerry. Tragically, Jerry died 22 years ago, but Basile now finds joy in her two surviving sons, three grandchildren, and two great-grandchildren.

Basile's community involvement deepened after her husband's death in 1989. Though she initially focused on her family, her commitment to service grew over the years. She joined the Columbiettes in 1979, and swiftly moved through the organization's ranks. Starting as the inner guard and then outer guard, Angie soon took on the roles of vice president and president, holding the latter position for an impressive 16 years.

Under Basile leadership, the Columbiettes organized



Roksana Amid/Herald

Angie Basile, the Nassau Columbiette Chapter 2024 Columbiette of the Year, frequently volunteers her time to upkeeping democracy as a poll worker.

numerous fundraisers, including 50s dance nights and auctions, with all proceeds supporting charitable causes. One of their significant initiatives involved creating alphabet books for the blind. These tactile books featured cut-out letters paired with corresponding Braille labels and objects, such as an apple for "A" and a bear for "B." This work exemplified the Columbiettes' dedication to making a tangible difference in people's lives.

The group's charitable efforts also extended to supporting the Make-A-Wish Foundation and Toys for Tots, showcasing a broad commitment to aiding diverse causes. Basile's presidency saw the Columbiettes become a cornerstone of the community's philanthropic activi-

ties.

In addition to her volunteer work, Basile had a long career in the food service industry. She worked at CW Post for 17 years, eventually moving into management before an injury in 2001. Not one to remain idle, she transitioned into home caregiving. She started by caring for a family friend and then expanded to help others in need, including her sister-in-law who has dementia. This work, driven by a deep sense of compassion, allowed Basile to continue making a difference in people's lives on a personal level.

Her involvement in community service has extended beyond the Columbiettes. She has been a poll worker for many years, assisting with elections. This role allowed her to engage with the residents of Glen Cove, a community she knows well and cherishes. Her enthusiasm for this work is evident in her interactions with voters, helping them navigate the voting process and answering their questions.

Moreover, she is a member of the Sons of Italy, where she also contributes to fundraising efforts. Her broad spectrum of volunteer activities demonstrates a relentless dedication to service and community.

The announcement of Basile as the Nassau Columbiettes Chapter Columbiette of the Year came as a delightful surprise to her, she said.

"I said you gotta be kidding me," Basile said. "I said there's got to be somebody more deserving than me."

Christine Goggin, chapter president of the organization, said she chose Basile because she was always ready and willing to help with events whenever she was asked to.

"She's a true Catholic woman, and she's a true Columbiette," Goggin said. "Whatever are the ideals of the Columbiette, she instills what they are. She's kind, compassionate, understanding, and friendly."



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Michael Anthony Sebastiano



SEBASTIANO, Michael Anthony of Glen Cove, NY passed away on June 12, 2024 at Age 89. Beloved husband of Barbara. Loving father of Annmarie (Peter Luzynski), Katherine, Barbara Ann (Steve Lynch) and Joanne (Thomas Chiarella). Cherished grandfather of Britney (Mike Stenos), Kristin and Matthew. Great grandfather of Steven. Also survived by many loving brothers, sisters, nieces, and nephews.

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The Glen Cove Herald USPS 008886, is published every Thursday by Richner Communications, Inc., 2 Endo Blvd. Garden City, NY 11530. Periodicals postage paid at Garden City, NY 11530 and additional mailing offices. Postmaster send address changes to Glen Cove Herald, 2 Endo Blvd. Garden City, NY 11530. **Subscriptions:** \$50 one-time payment within Nassau County or \$60 outside of Nassau County or by qualified request in zip codes 11542, 11545, 11547, 11548 or 11579 **Copyright © 2024** Richner Communications, Inc. All rights reserved.

Customers worry about fate of Stop & Shop

By WILL SHEELINE & ROKSANA AMID

of the Glen Cove Herald

Stop & Shop officials announced that they would be evaluating supermarkets across the Northeast, planning on closing underperforming locations. While the supermarket chain has not made any definitive announcements about which stores will close and when, the impact of multiple closures could negatively impact customers across Long Island, particularly on the North Shore.

With roughly 100 locations across New York state, and nearly half of them on Long Island alone, Stop & Shop is nearly ubiquitous with supermarkets in the area. Their North Shore locations in Glen Cove and Oyster Bay serve as the main grocery markets for residents there and in the surrounding communities, with a collected population of over 60,000.

Stop & Shop representatives have not confirmed which stores will close, or when customers will know, but according to the company's initial statement the last underperforming stores will close by 2028.

Jennifer Barr, director of external communications and community relations for the company, wrote in a follow up statement that although Stop & Shop is in a strong position currently, the purpose of this decision is to ensure that the company does not overextend and can



Will Sheeline/Herald

While no Stop & Shop locations were confirmed for closure, residents on the North Shore are already concerned about where they will get their groceries if their local supermarkets close.

continue to provide the highest quality goods and services for its customers.

"We've completed more than 190 remodels to date, which continue to perform well, and we're committed to continuing to invest in our stores — as well as in our prices — to deliver a great in-store experience and great values for our customers," Barr wrote. "Stop & Shop will make some difficult decisions to close select underperforming store locations to help ensure the long-term health and future growth for our business."

Customers from across the North Shore are grappling with the potential loss of their local Stop & Shops, and what it will mean for them. Several Oyster Bay residents said they were unconcerned, pointing out that they would just go to the one in Glen Cove, yet were non-

plussed when asked what they would do if that one closed as well.

Peter Parenti, a Bayville resident, said that while the closure of the Oyster Bay location would certainly give him a longer drive to get groceries, he was not overly concerned. Parenti added that since the Oyster Bay location had been renovated as recently as last year, he was hopeful that it was a sign that the company was interested in maintaining the supermarket there.

Even if it does close, Parenti said that he is confident that a new place would fill in the void.

"If it closes it closes. They closed the drug store, the Rite-Aid right there, and now we just go to the CVS," Parenti said. "We're fortunate in that there's alternatives."

Not all customers on the North Shore are as casual about the potential closures, however. Carol Hornowski, a Glen Cove resident, said that she started to go to Stop & Shop after the local King Kullen closed. If the Glen Cove Stop & Shop closes, she said she does not know what she will do.

"I don't know where I'd go, because this is the only shopping supermarket here in Glen Cove, except for North Shore Farms," Hornowski said. "And up there, forget about the prices, you know."

Tatiana Bianchino, a Sea Cliff resident who goes to the Glen Cove location, said she has been coming to Stop & Shop for years. While she says she also goes to North Shore Farms for some groceries, like meats and vegetables, Stop & Shop closing would be a huge problem for her and others in the community.

"If they ever close this store, it's going to be ridiculous," Bianchino said. "I don't know where I'm going to go, because I'm going to have to drive very far."

While Bianchino said that she does sometimes go to alternative supermarkets like Trader Joe's and North Shore Farms, most places like these are too expensive to shop at regularly, and do not offer as wide a range of products. She said that she would have to go to the Greenvale Stop & Shop, but if that one closes, she will have to travel as far as New Hyde Park to get groceries.

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Having 'mindful moment'

CONTINUED FROM PAGE 1

solving and behavior management, as well as how to handle money. Farrell highlighted the positive impact the program has had, enhancing students' sense of belonging and practical skills.

At Finley Middle School, the Beautiful Me program aims to empower girls in grades six through eight. The initiative, part of the Self-Esteem Rising curriculum, focuses on unifying students, improving their self-esteem, and promoting mental health. It fosters a supportive community for young girls, Farrell said, and helps them develop a positive self-image.

The district also hosted a New Teacher Academy, which stressed planning and preparation as well as developing effective behavioral cues. It offered examples of disruptive behaviors, and responses to them.

"The focus of this New Teacher Academy was classroom management through a special-education lens," Alonso explained. "We really focused on challenging behaviors, and what they may look like in different settings throughout the district. We had wonderful conversations with teachers sharing their strategies, and we all discussed possible responses to a variety of behaviors within the classroom."

The Special Education Parent University has been another successful initiative, offering workshops on a variety of topics. This year's sessions were Special

Education Programs and Services in October, a Parent's Guide to Enhancing Study Skills and Identifying Executive Functioning in November, and Post-Secondary Transition and Support for Students with Disabilities in April. Alonso emphasized the importance of the workshops in educating and supporting parents, and helping them navigate the complexities of special education.

Looking ahead, the district announced the introduction of an extended school year program for eligible special ed students — either a full-day program, for five hours a day, or a half-day program, for two and a half hours a day.

"The focus of the program will be to maintain skills and prevent regression," Alonso said. "Related services such as speech, occupational therapy and physical therapy will also be provided for those that qualify."

Finley Middle School is reintroducing a program that integrates life skills with core content areas such as English, math, social studies, science and reading.

Special-education students at Glen Cove High School have been actively advocating for themselves during their Individualized Education Program meetings.

"Our primary objective is to continue fostering the integration of our special-education students with their general-education peers," Farrell said. "This will foster an inclusive and collaborative environment for all."

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HERALD SPORTS

Cricket tournament a big hit in Nassau

By **TONY BELLISSIMO**

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The International Cricket Council's Men's T20 World Cup 2024 Tournament proved a bit hit in Nassau County, highlighted by the much-anticipated and sold out India-Pakistan match June 9.

Nassau County Executive Bruce Blakeman called the event, which kicked off with a practice match June 1 and concluded 11 days later with the United States taking on India at Eisenhower Park, "the Super Bowl on steroids."

Cricket is the second most-popular sport in the world behind soccer and the world's third most-watched sporting event behind only the FIFA World Cup and Tour de France. It was introduced in the United Kingdom during the 16th century. It has since grown in immense popularity in South Asia, Australia, New Zealand, Southern Africa and the West Indies — many parts of the globe that have been influenced by British imperialism over the centuries.

The T20 tournament, which is both the youngest and shortest version of international cricket, featured matches — usually lasting around three-and-a-half hours — played this month not only in East Meadow, but also in Dallas, southern Florida and the West Indies. All eight matches in East Meadow began at 10:30 a.m., to align with mid-afternoon television audiences in Europe and prime-time slots in South Asia.

The pitch at Eisenhower Park was shipped in from Australia, and kept in Florida during the winter months before being dropped in the temporary, modular stadium, which seated more than 34,000 fans.

Every seat was filled for the India-Pakistan rivalry match with tickets going on the secondary market for a minimum of \$1,000 after fees. Large viewing parties were held in Seaford as well as in Queens at Citi Field, with India fans celebrating a 119-113 victory following several weather delays. Matches between those two nations usually attract massive audiences. More than 400 million people watched the India-Pakistan 2011 World Cup battle. That's more than triple the viewing audience of the most recent Super Bowl.

This year marked the first-ever appearance in the tournament for the United States, which pulled off one of the sport's biggest upsets of all-time June 6 in Dallas with an overtime win against Pakistan. India defeated the U.S. in the East Meadow finale before a crowd of more than 31,000.

The U.S. is led by Aaron Jones, Steven Taylor, Nitish Kumar, Shayan Jahangir, Corey Anderson, Harmeet Singh, Shadley Van Schalkwyk, Andries Gous, Monank Patel and Jessy Singh.



Tony Bellissimo/Herald photos

The United States faced India June 12 in the last of eight ICC T20 World Cup matches held at Eisenhower Park.



Flags of both competing countries were displayed on the pitch and national anthems sung prior to each match.

The tournament brought international attention to Nassau, which hosted a number of international dignitaries from countries like Pakistan, India, Canada and Bangladesh. It also attracted fans from around the globe.

Kalyan Gopaluni attended the U.S. victory over Canada in Dallas, where he resides, and traveled to New York for two matches, India-Pakistan and India-U.S.

"I'm a huge cricket fan and play in a cricket league," Gopaluni said. "I've been looking forward to this tournament for a long time. The atmosphere at India versus Pakistan was electric. The stadium was shaking. I think they did a great job as host."

Virginia Talati, from Georgia, and her soon-to-be 8-year-old son, Hasmukhal, who has been playing cricket for five years already, flew in from Georgia to attend the finale at Eisenhower.

"We flew up last night and going back home tomorrow," she said. "We're really excited. My son asked last week if we can go see a match and we made it his birthday present."

The tournament generated a large amount of revenue for the county, which Blakeman is expected to announce at a later date.

Borrelli's Italian Restaurant saw business boom each day of the event during a normally slow time, 2:30-4:30 p.m., owner Frank Borrelli said. Parking



Virginia Talati and her son, Hasmukhal, flew in from Georgia to check out the cricket action.

allowed for up to 50 cars and "You could see from all the different license plates and from the customers I've spoken to, this attracted people from all over the country and the world," Borrelli said.

The U.S. advanced to the tournament's Super Eight stage after its match against Ireland in Florida was washed out last Friday.

The championship takes place June 29 in Barbados.

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Experts estimate fewer than 20 coyotes on L.I.

CONTINUED FROM PAGE 1

been more sightings on the North Shore, in areas like Oyster Bay, Glen Cove and Sea Cliff, this does not necessarily indicate a significant population increase. These sightings could be due to dispersing young coyotes or resident coyotes expanding their territories. He also mentioned that the town of North Hempstead hosts the largest population of coyotes in Nassau County, with around 10 to 12 animals.

John Di Leonardo, executive director and anthrozoologist at Humane Long Island, said he views the return of coyotes as a positive development. According to Di Leonardo, the coyotes

Coyotes don't seek any interaction with us, and certainly no one should try to approach them.

JOHN DILEONARDO
director,
Humane Long Island

That's a good thing," Di Leonardo said. "I just hope people are getting more educated about them and realizing that it's a good thing that these animals are coming back here."

The impact of coyotes on the deer population, another species with rising numbers, is less clear. Coyotes are more likely to prey on fawns and weaker deer rather than adult ones. This natural predation can contribute to a healthier deer population by removing the weaker individuals from the gene pool. However, both Vincenti and Di Leonardo agree that there is no evidence of significant deer predation by coyotes on Long Island so far.

Human-coyote interactions have been minimal and mostly benign. Vincenti recounts a notable incident in Roslyn Harbor where a dog was injured in an encounter with a coyote in a nature preserve. This incident underscores the importance of keeping pets leashed in areas where coyotes are known to roam.

"That's something we're really trying to prevent," Vincenti said. "For the most part, the coyotes have been keeping to themselves."

Education and outreach are crucial in managing human-coyote coexistence. Vincenti's organization, along with other groups like the Long Island Coyote Study and Gotham Coyote Project, are working to inform the public about living alongside these wild ani-

Coyote facts

- Coyotes typically weigh between 16 and 40 pounds.
- Their diet primarily includes small animals such as rabbits, but they also consume fruits, nuts, and even easily accessible trash.
- To deter a coyote, make loud noises and maintain your distance. They are more frightened of you than you are of them.
- Coyote tracks are more elongated and less round compared to those of dogs.
- Coyotes are among the few monogamous mammal species and usually travel in small family units, or packs.
- Although coyotes can carry rabies, it is exceedingly rare and mostly occurs in wild, not suburban, areas.

-Frank Vincenti

mals. They emphasize securing trash, not feeding coyotes, and keeping pets indoors or leashed to avoid negative encounters.

Di Leonardo also stresses the importance of letting wildlife remain wild. Human habituation can lead to more conflicts and calls for culling, which he believes should be avoided.

"I think it's important for people to understand to let wildlife be wild," he advised. "Don't feed them, don't approach them, admire them from a distance and allow them to have that healthy fear of us."

Historically, coyotes were native to Long Island but were driven to near extinction. They began returning around eight years ago, and their re-establishment is seen as beneficial by many environmentalists.

Vincenti and Di Leonardo emphasized that common-sense precautions could mitigate most concerns.

"Coyotes typically smell a human from miles away and they want nothing to do with it," Di Leonardo said. "They don't seek any interaction with us, and certainly no one should try to approach them."

CRIME BRIEF

Broker sentenced for defrauding investors

Peter Quartararo, 57, a barred investment broker from Glen Cove, was sentenced to up to seven-and-a-half years in prison for defrauding investors. Quartararo, who pleaded guilty in February, was convicted of five counts of grand larceny, and one count of scheme to defraud. He received a sentence of two to two-and-a-half years in prison, despite the Nassau County District Attorney Anne T. Donnelly recommending four to 12 years.

"This defendant has a history of defrauding unwitting investors," Donnelly said. "In the current scheme, Quartararo scammed victims out of hundreds of thousands of dollars with false promises of getting them coveted pre-IPO stock in highly sought after companies, but if a deal seems too good to be true, it likely is. Instead of making the promised investments, Quartararo used his victim's money on meals, travel, and even to place a down payment on a Maserati. Having a trusted investment professional is essential if you are planning to wade into the stock market. Taking steps

to properly vet investment opportunities and those who are bringing them to you can save you from potential fraud and significant losses."

Between July 2018 and January 2021, Quartararo deceived six victims into investing between \$14,000 and \$202,000 each in supposed pre-IPO stock of companies like Peloton, WeWork, Airbnb, and Petco. Instead of investing, Quartararo spent the funds on personal luxuries, including a 2020 Mercedes Benz SUV and a Maserati. The Securities and Exchange Commission confirmed no stock was purchased.

Quartararo, previously barred by Financial Industry Regulatory Authority in 2013, was initially arrested in April 2021 and re-arrested in August 2021. Co-defendants Paul Casella, 56, and Leonard Quartararo, 80, received conditional discharges for their roles. The case, prosecuted by Senior Investigative Counsel Heidi Bausk under Bureau Chief David Crowley, was aided by the SEC and FINRA. Quartararo was represented by Gerard Donnelly.

OBITUARIES

Eleanor Middleton of Locust Valley

Eleanor Middleton of Locust Valley, died on June 15. Loving sister of the late James B. Jr.; dear cousin of Rose King and Dewitt Smith and also survived by

other second cousins; niece of Zenobia Cross and dear friend of Lisa Luderman. Arrangements entrusted to Dodge-Thomson as Funeral Home of Glen Cove.

Antoinette Cappiello, 57, devoted mother

Antoinette D.Cappiello, 57, of Glen Cove, died on June 8. Loving wife of Peter; devoted mother of Peter Jr. (Emily), Cristina, Alessandra, and Joseph; beloved daughter of Concetta and Gianfranco Pacini; dear sister of

Dina (Jack), Maria and John (Jen); and daughter-in-law of Patricia and Michael. Also survived by loving cousins, nieces and nephews. Arrangements entrusted to Dodge-Thomas Funeral Home of Glen Cove.

Joan Bessette, 79, a retired schoolteacher

Joan C. Bessette, 79, of Glen Cove, died on June 12. Bessette is a retired New York City schoolteacher and avid member of Glen Cove Beautification

Committee. Loving mother of Brian (Sanda) and Steven. Arrangements entrusted to Dodge-Thomas Funeral Home of Glen Cove.

Michael Sebastiano, 88, of Glen Cove

Michael Anthony Sebastiano, 89, of Glen Cove, died on June 12. Beloved husband of Barbara; loving father of Annmarie (Peter Luzynski), Katherine, Barbara Ann (Steve Lynch) and Joanne (Thomas Chiarella); cherished grandfa-

ther of Britney (Mike Stenos), Kristin and Matthew; great grandfather of Steven. Also survived by many loving brothers, sisters, nieces and nephews. Arrangements entrusted to Dodge-Thomas Funeral Home of Glen Cove.

William Candee III, 97, beloved husband

William J. Candee III, 97 of Glen Cove died on May 30. Beloved husband of Barbara; loving father of William J. IV; dear brother of the late Grace Wood and

Mary Elrod. Also survived by loving nieces and nephews. Arrangements entrusted to Dodge-Thomas Funeral Home of Glen Cove.



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<p>JUNE</p> <p>Saturday, June 15 8:00-9:30pm Ja Rule at Mitchel Field Athletic Complex</p> <p>Sunday, June 16 6:00-8:30pm Indian American Night</p> <p>Wednesday, June 26 7:00-9:30pm Greek American Night</p> <p>Saturday, June 29 6:00-8:30pm Chinese American Night</p> <p>Sunday, June 30 6:00-8:30pm Israeli American Night</p> <p>JULY</p> <p>Monday, July 1 7:00-9:30pm German American Night</p> <p>Wednesday, July 3 5:30-10:00pm TD Bank's Celebrate America Fireworks & Show featuring The Allmost Brothers Band & Chicken Head Rocks</p> <p>Friday, July 5 <i>Fireworks Rain Date</i></p> <p>Saturday, July 6 7:00-9:00pm So Good - The Neil Diamond Experience</p> <p>Sunday, July 7 6:00-8:00pm Opera Night with Christopher Macchio</p> <p>Monday, July 8 5:00-6:30pm Senior Afternoon Concert: The Excellents and The Dimensions</p> <p>Thursday, July 11 7:00-10:00pm Rock of Ages Tribute: Shoot 2 Thrill - AC/DC Completely Unchained - Van Halen Return to Paradise - Styx</p> <p>Friday, July 12 7:00-9:00pm Streetfighter - Rolling Stones Tribute</p> <p>Saturday, July 13 7:00-9:00pm Misty Mountain - Led Zeppelin Tribute</p> <p>Sunday, July 14 6:00-9:00pm Harry Chapin Tribute Show & Food Drive with The Harry Chapin Band and Will Sing For Food</p> <p>Monday, July 15 7:00-9:00pm The Nassau Pops Symphony Orchestra</p> <p>Thursday, July 18 7:00-9:30pm Rodgers & Hammerstein's "A Grand Night for Singing" by Plaza Productions</p> <p>Friday, July 19 7:00-9:30pm Creole American Night</p> <p>Saturday, July 20 7:00-9:00pm Neil Berg's 100 Years of Broadway</p> <p>Sunday, July 21 6:00-8:30pm Bangladeshi American Night</p> <p>Monday, July 22 7:00-9:00pm Italian American Night</p> <p>Thursday, July 25 7:00-9:00pm Barometer Soup - A Tribute to Jimmy Buffet</p> <p>Friday, July 26 7:00-9:00pm Doo Wop Show: Johnny Farina of Santo & Johnny, Phil Cralocici and The Mystics, Vito Picone and The Elegants, Jimmy Gallagher of The Passions</p> <p>Saturday, July 27 7:00-9:00pm The Hilarious Hitmen, a Comedy Musical Spectacular</p>	<p>Sunday, July 28 6:00-8:30pm Korean American Night</p> <p>Monday, July 29 5:00-6:30pm Senior Afternoon Concert: The Fireflies and The Devotions</p> <p>AUGUST</p> <p>Friday, August 2 7:00-9:00pm Dancing Dream - ABBA Tribute</p> <p>Saturday, August 3 6:30-9:30pm Salute to Vets Show with Face to Face & American Bombshells</p> <p>Sunday, August 4 6:30-8:30pm The Midtown Men featuring Stars from the Original Cast of Jersey Boys</p> <p>Monday, August 5 7:00-9:30pm Irish American Night</p> <p>Thursday, August 8 7:00-9:00pm Sandy Hackett's Rat Pack</p> <p>Friday, August 9 7:00-9:00pm 45 RPM</p> <p>Saturday, August 10 7:00-9:00pm This is Garth featuring JD Leonard</p> <p>Sunday, August 11 6:30-8:30pm Living Colour</p> <p>Monday, August 12 5:00-6:30pm Senior Afternoon Concert: Vinnie Medugno & The Chiclettes</p> <p>Thursday, August 15 7:00-9:00pm UB40: Red Red Wine Tour</p> <p>Friday, August 16 7:00-9:00pm Zac Brown Tribute Band (ZBTB)</p> <p>Saturday, August 17 7:00-9:00pm Doo Wop Show: Manhattan Skyline, Stan Zizka & The Del Satins, Larry Chance's Ears</p> <p>Sunday, August 18 4:00-8:00pm Pakistani American Night</p> <p>Monday, August 19 7:00-9:30pm Ukrainian American Night</p> <p>Thursday, August 22 7:00-9:00pm Let's Sing Taylor - Taylor Swift Experience</p> <p>Saturday, August 24 7:00-9:00pm Disco Unlimited</p> <p>Sunday, August 25 7:00-9:00pm Don Felder former lead guitarist of The Eagles</p> <p>Friday, August 30 7:00-9:00pm That Motown Band</p> <p>SEPTEMBER</p> <p>Sunday, September 1 7:00-9:00pm The Purple Experience - Prince Tribute</p> <p>Sunday, September 8 5:00-7:30pm Turkish American Night</p> <p>Saturday, September 14 7:30-10:00pm World Renowned Puerto Rican Salsa Orchestra</p> <p>Friday, September 20 7:00-10:00pm Legendary House DJ TBA with LI's Own DJ Theo opening</p> <p>Sunday, September 29 2:00-9:00pm Latino American Night</p>
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Juneteenth celebrates black heritage and unity

June 20, 2024 – GLEN COVE HERALD

A Juneteenth celebration was held at Morgan Memorial Park on June 15, featuring music, food, vendors, cultural performances.

The event included a performance by the First Baptist Church Choir and a reading of the poem “Juneteenth” by Victoria Crosby, along with activities such as free hair braiding and haircuts.

Organized through the efforts of Leyla Watson, founder and president of I Am My

Sister, and Roderick Watson, executive director of I Am My Brother, the celebration highlighted the importance of recognizing the Black community’s culture and contributions.

Juneteenth commemorates the emancipation of enslaved African Americans, marking the day in 1865 when Union general Gordon Granger announced the end of slavery in Galveston, Texas.



Omarian Farquharson’s face painting adds to the festive atmosphere of Juneteenth celebrations, promoting a sense of joy and community spirit.



Hair is a powerful medium for expressing African-American culture. Anderjen Flores, left, and Anthony Hicks, take this form of self expression to heart.



Roni Chastain/ Herald photos

Omarian Farquharson painted Wendy Farrell’s face. Face painting allows individuals to express their cultural heritage and pride through symbols, colors, and designs that represent African American culture and history.



4-year-old Azaria Player and her mother, Tanya Crocker joyfully celebrate Juneteenth with smiles, honoring freedom and African American heritage while educating the next generation about this important day.



Zakiya Jabari and her daughter Karen Moore celebrated Juneteenth together, while they reflected on African American culture, heritage, and contributions to society.

That snooze matters

Healthy living begins with ample sleep

Taking steps to improve your mental and physical well-being may fall flat if you're not spending enough time recharging your body. Sleep experts agree: adequate, regular sleep is essential for overall health and well-being.

According to a new recommendation from the American Academy of Sleep Medicine (AASM) and Sleep Research Society, all adults should get seven or more hours of sleep per night to avoid the health risks associated with prolonged periods of inadequate sleep. For the millions of Americans who do not make regular sleep a priority, this guidance can motivate healthier lifestyle habits.

For many guys, there seems to be a perception that minimal sleep is cool and somehow beneficial to professional achievement.

"Sleep is critical to health, along with a healthy diet and regular exercise," says Dr. Nathaniel F. Watson, moderator of the expert panel that developed the recommendation. "Our consensus panel of 15 of the nation's top sleep experts found that sleeping six or fewer hours per night is inadequate to sustain health and safety in adults. We also agreed that seven or more hours of sleep per night is the recommended amount for all healthy adults."



No limit for certain individuals

Recognizing that some adults need more sleep than others, the panel did not place a limit on how much sleep people should get per night. For example, people who may need nine or more hours of nightly sleep include young adults with growing bodies, individuals trying to make up for lost sleep, or those who are sick.

"More than a third of the population is

not getting enough sleep, so the focus needs to be on getting at least seven hours of nightly sleep," added Watson. "In general we want people to get more sleep, not less."

Tips for successful sleep

What are some easy ways to ensure that you get the sleep you need for a productive and healthy life? Check out these

healthy sleep habits provided by the experts at AASM.

- ✓ Be consistent. Go to bed when you are sleepy and try to wake up at the same time every day, even on weekends.
- ✓ Limit time in bed. Don't use your bed for other non-sleep activities, such as watching television or checking email or monitoring social media.
- ✓ Make your bedroom a sleep haven. A quiet and relaxing bedroom environment will help you fall asleep and stay asleep. Keep the bedroom at a comfortable temperature but slightly cool.
- ✓ Limit the caffeine if need be. Avoid coffee, tea, soda and other caffeine sources in the afternoon and evening hours.
- ✓ Get at least those seven hours. Go to bed early enough to allow yourself to sleep seven hours or more each and every night.

Live life awake and refreshed with the proper amount of sleep. You'll be putting your best foot forward every morning.

Photo: Your behaviors during the day, and especially before bedtime, can have a major impact on your sleep. They can promote healthy sleep or contribute to sleeplessness.

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Fit after 50

How to feel younger and live longer

By Kristin Kirkpatrick, MS, RD, LD

If you're a man over 50, it's probably more difficult for you to rebound from a bucket of wings, a doughnut binge or a six-pack of beer than in your younger days. Bad habits take more of a toll as you age.

Don't wait until you have high blood pressure or gain 50 pounds to make a change. Healthy habits and smart lifestyle choices can make you look and feel years younger — and, more important, live longer.

Cut the salt for heart health

Here's a shocker: One in 10 deaths in U.S. adults are connected to eating too much salt. Sixty percent of those deaths occur in men. Too much sodium and too little potassium raise your blood pressure, a major contributor to heart disease.

Cutting back on sodium bombs such as bread, cheese and processed foods can lower your risk. Add more heart-healthy leafy greens to your diet, and get more potassium through foods such as bananas. As a bonus, you'll get fewer wrinkles.

Stay sharp

Want to keep your wits as you age? A large body of evidence connects diet in mid-life to the risk of dementia and other cognitive disorders in later years. One 2011 study found an association between a Mediterranean-diet of healthy unsaturated fats and few saturated fats with a reduced risk of mental decline. Get more unsaturated fats through fish, vegetable oils and nuts.

Keep your bones strong

Osteoporosis is not just a woman's disease. Men lose bone mass after age 50, too. You may

benefit from supplemental calcium and probiotics in the diet.

A restudy in *The Journal of Cellular Physiology* found a connection between probiotic supplements and increased bone density in male mice. Researchers from the study commented that probiotics may help treat osteoporosis in the future, in addition to aiding digestive health.

Stick with water for prostate health

When it comes to satisfying your taste buds, most men prefer soda over water. But the consequences to your future health may not be worth the extra flavor. New research suggests that 180,000 deaths per year may be related to sugary soft drinks.

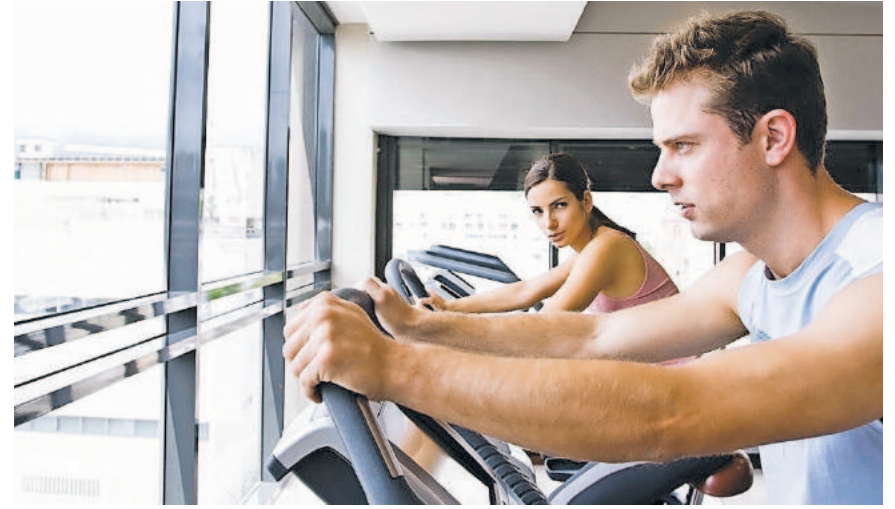
For men specifically, soda may increase your risk for prostate cancer on top of contributing to weight gain and the risk of diabetes. If you want to flavor your water, add some lemon berries, or add a little fizz with carbonated water.

For sexual health, go natural

If you think red meat is manly and vegetables are wimpy, forget it — especially if you want a healthy love life. Eating too much red meat can clog your arteries and bump up your levels of bad LDL cholesterol, both of which can cause erectile dysfunction.

For better performance, get more protein from plants and powerhouses such as black and red kidney beans, and cut back on red meat, refined sugars and trans fat.

Photo: Aging will happen no matter what you do, but you can age with grace and good health with the right diet and plenty of exercise. Just remember: It's never too late to start making good decisions.



Exercise with purpose

It's not all about that 'bod'

When most men think about working out, they think about lifting weight, washboard abs and building muscle. But there's much more to fitness for men than just bulking up. Cardiovascular health is an important component of a well-rounded men's fitness plan. Consider the fundamentals of fitness.

Focus on the importance of cardiovascular health

The American College of Sports Medicine has recommended cardiovascular exercise for the general public since 1978. But many men forego cardiovascular exercise for the weight room.

Cardiovascular conditioning is one of the most fundamental measurements of fitness and should be a part of any balanced exercise program. If that doesn't convince you to add some cardio to your exercise routine, check out these benefits:

- ✓ Greater energy from endorphins, which may also improve your mood and help you sleep better
- ✓ Weight loss from the calories you'll burn
- ✓ Boosted metabolism from cardio exercise means your body burns calories even between workouts
- ✓ Stronger heart from sustained cardio exercise for greater longevity, stamina and immunity

Find the right balance

Strength training is important for building a strong body, so you should keep doing it. But it's important to strike a healthy balance between your cardiovascular training and strength training.

Many men focus too much on weight lifting, which can leave your body — particularly your heart — vulnerable. Striking a good balance with both cardio and strength is vital to your fitness.

Some of the best cardio exercises include:

- ✓ Running (or treadmill running)
- ✓ Walking
- ✓ Cycling (or spinning class)
- ✓ Swimming
- ✓ Stairclimbing
- ✓ Elliptical machines

Example of a cardio workout: Stationary Bicycle

Among the best indoor cross-training activities is the stationary bicycle. You can burn over 220 calories during a 30-minute workout by maintaining a 12 M.P.H. pace. Stationary cycling also works some key lower body muscles: gluteus, quadriceps, hamstrings, thighs and calves.

If you haven't been using a stationary bicycle for a long time, start out with 15 minutes easy and work your way up in intensity and duration. ("Easy" should feel relatively comfortable, so you should be straining to pedal or be out of breath.)

Many of these machines have pre-programmed routines, or try this workout:

1. Warm up
2. Pedal easy for 20 minutes
3. Workout:
 - 1 minute of hard pedaling (80-90 percent of maximum heart rate)
 - 1 minute easy recovery
 - 2 minutes hard
 - 2 minutes easy
 - 3 minutes hard
 - 3 minutes easy: This comprises one set — work your way up to a total of three sets
4. Cool down; 20 minutes easy

Photo: Empower your workout with an effective routine that yields healthy results.

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HEALTH MEMOS

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. For more on Parker's Certified Home Health Care, visit parkerinstitute.org.



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

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

The Parker Jewish Institute re-opens outdoor pickleball court

At the Parker Jewish Institute for Health Care and Rehabilitation, adaptive pickleball is back in session. The Parker Jewish Institute has re-opened its 26-by-30-foot outdoor pickleball court, on its patio level, for patients and residents.

This popular activity is modified by Parker's recreational leaders to help participants have fun while achieving their physical- and occupational-therapy goals. An easy sport for beginners to learn, pickleball also promotes social interaction.

As the fastest-growing sport in America, pickleball offers older adults a host of benefits. This includes both functional and cognitive-related improvements, as well as a reduction in self-reported pain.

On Parker's pickleball court, participants must wear appropriate footwear, for safety. Parker's recreational leaders begin each session with simple movement and stretching, followed by an explanation of rules and goals. During the warm-up, participants get ample opportunity to practice with equipment, whether it's swinging a paddle or practicing serves.

Parker's Director of Therapeutic Recreation works with patients and residents



who want to schedule court-time. In this adaptive version of the sport, participants are escorted to the court and seated, and for those in wheelchairs, the chair is locked as a safety measure. Recreational staff stand ready on either side of the nets, providing safety reminders and helping to keep the ball in play. Staff members offer hydration during play, and follow each participant's plan of care.

"We are thrilled to re-open Parker's



pickleball court and offer another season of healthy, outdoor fun for our residents and patients," said Michael N. Rosenblut, president and CEO of Parker Jewish Institute. "Our residents and patients enjoy spending time in the fresh air, together. And by playing adaptive pickleball, they are also building strength, endurance and range of motion. At Parker, people look forward to their sessions, while also improving their overall well-being."

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.



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STEPPING OUT



Your landscape — create a special spot just for you Get outside and go serenely **Green**

By Karen Bloom

Imagine stepping outside your home this summer and entering a world of serenity. The gentle crunch of gravel beneath your feet. The rhythmic sound of trickling water with nature's calming presence can de-stress and promote inner peace. This is the essence of a Zen garden, a haven of tranquility inspired by Japanese aesthetics and philosophy.

So, how do you create your own relaxing space at home? Garden designer Fiona Jenkins offers some insight. Grab your gardening tools — even get the kids involved — and get started.

Art of Simplicity: Creating the Foundation

Zen gardens are all about cultivating a harmonious balance between natural elements and negative space. Gravel forms the very foundation, representing the vastness of the sea or impermanence of life. Raking it into smooth patterns — like waves or ripples — becomes a meditative practice in itself.

"The rhythm of the rake against the gravel adds another layer of tranquility, inviting you to focus on the present moment," Jenkins advises. "Use light-colored gravel — like white, cream or gray — to enhance the feeling of serenity and evoke a sense of vastness."

Carefully placed rocks and stones add structure and balance. Larger rocks can symbolize mountains, according to Jenkins, anchoring the space. Imagine them as islands of stability amid the ever-changing sea of gravel.

Smaller stones can represent stepping stones on a path to enlightenment. Arrange your rocks and stones with intention, considering their size, shape, color, and the spaces between them. These spaces — known as "ma" in Japanese — are just as important as the elements themselves, adding to the sense of balance and tranquility.

Nature's Soothing Sounds

Water, a symbol of life and purification, plays a vital role in traditional Zen gardens. The gentle gurgle of trickling water is a natural stress reliever, proven to lower blood pressure and heart rate. Consider incorporating a small water basin with a bamboo spout, creating a calming focal point.

A tabletop fountain with a smooth rock base can add a touch of movement and sound without overwhelming the peaceful atmosphere.

"Keep the water feature simple and integrate it seamlessly with the surrounding rocks and gravel," Jenkins says. "For a touch of whimsy, consider adding a small koi fish or two — their graceful movements adding another layer of life to your serene oasis."

Limit Plant Selection: A Celebration Of Form

Zen gardens traditionally incorporate minimal plants, allowing the other elements to take center stage. Carefully chosen plants will enhance the aesthetic and create a sense of harmony with nature.

Choose low-maintenance evergreens with interesting shapes or textures, such as dwarf pine, bonsai or ornamental grass. These plants require minimal pruning and maintain a sense of order within the garden. A strategically placed patch of moss can add a touch of softness and evoke tranquility.

"Consider strategically incorporating a single flowering shrub to add a burst of color during its blooming season," Jenkins says.

Lighting For Tranquil Evenings

Subtle lighting can elevate the atmosphere allowing you to enjoy your sanctuary even after sunset. String lights hung overhead or strategically placed



lanterns can cast a warm, inviting glow.

"Step out after a long day and be greeted by the soft glow of your lanterns and the gentle murmur of water," Jenkins says. "It's a perfect invitation to unwind and de-stress."

Solar-powered lights are another great option, as they require no wiring and provide illumination throughout the night.

Create A Focal Point To Draw The Eye

A focal point adds a touch of interest.

"It should be something that inspires calmness and contemplation, inviting you to focus your mind and appreciate the beauty of your creation," Jenkins explains. "Your focal point could be a beautiful stone lantern, its soft light casting a warm glow. Or consider a small statue of Buddha radiating peace, or a strategically placed bonsai tree with its meticulously pruned branches, a testament to patience and dedication."

Comfort And Contemplation: A Place To Relax

Since this is a space to unwind and escape daily stresses, you'll want to include a comfortable seating area where you can chill out and appreciate your creation. A simple wooden bench or cushions will suffice. If space allows, add a small table for enjoying a cup of tea or for meditating.

"Imagine yourself sitting amid the calming elements of your garden, listening to the sounds of nature and letting go of the day's worries," Jenkins says.

Personalize Your Sanctuary

While Zen gardens have a traditional aesthetic, don't be afraid to incorporate some elements that reflect your own personality.

"The key is to create a space that resonates with you and fosters peace and well-being," Jenkins adds.

A small wind chime with a calming melody adds a touch of whimsy. Also consider a piece of art depicting nature or a fragrant flowering plant, even perhaps a small birdbath to attract feathered friends.

"Embrace the simplicity of Zen design, lose yourself in the meditative act of raking the gravel, and allow the calming presence of nature to wash over," Jenkins says. "Remember, your Zen garden is a reflection of your inner world."

Photos courtesy Fiona Jenkins

Creating a Zen garden is not just about landscaping; it's about cultivating a personal sanctuary for relaxation and mindfulness. With a little planning and inspiration, you can transform your outdoor space into a special retreat.



Morgan James

The powerhouse vocalist, Broadway veteran and concert favorite hits all the right notes when she visits the Landmark stage. Soulful singer-songwriter Morgan James' voice is her instrument, and through it she can communicate anything. It is a gift that she has expertly trained, and meticulously nurtured, James has cultivated a world of fans with her viral YouTube videos, and she loves connecting with them on social media and at her live shows. With her own channel, James has amassed more than 250 million views on YouTube (and climbing). Over the last several years, she has established herself as a touring powerhouse, playing with her band and symphony orchestras. Her latest full album, 'Nobody's Fool,' is a luminous love letter to '90s R&B, featuring nine new songs, and one cover of Jeff Buckley's 'Everybody Here Wants You.'

Friday, June 21, 8 p.m. \$53, \$48, \$43.
Jeanne Rimsky Theater at Landmark
on Main Street, 232 Main St., Port
Washington. (516) 767-6444 or
LandmarkOnMainStreet.org.



'Across The Universe'

The Beatles live on — in the form of The Fab Faux. The acclaimed band brings out the best Beatles moments, appearing on the Paramount stage. With a commitment to the accurate reproduction of The Beatles' repertoire, they treat the seminal music with unwavering respect, known for their painstaking recreations of the songs (with emphasis on the later works never performed live by The Beatles). The Fab Faux's musical virtuosity — in actuality five New York City-based musicians — upends the concept of a Beatles tribute band. Far beyond being extended cover sets, their shows are an inspired rediscovery of The Beatles' musical magic. In addition to their note-for-note accuracy, the band is famous for blurring the lines slightly and injecting their own musical personalities into the performances. That's The Fab Faux experience.

Saturday, June 22, 8 p.m. \$55, \$35, \$30,
\$25. The Paramount, 370 New York
Ave., Huntington. Tickets available at
Ticketmaster.com or ParamountNY.com.

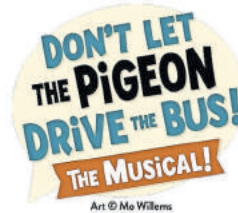
THE SCENE

June 28

Get The Led Out

Get The Led Out rocks out with their tribute to what many consider rock 'n roll's greatest band, in "A Celebration of the Mighty Zep," on the Paramount stage, Friday and Saturday, **June 28-29**, 8 p.m. From the bombastic and epic, to the folky and mystical, GTLO has captured the essence of the recorded music of Led Zeppelin and brought it to the concert stage. The six veteran musicians who make up the Philadelphia-based group delivers Led Zeppelin live with the all passion and fury these blues-soaked, groove-driven rock anthems deserve. Utilizing the multi-instrumentalists at their disposal, GTLO re-creates songs, in all their depth and glory, with the studio overdubs that Zeppelin themselves never performed. When you hear three guitars on the album, GTLO delivers three guitarists on stage.

No wigs or fake English accents, the band brings what the audience wants — a high energy Zeppelin concert with honest, heart-thumping intensity with a strong focus on Led Zeppelin's pivotal early years. They touch on the deeper cuts that were seldom, if ever heard in concert. GTLO's approach to performance of this hallowed catalog is not unlike a classical performance. "Led Zeppelin are sort of the classical composers of the rock era," says lead vocalist Paul Sinclair. "I believe 100 years from now they will be looked at as the Bach or Beethoven of our time. As cliché as it sounds, their music is timeless. \$75, \$45, \$30. The Paramount, 370 New York Ave., Huntington. Tickets available at Ticketmaster.com or ParamountNY.com.



Family theater

Families will enjoy another musical adventure, "Don't Let the Pigeon Drive the Bus!" ripped from the pages of Mo Willems' beloved children's books, in its final weekend on the Long Island Children's Museum stage, Saturday, **June 22**, 11:30 a.m. and 2 p.m.; Sunday, June 23, 2 p.m. Back by popular demand after a sold-out 2023 run, see Pigeon, Bus Driver, and some zany passengers sing and dance their way to help Pigeon find his "thing" in this upbeat comedy based on Willems' popular Pigeon books.

Featuring a live band to bring the jazzy score to life, audiences will thoroughly enjoy singing and flapping along with The Pigeon and friends. The audience is part of the action, in this innovative mix of songs, silliness and feathers. It's an ideal way to introduce kids to theater and the humorous stories from Willems' books. \$10 with museum admission (\$8 members), \$14 theater only. Long Island Children's Museum, Museum Row, Garden City. (516) 224-5800 or LICM.org.

Check out the Seed Library

Glen Cove Public Library's Seed Library is open for the season. If you're still in need of seeds for your garden, stop by. Glen Cove Library cardholders can receive up to 15 packets of seeds, with a limit of one packet per variety. Ask for your seeds at the Information Desk. 4 Glen Cove Ave. Visit GlenCoveLibrary.org for more information.

Dancing in the Street

The Oyster Bay Main Street Association hosts its 13th season of "Dancing in the Street," an annual series of free dance evenings on the streets of historic downtown Oyster Bay. Building on the success of previous years, OBMSA welcomes dancers of all ages and skill levels. "Dancing" begins on **July 5** and continue every Friday until **Aug. 16**, 6:30-:30 p.m.

The event takes place on Audrey Avenue around the Bandstand. Use 74 Audrey Avenue for GPS. Feel free to bring a chair if desired. With special "Dancing in the Street Block Party" will be held on Aug 2. And Audrey Avenue will be shut down to make way for activities, music, food, and drinks. For more information contact Diane J. Meltzer, Promotion Chair, at diane.writes4@gmail.com

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June 29

Barnaby Bye

The band returns to My Father's Place, Saturday, **June 29**, 8 p.m. Come celebrate the music, the memories and the good times with Billy, Bobby, Peppy and Mike! Doors open at 6 p.m., concert is at 8 p.m. 221 Old Northern Blvd., Roslyn. For tickets/information, visit MFPProductions.com or call (516) 580-0887.

City Council meeting

The Glen Cove City Council meets, Tuesday, **June 25**, 7:30 p.m., in City Hall main chambers. 9 Glen St.

Broadway show outing

Glen Cove Public Library hosts a trip to see "Water for Elephants," a new Broadway musical, Wednesday, **Sept. 25**. Tickets are \$139 and include seats near the orchestra and transportation. The bus will leave the library at 9 a.m. Register at the information desk with a credit card or check payable to Glen Cove Public Library. 4 Glen Cove Ave. Visit GlenCoveLibrary.org for more information.



Celebrate Israel

Salute Israel, while welcoming Eisenhower Park's summer concert season, at the annual Celebrate Israel concert, presented by Jewish Community Relations Council of Long Island, Sunday, **June 30**, 6 p.m. Israeli superstar Raviv Kaner performs. Bring seating. Harry Chapin Lakeside Theatre, Eisenhower Park, East Meadow. For more information, visit Facebook.com/jcrcli.

Summer sounds

Enjoy '60s tunes with "Just Sixties," at the free outdoor concert, Friday, **June 21**, 7:30 p.m., hosted by the Glenwood Landing American Legion Post 336. The local cover band plays all the '60s-'80s hits. Bring lawn chairs and blankets. Libations will be available The Foxhole downstairs lounge. 190 Glen Head Road, Glen Head.

June 26

Summer tunes

Visit Eisenhower Park for its Noontime Concert series, Wednesday, **June 26**, noon-2 p.m. The Long Island Harmonizers perform four-part barbershop a cappella. Harry Chapin Lakeside Theatre, Eisenhower Park, East Meadow. Their repertoire ranges from traditional barbershop to the Great American Songbook and Elton John. Bring seating. For information, visit NassauCountyNY.gov.

Library Walking Club

Participate in Glen Cove Public Library's at-your-own-pace hour walk, every Thursday, at 9:15 a.m. All fitness levels are welcome. Meet people, keep moving and see sights in Glen Cove. 4 Glen Cove Ave., Glen Cove. Register at GlenCoveLibrary.org or call (516) 676-2130 for more information.

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.

Film Screening

Visit Nassau County Museum of Art for a viewing of "Wild Style," a 1983 film regarded as the first hip-hop movie, Saturday, **June 29**, 3 p.m. A hybrid project that exists as both a musical and a documentary, the film features hip-hop pioneers of the period, including Fred "Fab Five Freddy" Brathwaite, Lee Quiñones, Lady Pink, The Rock Steady Crew, The Cold Crush Brothers, Queen Lisa Lee of Zulu Nation, Grandmaster Flash, and Zephyr, who play themselves in a loosely scripted story shot entirely in the South Bronx, the Lower East Side, and MTA subway yards. A Q&A follows with director Charlie Ahearn and critic-curator, Carlo McCormick. Seating is limited and reservations required. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.



Downtown Sounds

The Glen Cove Business Improvement District presents its annual Downtown sounds concert series from July 5 to Aug. 26 at Village Square in downtown Glen Cove. The shows begin at 7:30 p.m.; this year's schedule includes The Dance Mechanics and Let It Bleed, a Rolling Stones tribute band, and much more. For more information visit: Glencovedowntown.org

Game Time

Drop by Bayville Free Library, Wednesdays, 1-4 p.m., for casual table games. Bring your own games or use games offered by the library such as; cards, Canasta, Mah Jongg, Scrabble, chess, checkers, backgammon, and jigsaw puzzles. No registration required. 34 School St. For more information, visit BayvilleFreeLibrary.org or call (516) 628-2765.

Oyster Bay Music Festival

The Oyster Bay Musical Festival brings the next generation of world class musicians to Long Island for a week of free concerts in historic, charming, and unusual landmarks along the Gold Coast, **June 27 to July 4**. Each OBMF concert is an energetic variety show featuring inspiring musical selections from a performing cast of around 25 prize-winning musicians, including vocalists, pianists, strings and wind players. Concerts are free and no tickets required. Donations are encouraged to support the festival's longevity and are gladly accepted. Visit OysterBayMusicFestival.org/ for more information, venue locations and times.

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Pride Gala unites LGBTQ+ community

By JORDAN VALLONE

jvallone@liherald.com

PFY, the organization formerly known as Pride For Youth, hosted its annual Pride Gala on June 6. The event was dubbed “Power of Pride: Raising LGBTQ+ Voices to Benefit PFY,” and it brought together and honored trailblazers that work day in and day out to ensure that individuals that identify as LGBTQ+ feel supported on Long Island.

The annual gala celebrates the work of PFY, which is a leading, nonprofit, grassroots organization. It operated as subsidiary of the Long Island Crisis Center, and has headquarters in Bellmore, as well as a location in Deer Park. Founded in 1993 as an organization meant specifically for youth, grant funding last year allowed PFY to expand the breadth and reach of its services.

This year’s gala honored three important figures in the LGBTQ+ community on Long Island. Michael Caputo, of the LI Pride Lions, the Rev. Lana Hurst, the first openly transgender pastor to practice on Long Island, and Sarah Kate Ellis, president and chief executive of GLAAD, were among this year’s honorees.

Over the last few months, the LGBTQ+ community has faced a lot of prejudice on Long Island — and in Nassau County specifically — which is why PFY chose to honor individuals from Long Island who are fighting back against hate, and making a difference in the lives of others.

“We really looked at people who we feel embody that sort of presence within the LGBTQ community,” Tawni Engel, the associate director of the crisis center and PFY said.

Engel leads the pride gala committee, and said the event did not get into politics — but rather focused on what work can be done to further empower the LGBTQ+ community.

“We just want to talk about what the social climate has looked like,” Engel said, “and what we can do collectively to hopefully turn that around.”

Bruce Castellano, who chairs the



Honoree Sarah Kate Ellis, president and chief executive of GLAAD, spoke during the event.

gala committee with Engel, said PFY is a “boots on the ground organization.”

A former teacher in the Mineola School District, Castellano said he and his husband have worked with various LGBTQ+ organizations for many years on Long Island and beyond. The attitude towards the LGBTQ+ population has shifted drastically in recent years, and Castellano said “the backlash is devastating.”

Fighting against complacency — the concept of being alright with the ways things are — is exceedingly important, and groups like PFY are doing just that. “We have to be vigilant and defend and protect the people who are marginalized, especially youth,” Castellano said.

The event at Westbury Manor saw a tremendous turnout. PFY met and surpassed its fundraising goals, raising just over \$84,000. PFY is still accepting donations at tinyurl.com/PFYEvent2024.

For more information on PFY and the Long Island Crisis Center, visit LIC-CPFY.org.



Tim Baker/Herald photos

Michael Caputo, of the LI Pride Lions, accepted a citation from Nassau County Legislator Arnold Drucker.



The Westbury Manor was transformed into a welcoming space for the Pride Gala.



PFY hosted its annual Pride Gala at the Westbury Manor on June 6, drawing a large crowd that came out to reflect on Pride Month, and the work PFY does year round.

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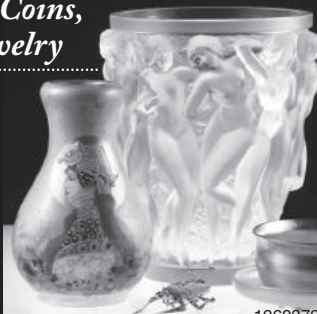
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OPINIONS

Cricket brings Nassau into the international spotlight

Like almost every Long Islander, until recently I had no knowledge of or interest in cricket. Now that the 2024 ICC Men's T20 World Cup in Eisenhower Park has been such a success, I can certainly attest to the intense devotion and loyalty cricket



PETER KING

fans have to their sport, how popular cricket is in other corners of the world and why it was such a great victory for Nassau County to host the tournament, drawing worldwide attention and acclaim.

I had the opportunity, early on, to observe up close the effort

that went into making the World Cup the success that it became. The anticipated difficulties and challenges were many and complex. For starters, a 34,000-seat stadium had to be constructed at Eisenhower Park in barely three months before the first official match on

June 3. The hastily built structure, put together like an Erector Set, then had to be deconstructed and removed within 10 days after the Long Island phase of the tournament concluded on June 12.

The construction of the stadium was only the beginning. There were the almost certain traffic jams expected on Hempstead Turnpike and surrounding streets during the morning rush hour. The park would open at 8:30 a.m., and the starting time for each match would be 10:30. Cars would have to be parked at the Nassau Coliseum. The main entrance to Eisenhower Park would be off Merrick Avenue, and would be reached by thousands of fans either on foot — a walk of over a half-mile from the Coliseum — or by shuttle bus.

There were also myriad terrorism-related issues, which required having enough magnetometers to scan everyone entering the park, doing background checks on all vendors and their employees, and monitoring and tracking

down all possible terrorist threats. This potential danger was amplified when, just days before the first practice match on June 1, ISIS posted a threat on social media calling for an attack on the World Cup.

Fortunately, County Executive Bruce Blakeman and Police Commissioner Patrick Ryder had initiated a sophisticated counterterrorism effort months earlier, involving federal, state and local law-enforcement agencies — the Nassau County Police Department, the FBI, the Joint Terrorism Task Force, the Department of Homeland Security, the State Police and the NYPD as well as Suffolk County, MTA, Port Authority and Garden City police working seamlessly together. At the facility itself, there were helicopters overhead, undercover officers and bomb-sniffing dogs on the ground, and sharpshooters strategically positioned around the stadium.

When the time came, everything worked. The intense planning paid off.

The India-Pakistan match alone drew more than a billion TV viewers.

There were no security incidents or traffic jams. The India-Pakistan match alone drew a capacity crowd of 34,000 — the largest ever for a cricket match in the United States — and more than a billion television viewers worldwide, more than three times the size of a Super Bowl audience. There were watch parties at Citi Field and Cedar Creek Park, in Wantagh. All told, the matches attracted more than 150,000 enthusiastic fans who enjoyed themselves and rooted their teams on without incident.

Increased business at restaurants, hotels, motels, stores and shops brought in tens of millions of dollars in sales and lodging tax revenues. Probably most important, though, will be the intangible but very real value of Nassau County's success on the world stage before a previously unreached audience. Taking on this challenge and getting it done is a credit to Blakeman's leadership and the professionalism of the NCPD and its law enforcement partners. Job well done!

Peter King is a former congressman, and a former chair of the House Committee on Homeland Security. Comments? pking@liherald.com.

Tackling health disparities affecting Black Long Islanders

People of color in New York state have a vastly different experience navigating the health care system than their white counterparts. From challenges accessing care and disparate health outcomes to higher death rates and premature deaths, the urgency of this crisis cannot be understated.

Black Americans disproportionately face adverse health outcomes. These inequities are well documented: Black Americans are 60 percent more likely to be diagnosed with diabetes and twice as likely to die of the disease. Black adults are 30 percent more likely to have high blood pressure, increasing their risk for heart disease and stroke. These aren't just data points — health disparities are a matter of life and death, and we desperately need better health systems to protect Black Americans.

Unfortunately, these patterns are consistent across New York state. Black Long Islanders have the lowest life expectancy of all Long Island residents. Decades of institutional racism and environmental injustice have contributed to these stark inequalities: From

proximity to industrial sites, highways and other sources of pollution to economic disparities and lack of access to quality health care, Black Long Islanders face unacceptable barriers to achieving and maintaining good health.

As an Assembly member and the chair of the Black, Puerto Rican, Hispanic & Asian Legislative Caucus, I am continuously advocating for Nassau County's communities of color that are impacted the most by these inequalities. The state's fiscal year 2025 budget makes historic investments in health care that ensure that more people have access to quality services. For example, the budget provides \$800 million to save our safety-net hospitals and eliminates all copays for insulin. We also secured funding to continue expanding doula access through the new Community Doula Expansion program, which builds on our efforts to prioritize maternal health care in the State Legislature.

These issues are a matter of life or death, and our representatives in Washington must fight to expand access to affordable, quality care for all by overcoming historic inequalities to deliver impactful health care improvements for people of color. Policies like the Affordable Care Act and the Inflation

Reduction Act have given millions of New Yorkers health insurance and saved more than 75,000 people hundreds of dollars on insulin with the \$35 cap. Yet there are still members of Congress working tirelessly to repeal the ACA and the IRA, slash health funding and revoke access to health care for those who need it most.

The state budget offers help, but too many in Congress don't seem to care.

I recently met with Long Island health care professionals and community advocates to discuss what they see on the ground. The challenges Black residents face when seeking care are extensive, from missing appointments due to lack of transportation to medical facilities or difficulties accessing medical information. New mothers often lack

access to the vital education needed during pregnancy to prepare them as they get closer to giving birth. Unexpected hospital stays lead to job loss and additional stressors among marginalized communities, sometimes dissuading patients from seeking care in the first place.

These challenges are pressing and require our attention, but too many in Congress have turned a blind eye to tackling these health disparities. The improvements that the ACA and the IRA have made to our health care system have created significant savings for seniors and families amid the afford-

ability crisis. If these historic improvements in health care are overturned or weakened, thousands of Long Islanders, including many people of color, would be at risk of losing the security these laws provide them. Without affordable health care, many of our residents would be forced to choose between paying for groceries and paying for their prescriptions.

I've long advocated protecting affordable and accessible health care for all New Yorkers, including Black and Brown residents who experience sobering inequities. My responsibility to promote the health and well-being of my constituents drives me to continue to improve health outcomes through sensible policy that enhances quality of life for everyone. The state budget investments, alongside the federal ACA and IRA, are the result of bold decisions that improve health care for millions of New Yorkers.

We can't turn back the clock and undermine federal and state policies that make a real difference in our fight to combat health disparities and improve health care for all Long Islanders. We must put the needs of our constituents first and promote the health and well-being of all our people, especially those who have been left behind for too long.

Michaëlle Solages represents the 22nd Assembly Distric, and chairs the Black, Puerto Rican, Hispanic & Asian Legislative Caucus.



MICHAËLLE SOLAGES

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HERALD EDITORIAL**Juneteenth is a time for reflection, celebration**

Observed every year on June 19, Juneteenth marks a pivotal moment in American history — the end of slavery here in the United States.

While many of us might associate the Emancipation Proclamation issued by President Abraham Lincoln at the height of the Civil War in 1863 with the abolition of slavery, the horrific practice itself didn't end until June 19, 1865, when the last enslaved African Americans in Galveston, Texas, learned they were free.

Juneteenth signifies not just the end of slavery, but the triumph of freedom over oppression, resilience over despair.

Living on Long Island, we might feel removed from this piece of history — geographically and culturally. It was the South that had slaves, after all. But it wasn't always that way.

Even before New York was New York, the Dutch West India Co. "purchased" 11 men from Africa they wanted to use in their New Amsterdam colony for both public projects and defense, according to research by Hofstra University. At first, these men were considered employees of

Dutch West India, but it wasn't long before their roles were redefined as "chattel property" and "servants for life."

By the time the Colonies went to war for their independence, 20,000 slaves were kept in New York — more than all of the New England colonies combined.

No one should ever own another human being. Full stop. And the lessons of Juneteenth teach us that freedom is not merely the absence of chains, but the presence of opportunity, equity and justice. Despite the progress made since 1865, we continue to witness disparities in education, employment and housing — issues that affect communities here in Nassau County as well as nationwide.

By honoring Juneteenth, we acknowledge these challenges, and renew our commitment to addressing them.

Juneteenth also provides an opportunity for education and reflection. It's a period for all of us — regardless of race — to learn about the deep-rooted history of slavery and its lasting impacts. And it's a reminder of delayed justice and the continued struggle for equality.

Long Island may seem far from the

fields of Texas, but our own history — as part of the greater New York City area — is interwoven with stories of African American resilience and contributions. From the early African American settlements in Sag Harbor to the cultural impacts of influential figures like Jackie Robinson — who lived for a number of years in neighboring Queens — and the legacy of the Harlem Renaissance spilling into our neighborhoods, Long Island has its chapters of African American history that reflect broader national narratives of struggle and achievement.

Juneteenth is more than a historical milestone. It's a living testament to the enduring spirit of freedom and equality. For all of us here on Long Island, embracing Juneteenth means recognizing our shared history, acknowledging our ongoing struggles, and celebrating the contributions of African Americans to our collective heritage.

Let us use this week to reflect, educate and unite — ensuring that the legacy of Juneteenth continues to inspire and guide us toward a more just and inclusive future.

LETTERS**Did the Grand Central project cripple the MTA?**

To the Editor:

The Metropolitan Transportation Authority project connecting the Long Island Rail Road to Grand Central Terminal was projected to cost \$4 billion, according to the MTA. When it was completed, the cost had risen to \$11 billion, some \$7 billion over the MTA's estimate.

The question that needs to be asked is why this project became an MTA priority over so many others that seemed to need more urgent attention from the agency. Getting Long Islanders to Grand Central didn't seem urgent: They could take a shuttle from Penn Station to Grand Central. But the people along Second Avenue still had no transportation for many years. New cars were needed on Metro North and the LIRR. New signal systems were needed; track work was needed. So why did the Grand Central Terminal move ahead of so many other urgent projects?

The MTA said that congestion pricing is the be-all and end-all to solve New York City's traffic congestion. Many New Yorkers aren't believing the



OPINIONS

We can be tough, but fair, on the border

We are all exhausted by the failure of elected officials in both parties to fix the border and immigration system. Fixing the border is my number one priority.

We must bring “order to the border” while treating people like human beings in a way that is consistent with our American values.



**TOM
SUOZZI**

I am working on bipartisan legislation in Congress to 1) secure the border, 2) reform the broken and abused asylum system, and 3) modernize the legal immigration system. In the meantime, I have pushed

President Biden to take executive action. We are making progress, but we must pass bipartisan legislation if we are really going to fix immigration.

On May 9, I sent a bipartisan letter with a Republican colleague, Congressman Brian Fitzpatrick, of Pennsylva-

nia, to the president. The letter asked Biden to issue “an executive order to help bring order to the border by 1) restricting the abuse of the asylum process by cartels guiding migrants between ports of entry, and 2) raising the credible fear standard to a higher threshold.” Pursuant to The Immigration and Nationality Act, the president may restrict the entry of any “aliens or any class of aliens” that would be “detrimental to the interests of the United States.”

A month later, I stood at the White House when Biden announced his executive actions to bar migrants who cross our southern border unlawfully from receiving asylum. This action will make it easier for immigration officers to remove those without a lawful basis to remain and reduce the burden on our Border Patrol agents. Earlier this week, the president took action on my letter’s second request to “expand our tax-paying labor force by extending legal work permits to the 1.1 million

immigrant spouses married to U.S. citizens.” The letter estimated that such a move would “generate \$16 billion in growth to the U.S. (gross domestic product).”

Everyone already believes that if you marry an American citizen, you become a citizen. For over a million people who have lived in the U.S. for the past 10 years, that has not been the case. This week’s action rights that wrong, and infuses our businesses with legal labor from neighbors who have lived here for over a decade. It keeps families together and strengthens our economy.

We must be tough on the border, but we can also be fair. I have been steadfast and consistent in my belief that we take both a tough and a humanitarian approach to our immigration crisis.

These executive orders will help secure the border while adding workers to the tax-paying labor force. Despite bipartisan efforts, Congress has failed to act.

The last immigration reform legislation was passed in 1996, almost 30 years ago. For too many years, too many politicians have spent their time weaponizing immigration policy, but haven’t done a thing to fix it. I have visited the southern border three times, meeting with border patrol agents, local law enforcement officials, mayors, businesses and nonprofits. I have seen the chaos there.

We need to close illegal immigration routes but open paths to citizenship for those who follow the rules. Those migrants who have credible asylum claims must be more effectively processed. And a clear protocol would be put in place to quickly deny entry to those who do not qualify. A workable plan to deport those applicants who are denied entry would be implemented.

Now, more than ever before, we need Democrats and Republicans to come together on comprehensive immigration reform that secures our border and establishes clear, legal paths to citizenship. Only bipartisan, common-sense solutions will fix what’s broken.

Tom Suozzi represents the 3rd Congressional District.

LETTERS

MTA’s revenue projections. Had the stockholders of a company found out that the CEO and board of directors approved of a project that went \$7 billion over the initial estimate, they would have been fired.

It’s good that congestion pricing is halted. There’s good reason not to trust the MTA.

RICHARD T. DEVITO
Long Beach

We need a bigger, better bottle bill

To the Editor:

Forty years ago, I walked with a group of concerned citizens from Inwood, Manhattan, to the Coca-Cola plant in Tarrytown to call attention to the fact that New York state needed a bottle deposit bill. I was sore for three weeks! We achieved victory, and New York passed the Returnable Container Act, commonly known as the Bottle Bill. This landmark law has proven to be a highly effective program, reducing litter and increasing recycling rates in our beautiful state.

New York now needs a Bigger Better

Bottle Bill (A6353a, S237-c). This legislation would raise the bottle/can deposits from 5 to 10 cents, which would increase redemption rates, support some of our state’s most marginalized workers and further reduce litter. The nickel deposit was enacted into law in 1983. If the nickel were adjusted for inflation, it would be 15 cents today.

This important act would create more consistency by including sports drinks, iced tea and more — more beverage types included in the program, more recycling, less confusion and less pollution.

A reuse and refill quota is also included in this bill. It would require major beverage companies to sell 25 percent of their beverages in reusable bottles by 2030. Such a unique and important quota has never been passed in the United States before.

JOSEPH M. VARON
West Hempstead

Joseph Varon is a past president of the New York State Marine Education Association, and a member of the Jewish Climate Action Network, the Long Island Chapter of Food & Water Watch, and Beyond Plastics.

FRAMEWORK by Tim Baker



A sculptural highlight of the Nautical Mile — Freeport

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