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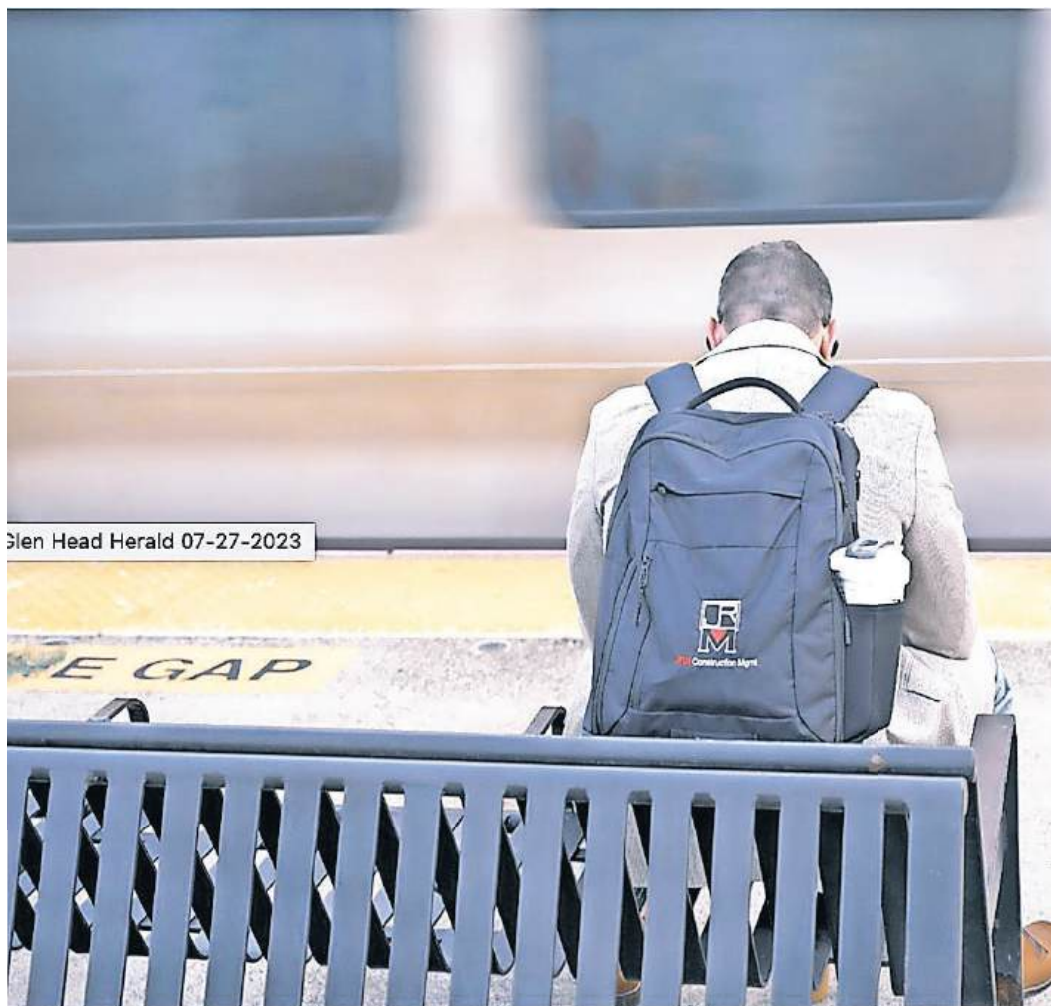
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Glen Head Herald 07-27-2023

Tim Baker/Herald

Beginning Monday, the Long Island Rail Road added two Oyster Bay trains to its timetable.

LIRR adds trains for O.B. riders

By ROKSANA AMID

ramid@liherald.com

The Long Island Rail Road is making changes to its Oyster Bay Branch schedule, adding two new trains and adjusting the departure time of an existing one in an effort to close service gaps and improve commuter convenience. The new schedule went into effect on Monday, and comes in addition to broader timetable updates that began in 2023.

According to a release from the Metropolitan Transportation Authority, the changes are intended to improve night service and reduce long gaps between trains.

For eastbound travelers, a 10:58 p.m. train from Penn Station to Oyster Bay will now depart 16 minutes earlier, at 10:42, and arrive

at Oyster Bay at 12:09 a.m. Another train will be added at 11:17 p.m., arriving in Oyster Bay at 12:44 a.m.

The addition of a train means that the existing 79-minute service gap will be closed, making late-night travel more accessible for commuters.

For westbound passengers, a new train will leave Oyster Bay at 7:09 p.m., reaching Penn Station at 8:35. This added service will reduce the current 2-hour, 24-minute gap in evening train options by more than half.

Commuters call for more service

Despite the changes, many local commuters argue that the new schedule doesn't go far enough.

Responding to a Herald post on Facebook,

CONTINUED ON PAGE 7

Panzenbeck seeks third term as mayor

By ROKSANA AMID

ramid@liherald.com

Glen Cove Mayor Pamela Panzenbeck has announced her bid for a third term, emphasizing her administration's accomplishments in infrastructure improvements and financial stability. She was first elected as a City Councilwoman in 2013, and served three terms before becoming mayor in 2022. During her tenure, Panzenbeck has prioritized fiscal responsibility, revitalization of public spaces and infrastructure projects, including extensive repairs to Morgan Park, John Maccarone Memorial Stadium and other municipal facilities.

Alongside Panzenbeck, the Glen Cove Republican Committee has announced its slate of candidates for the upcoming election. Incumbents Grady Farnan, Michael Ktistakis and Kevin Maccarone will seek re-election, while first-time candidates Dan Grabowski, James Greenberg and Ellen Pantazakos hope to earn seats

on the City Council.

In an interview with the Herald, Panzenbeck discussed her motivations, achievements, and vision for Glen Cove's future.

Herald: What initially motivated you to run for mayor?

Panzenbeck: I never intended to run for mayor or get involved in politics. I served three terms as a city councilwoman, and at one point there was no candidate willing to run for mayor. I was asked repeatedly, and at the last minute I finally agreed. My deputy mayor (Donna M. McNaughton), who became a great friend when we served on the council together, convinced me that I should do it.

My love for Glen Cove runs deep — my family settled here in the mid-1800s, coming from Norway and Ireland. My family has always been involved in local government and the city's development. At a moment, I said, 'OK, I'll do it,' and it's been full speed ahead since that

CONTINUED ON PAGE 4

Incumbents win big in S.C. election

By **LUKE FEENEY** and **WILL SHEELINE**
lfeeney@liherald.com

Sea Cliff Mayor Elena Villafane secured another term in office alongside village Trustees Mark Sobel and James Versocki in the village election Tuesday night. Despite the unusual events of the preceding week, the evening was business as usual for the village officials and those in charge of counting the ballots.

Villafane thanked village staff and her constituents for putting their faith in her for another term.

“This was an exercise in democracy,” Villafane said. “We got organized, reached out to our people, put our message out there and it paid off.”

Villafane captured 1,064 votes, out of a total of 1,149 cast, to win her third term. Sobel, who was appointed to the board in 2023, garnered 1,055 votes to earn his first full term on the board, and Versocki won a third term with 1,027 votes.

“There was never a doubt that when Mayor Elena Villafane asked me to run for another term as village trustee, I would say yes,” Sobel said after the votes were tallied. “The opportunity to represent the residents and citizens of Sea Cliff is one of the great joys in my life. It’s a village that cares, and one that has made me and my family feel so welcome. There are so many items left to be done, and I can’t wait to tackle them with the

mayor and our board to make decisions that will help citizens of all ages feel proud to live within our one square mile.”

“I am honored to serve another term with Mayor Villafane and Mark Sobel,” Versocki added. “Our village has elected a great mayor for another term, and I appreciate the trust our community has placed in this duly elected board.”

The founder of Pirate’s Booty, Robert Ehrlich, received 62 votes as a write-in candidate. Eight days before the election, Ehrlich showed up at Village Hall with three other men and attempted to seize control under the Citizens Empowerment Act, a 2009 law that gives people the right to dissolve their local government if they can attract the support of 10 percent of a municipality’s population.

According to a statement by the village, Ehrlich declared that the entire village staff was fired but could reapply for their jobs, falsely claimed his authority as mayor and demanded access to office space. Village staff directed him to leave, saying that law did not support his claim. The statement said that Ehrlich and the other men became confrontational, raising their voices, using profane language

and harassing village personnel, and that their behavior created a hostile environment that required police intervention.

In an interview with the Herald on Friday, Ehrlich claimed that village officials refused to stamp his paperwork, which he claimed held 1,800 signatures supporting the dissolution of the village government, despite numerous village officials’ denial that he ever presented them with it.

Villafane told the Herald that when she requested a copy of the petition for the village to review, he refused to give her one.

“He came in with three other people, and he really struck at the heart of local

government by trying to disrupt their activities,” Villafane said. “We are examining our options at this point.”

Ehrlich said that he was trying to assert his legal rights “as a taxpayer, as a citizen, and as a human being.”

“I’m interpreting the law any way I want, the way (President) Trump would interpret laws as he sees fit,” Ehrlich said. “It’s called trickle-down politics, which is what we’re doing.”

The Citizens Empowerment Act would require the collection of at least 500 signatures of village residents to dis-

solve the government. Ehrlich repeatedly claimed that he had 1,800, and added that he was gaining national support for his movement, and that he had even been invited to the White House.

Asked about his motivation for mounting such an unorthodox mayoral campaign, Ehrlich said he believed the village government had been operating without transparency for years and had not been serving its citizens — noting, as his only examples, a lack of outdoor seating and “limits on creativity.”

“It is our belief that there are situations that are not transparent or not common sense in the village,” he added. “You know, when someone takes Austria or Ukraine, they don’t go and ask for permission, they just do it. I’m asserting my rights to have a free, open life, and have transparency.”

In a now-deleted comment on the village’s Facebook page, Ehrlich said that he had met with Gov. Kathy Hochul about the Citizens Empowerment Act. Gordon Tepper, a spokesman for Hochul, said that the governor’s Long Island team had not been in contact with Ehrlich, and that the office was unaware of his claim until media outlets began reporting on it March 13.

Asked about that, Ehrlich asserted that he had never claimed to have met with Hochul, despite the posted comment.

This was an exercise in democracy.

ELENA VILLAFANE
Mayor, Sea Cliff

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Danica Roerden/ Herald photos

Cast members of *In the Spiel of the Night* included; Ken Bongort, Alex Truskinovsky, Elisse Blinder, Roberta Fox, Diane Stillerman, Leo Goldstein, Jon Goldstein, Betsy Schreiber, Paul Berg, Barbara Baron, Stephanie Liebowitz, Mike Barsky.

Purim spiel blends humor, music, tradition

By **ROKSANA AMID**

ramid@liherald.com

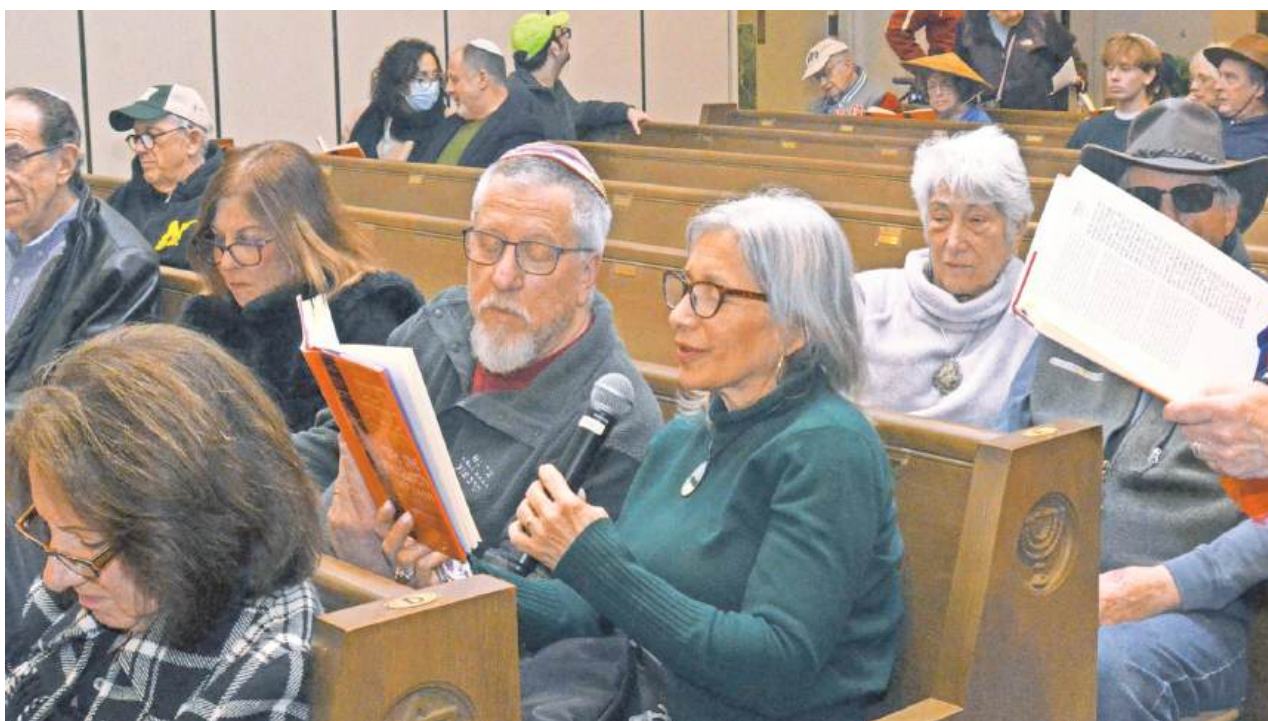
On March 13, Congregation Tifereth Israel hosted the premiere performance of *In the Spiel of the Night*, an original Purim play co-written and directed by Jon Goldstein and Diane Stillerman. This musical comedy brought the ancient story of Purim to life through humor and familiar tunes from the 1950s, engaging both the cast and audience in a lively retelling of the holiday's themes.

Glen Cove resident Jon Goldstein, who has an extensive background in theater and songwriting, was approached by Cantor Gustavo Gitlin to develop a new show. "Cantor Gustavo asked me to develop a show, and I thought about what I could handle doing," Goldstein said. "I thought 1950s songs are very easy to play on the piano. Picking hit songs from the '50s that everybody knew would make sure that it would be easy for the cast to learn, and easy for the audience to recognize, and that they would hopefully know those songs and enjoy them. I knew I wanted it to be funny, and that's always been a strong point for me. So I was able to add lots of jokes."

The process of writing the play took about five weeks, though one song had been on Goldstein's mind for much longer. "The first song, Hebrew School Dropout, has always been a joke in my life, because I was in fact a Hebrew School Dropout," he said. While *In the Spiel of the Night* was a new production, Goldstein has extensive experience writing musicals, including *Liberty: A Monumental New Musical*, which had two off-Broadway runs.

For cast member and East Norwich Michael Barsky, who played Mordechai, participating in the play was both a joyous and meaningful experience. "I thought it was so clever, so well-conceived," Barsky said. "It really brings the Purim story to life in a way that makes you think about it differently. When you're up on stage, singing and acting it out, it becomes almost like living history." Having performed in the previous year's play, which featured music from ABBA, Barsky was excited to take part again. "It's just great camaraderie, just to be with the people here. You really bond with people and get to step out and do something different," he shared.

Beyond entertainment, the Purim serves as a way to pass down tradition and history, something Cantor Gustavo Gitlin emphasized. "Fortunately, and many times unfortunately, history repeats itself," he said. "As Jews, we've been persecuted since the beginning of our history." He referenced the tragic events of Oct 7, 2023, as a reminder of how the Purim story remains

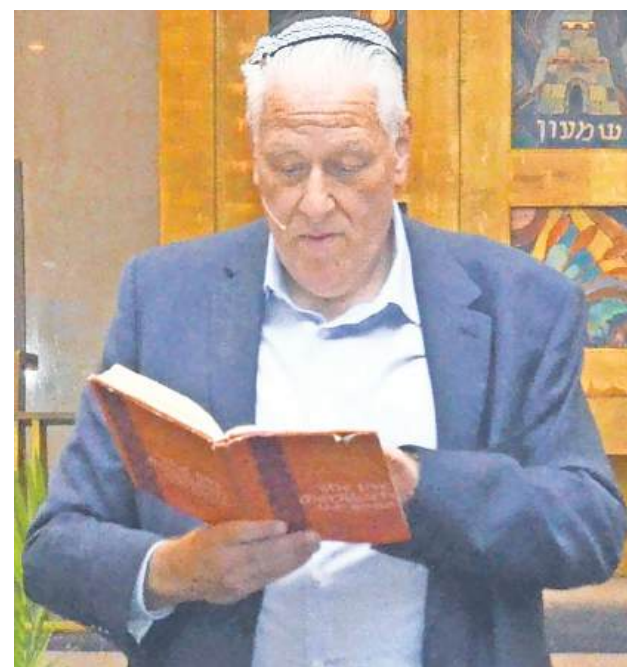


Michael Blitz and Mozelle Dayan-Blitz read a section of the Book of Esther out to the congregation.

relevant. "Every generation, there is a new Haman," Gitlin said. "So when we tell these stories, when we read the Torah, when we read all the stories, and the Book of Esther, and all of our amazing literature, every year it takes a different angle, it takes a different meaning."

The comedic elements of Purim, Gitlin explained, are integral to how the story is traditionally told. "The king wasn't that smart—he was more worried about partying and picking the beautiful queen. He was a silly king," he said. "Haman is so mean. Mordechai is righteous. Esther is brave. And when you think of the characters, it's so easy to make a parody of them." This approach ensures that children remain engaged while learning an important lesson. "We want the children to be engaged. We want to make sure that they know the story, they listen. In a way that they learn the message."

While *In the Spiel of the Night* was a premier performance, Goldstein is open to the possibility of staging it again in the future. "Maybe we'll do this show again here at CTI in five years, but probably we'll come up with something completely different for next time around. But perhaps I'll offer it to other temples if they want to do the show at their temple for the next Purim."



Cantor Gustavo Gitlin read the story of Purim before the play.

Panzenbeck's mayoral bid focuses on projects

March 20, 2025 — GLEN COVE HERALD

CONTINUED FROM PAGE 1

day.

Herald: Why are you running for a third term?

Panzenbeck: I don't like to brag, but I truly believe my administration has accomplished a great deal over the past three years. I don't take credit alone — I have a fabulous team. As a leader, I see my role as steering the ship while my team pushes, assists and helps make things happen. My motto is to 'keep the momentum going.' We have ongoing projects that need to be completed, and I feel I'm the person to see them through.

Herald: If you're elected, what would be your first priority in office?

Panzenbeck: One of my biggest priorities is the repair and improvement of our golf course. The driving range collapsed and the pro shop was covered in mold, forcing operations to move to a trailer. We built a new pro shop, and my goal is to continue improvements. In our capital plan, we've scheduled a new sprinkler system installation for the fall. The current system is the original one and no longer functions properly. Without a good sprinkler system, you can't have a nice golf course.

Herald: How would you fix the city's finances?

Panzenbeck: When I took office, Glen Cove had a \$4.2 million deficit. I followed the budget set by a previous mayor, and by the end of last year, the deficit had been reduced to about \$384,000. We've worked hard to improve city finances while keeping tax increases minimal. In fact, we've only had one tax increase — this year, at about 1.9 percent. Our strategy is simple: stick to budgets, cut



Courtesy Pamela Panzenbeck

The Glen Cove Republican Committee has announced its slate of candidates for the upcoming election. Joining Mayor Pamela Panzenbeck, center, on the ticket are, from left, Grady Farman, Ellen Pantazakos, Dan Grabowski, James Greenberg, Michael Ktistakis and Kevin Maccarone.

unnecessary spending, and identify new revenue streams. That's what we will continue to do. We must be financially responsible while still providing essential services to our residents.

Herald: What do you think are the biggest challenges facing the city right now?

Panzenbeck: We don't want to increase taxes, so we have to work hard and we have to work smart. I have a wonderful team of department heads, and we have so many great city workers and we all work together to get things

accomplished. Finances are always something, because everybody wants everything and they don't necessarily want to pay more taxes.

We have major water infrastructure, and I'm probably the first mayor that has put so much money into water infrastructure, and time and it's complicated, because we need to improve it while we're using it. We have major repairs and refurbishments going to all of our water plants, and you know when I talk about the water, it's not (just) the above-the-ground water, it's the water that flows in the ground, too. We just have to continue to work on all of these things.



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Book Review:

“The Gift of Years”

by Joan Chittister

Your writer was grateful to find author Chittister's book, subtitled “Growing Old Gracefully”, written by her at age seventy, the same age as your writer.

Inevitably, we come to see things differently as we age. In “The Gift of Years” these changes in the “capstone years” as she calls them, present the gift of becoming more fully alive than ever. Cicero notes that old age is richer in reflection, force of character and judgement. The maturity and mellowing of character allows the older generation to provide a behavioral model for younger generations showing them the way to a fullness of life.

Seneca said these years abound with pleasure if we know how to use them. Free of obligations and deadlines, there is freshness in these years. Understanding, enjoyment and love of life all increase, allowing for deeper, richer and more important experiences. The world looks different — more to be treasured,

explored and enjoyed. A certain serenity sets in.

Chittister writes “But we are here to depart from this world as finished as we can possibly become. Old age is...exactly the time to grow in new ways [making] sense out of all the growing we have already done. It is the softening season when everything in us is meant to achieve its sweetest, richest, most unique self”.

Chittister calls it a damping-down time of life where anger, jealousy, envy, and pride subside to awaken another whole level of life. “As Agatha Christie put it, we ‘bloom’ as we grow. New abilities emerge, new insights arise. New vision is possible.”

A certain urgency and intensity in living sets in as we become aware of the presence of time. With forty short chapters on subjects such as Regret, Joy, Possibility, Letting Go, Success, Wisdom, Time and Appreciation, “The Gift of Years” provides an indispensable guide to aging well.



Courtesy Gill Associates Photography

Panzenbeck and Business Improvement District Executive Director Jill Nossa, second from left, swore in new board members Christopher Strother, Danielle Fugazy Scagliola, Angelo DiMaggio, Donna McNaughton, Fred Guarino, Lou-Ann Thompson, Alvin Batista, Ann Fangmann and Anthony Perfetti.

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HERALD SPORTS

Youthful Hofstra shoots for CAA run

By ANDREW COEN

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The Hofstra women's lacrosse team opened 2025 in the heart of winter on Feb. 7 with high hopes for a memorable season that will end in the warmth of spring.

An 11-6 win against Long Island University in the season opener began a stretch of four straight wins to open the new campaign following a nine-win 2024 season in which the Pride reached the Coastal Athletic Association (CAA) semifinals stage. Much of the pieces were

lost however from the 2024 squad including around 70 percent of its offensive production.

"Our motto this year has just been taking it day by day looking and for our team to get better each day," said 13th-year head coach Shannon Smith. "Every day we're in the trenches together, getting better, growing as a unit, both defensively, offensively and collectively as a team."

Hofstra still returned some key pieces from last year led by red-shirt sophomore attacker Nikki Mennella, who tallied 44

points on 24 goals and 20 assists through her first seven games. She has earned CAA player of the week honors three times including on March 10 after a five-point performance in a narrow 11-8 loss to Big Ten foe Rutgers and six goals in a 18-6 rout of Wagner.

"She has the willpower to win and is super competitive," said Smith of Mennella, who also leads the team in draw controls with 38. "She plays with so much fire and passion."

Mennella spearheads an offense with multiple scoring weapons including freshman

attacker Kayleigh Bender, who is second on the team in points with 27-. The Pride have also gotten offensive production early from sophomore Kristen Redding, junior Julia Harris, senior Megan Flannery and graduate student Angelica Sparacio, who previously played at Quinnipiac.

The Hofstra defense also boasts plenty of athleticism anchored by sophomore Christine Dannenfels, who has garnered CAA Defensive Player of the Week twice this season. The Bayport-Blue Point product registered six draw controls and two ground balls in Hofstra's near upset of Rutgers.

"She is a sophomore captain and the team really looks up to her," said Smith of Dannenfels. "She is fiery and plays with

a lot of passion."

Dannenfels leads a defensive unit that includes seniors Brynn Hepting and Emily Weigand along with sophomore Natalie Little. Junior Luchiana Cardello, a former Massapequa High School standout, is starting her third season in net and recorded 12 saves in the narrow Rutgers loss.

Hofstra, which opened the CAA schedule with a 15-9 loss to Delaware last Friday, will look to rebound this weekend with road games Friday at William & Mary and Sunday at Elon. The Pride, who are looking to finish in the top four in the league to earn a bid to CAA playoffs, will conclude the regular season with a home game against Long Island rival Stony Brook on April 26 at 7 p.m.



Photos courtesy Hofstra Athletics Communications

Sophomore defender Christine Dannenfels has garnered CAA Defensive Player of the Week twice already this season.



Sophomore attack Nikki Mennella has 24 goals and 20 assists through the first seven games.

Riders say that gaps in LIRR service remain

CONTINUED FROM PAGE 1
Glen Cove resident Melissa Marzulli voiced her frustration over the lack of late-night and early-morning service, pointing out a significant gap that could leave riders stranded.

“Nothing after midnight,” Marzulli wrote. “A person going out to the city or traveling would have to cut their night short because the last train to Oyster Bay leaves at 1:15 a.m. at Jamaica and doesn’t run until 8 a.m. in the morning. What if someone has to work at 6 a.m.(?) The train schedule is so confusing on the weekends. They need to add more hours after midnight and early mornings.”

Glen Head resident Joan Barrett Colby pointed out midday service gaps, which she said make train travel inconvenient for those with afternoon plans.

“They also need to add a midday train,” Colby wrote in a comment. “The 2-plus hour gap in the afternoon between the 12:38 p.m. and 2:45 p.m. train from Penn is unreasonable.”

For sports fans, however, the schedule update is a welcome improvement. Bayville resident Jeanne Sharkey Zaino posted that she was thrilled about the changes.

“Having gone to Knicks games a lot, these are great changes,” Zaino wrote. “Rather not go to Syosset or Hicksville.”

Others, like Glen Cove Councilwoman Danielle Fugazy Scagliola, had mixed feelings about the news. Fugazy Scagliola and Assemblyman Charles Lavine have been working closely with MTA officials since 2023. The pair sent a

We need better commuting options in the peak hours.

DANIELLE FUGAZY SCAGLIOLA
Glen Cove Councilwoman

joint letter expressing their concerns about the impact of the new East Side Access/Grand Central Madison projects on North Shore riders. The changes did away with timed connections — meaning trains no longer waited for other trains at Jamaica or other junctions. Fugazy Scagliola and Lavine’s meetings with the MTA resulted in the addition of a morning-rush-hour express train to Penn Station.

Fugazy Scagliola acknowledged the improvements, but added that she didn’t believe they went far enough for peak-hour commuters.

“I’m very happy that it’s a positive change,” she said. “It does solve the problem of the gap that was there. But it’s just not enough. We need better commuting options in the peak hours. It’s good because it’s a step in the right



Tim Baker/Herald

The LIRR conducted a customer satisfaction survey last October, and riders on the Oyster Bay branch reported the lowest satisfaction rate of any LIRR branch, 68 percent.

direction, but it’s like a baby step.”

The LIRR conducted a customer satisfaction survey over two weeks last October, and riders on the Oyster Bay branch reported the lowest satisfaction rate of any LIRR branch, 68 percent.

LIRR president: ‘A step toward reliability and convenience’

In a statement, the LIRR said that the additional service would be a “boon” to Oyster Bay customers coming home from Broadway shows, concerts or

sports event in Manhattan.

LIRR President Rob Free defended the updates, emphasizing their role in improving area residents’ travel opportunities.

“The best way to create an amazing customer experience is to provide reliable, convenient, and frequent service to our customers,” Free said in a news release. “These new trains create more travel opportunities for people to experience all that Long Island and NYC have to offer in the evening.”

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WOMEN'S HISTORY MONTH

Either writing about pets or looking out for them

By CHRISTIE LEIGH BABIRAD

cbabirad@liherald.com

Continuing a month-long series of interviews with influential area women in honor of Women's History Month. Joanne Anderson writes the "Pets, Pets, Pets" column for the Babylon Herald Beacon, is the outreach coordinator for Last Hope Animal Rescue, is a member of the League for Animal Protection and volunteers for the Babylon Animal Shelter.

■ **Herald:** Tell me about yourself.

Anderson: I have always loved dogs. Both of my grandmothers were dog fanatics. I remember when I was 5 years old, I went to a barbecue with my family and there was an Afghan hound there. I saw its beautiful coat and thought how magical it looked to me. A love for animals is definitely in my DNA.

■ **Herald:** Why do you do what you do?

Anderson: I was an elementary school teacher for 33 years in the William Floyd School District, but I became involved with the Babylon Animal Shelter and animal advocacy after seeing an Afghan hound in the back of a police car. I knew who the dog belonged to for a while, but the officer said that the family didn't want the dog back.

I had never been in a town shelter before, and when I went to the Babylon Animal Shelter, over 40 years ago, I saw that it was packed with dogs, two to a cage, and many were sick, with no protection against germ spreading. The shelters have come a long way, but that day I took home the Afghan, Alfie. If it wasn't for him, I wouldn't have gone into the shelter and wanted to get



Courtesy Joanne Anderson

Joanne Anderson with a Belgian Tervuren at the National Dog Show in Philadelphia in 2020.

involved. He opened my eyes. Shortly after, I joined the League for Animal Protection.

■ **Herald:** What has challenged you in your career so far, and what keeps you going/inspires you?

Anderson: The challenge is worrying that all the animals that have been saved are only the tip of the iceberg — what about the ones we don't find? There are a zillion places that haven't been touched yet. What keeps me going is that all of these animals we do find and save are given the chance at a better life because we inter-

vened, and it's incredible to sometimes hear from the families afterward (about) the life the pets are now living.

■ **Herald:** What have been the proudest moments in your life?

Anderson: It's hearing about the animals from the shelter and their lives afterward. It's knowing that some were absolutely starving, and that's never going to happen to them again. A lot of them go on to do therapy work as well. Two of my Afghans did therapy work for years, and people who would never talk would all of a sudden start because of the dogs. It's the team — the dogs have to be placed in the right hands to bring out their potential.

■ **Herald:** What advice do you have to offer? What work is left to be done?

Anderson: The world of animal shelters has (come) so far, and while it's difficult seeing the animals in cages initially, they're doing much better now. We also have a new thrift store in Huntington, on New York Avenue, called Last Hope Animal Rescue Thrift and Treasures. What I love about the store is that it's the ultimate recycling venture. You're taking what people don't want anymore, and the money is going toward spaying, neutering, taking in more dogs, surgeries, etc.

Last Hope Animal Rescue Thrift and Treasures is at 310 New York Ave. in Huntington. It is open Tuesday through Sunday from 10 a.m. to 3 p.m., and is currently seeking volunteers. For more about Last Hope Animal Rescue, visit lasthopeanimalrescue.org, email info@lasthopeanimalrescue.org or call (631) 425-1884.

Lifting girls up with leadership and opportunity

By KELSIE RADZISKI

kradziski@liherald.com

Renee Daniel Flagler is executive director of Girls Inc. of Long Island.

■ **Herald:** Tell me about yourself.

Flagler: I've always been very involved in community service, which is what attracted me to Girls Inc. as an employer in the first place. I've always had a special affinity to helping open doors for youth and to serve youth to ensure that they have the access and exposure and opportunities. So I started working with youth just from a volunteer perspective, over 20 years ago.

By 2011, I was fully working with young people, and not just volunteering, but working with organizations that served youth. I was a writer, and I was teaching writing programs with the Department of Education and different programs like drug treatment programs in prisons and schools and camps and every type of youth.

■ **Herald:** Why do you do what you do?

Flagler: Girls Inc. of Long Island (is an) affiliate of the National Girls Inc. organization, with a mission to inspire all girls to be strong, smart and bold. We provide research-based programs for girls that ensure that they have the

tools, access opportunities and resources to reach their full potential and become the next generation of leaders.

(This job) was right in alignment with who I am as a person. It started all those years ago, when I was working with young people and developing an affinity to being able to help young girls who reminded me of myself when I was little ... I recognized myself in them, and wanted to help create and open doors for opportunities and stuff like that for them.

■ **Herald:** What has challenged you in your career so far, and what keeps you going/inspires you?

Flagler: Sometimes being a black woman is a challenge. A lot of times for women, and especially black women, when we get to the table, we kind of have to prove that we belong there. So that's definitely been a challenge that has been consistent throughout my entire career, from corporate to now.

Service keeps me going and inspires me. Progress keeps me going and inspires me. My faith keeps me going and inspires me. I love what I feel when I see myself progress, or the people that I'm working with or helping progress. I love to see the brightness shine in the eyes of a young person when they realize their own capabilities and they

become more confident in themselves.

■ **Herald:** What have been the proudest moments in your life?

Flagler: Professionally, it was being recognized by the network of Girls Inc. for the growth of Girls Inc. When I came into the organization, I was really committed to doing everything I can to be an asset to the organization.

This is just what I love to do, but the fact that whenever I am recognized, it's an opportunity for me to stop and reflect on what we are able to accomplish at Girls Inc., and those moments make me proud when I'm able to pull my head up out of the grind and go, Oh, my goodness, we did accomplish it.

■ **Herald:** What advice do you have to offer? What work is left to be done?

Flagler: So I'm very proud of the fact that today I live what I call my dream journey. I get up every single day and get to do exactly what I love to do, what I feel like I was put here to do and what I'm passionate about doing, and that's what I want to charge other people to do. Live a life that is inspired by the pursuit of your passion and your purpose.

There are still boardrooms that are missing women. There are still industries that don't have enough women in them. We just have to keep fighting,



Courtesy Renee Daniel Flagler

"Service keeps me going and inspires me," Renee Daniel Flagler says.

because we belong there, and we know that our contributions to this world are vital, not just for us, for our communities and for our children, male and female, but those coming behind us.

To learn more about Renee Daniel Flagler's work, visit her website at ReneeDanielFlagler.com.

NUMC, state leaders rally for critical funding

By JORDAN VALLONE

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Health care leaders and state officials rallied in Albany on Feb. 25, pushing for crucial state funding for the Nassau University Medical Center, the East Meadow-based hospital that is overseen by the Nassau Health Care Corporation.

During the rally, which took place in the Capitol Building, Megan Ryan, the corporation's president, chief executive and chief legal officer, joined State Sen. Steve Rhoads and other legislators to press the State Legislature to include funding for the hospital in its 2025-26 budget.

"Nassau University Medical Center serves as a critical lifeline for the most vulnerable populations in Nassau County and is an irreplaceable part of Long Island's healthcare network," Rhoads, a Republican whose district includes NUMC, said at the rally. "Nearly 90 percent of their patients are Medicare, Medicaid or have no ability to pay. As a result, it relies upon state funding to survive. However, since 2019, NUMC has been denied hundreds of millions of dollars of state funding received by safety net hospitals in other areas."

Rhoads cited the hospital's Level 1 trauma center, its burn center for local first responders and those injured in fire-related incidents, and its newly established cardiac catheterization lab as crucially important elements in Nassau County and Long Island's health care system.

"While hospitals in Westchester, Brooklyn and the Bronx have received funding, NUMC continues to be overlooked," he added. "It is imperative that the governor and legislative leaders put politics aside, step up, and do the right thing for the people."

The hospital said it applied for every state funding opportunity available in 2024 and 2025, but has received no state aid. Through a Medicare waiver, which the state was recently awarded, \$2.2 billion will be distributed over the course of four years to public hospitals in New York City and Westchester County, but provides no support or funding to NUMC.

"We're asking to be treated fairly — that shouldn't be a politically charged or partisan issue," Ryan said. "The state has a legal responsibility to provide NUMC with aid to fulfill its mission as a safety net hospital."

Ryan called on leaders in the State Senate and Assembly to "come together" and include "unrestricted aid for NUMC in this year's budget."

"Anything less risks creating a health care crisis in Nassau County," she said.

Assemblyman Ed Ra, a Republican whose district includes parts of East Meadow, said, "This is truly a failure to prioritize the health-care needs of our region. Nassau residents contribute their tax dollars to New York state just like every other region, and it's only right that those dollars are reinvested in their

Call to action

State officials, health care leaders rallied in Albany on Feb. 25 urging:

State Legislature to include NUMC funding in 2025-26 budget

Equal treatment with other regional safety net hospitals

Support for this 'irreplaceable part of Long Island's healthcare network'

health care."

Assemblyman John Mikulin, a Republican whose district also represents East Meadow, added, "Nassau County needs Nassau University Medical Center. NUMC must receive the state aid necessary to ensure families in need have access to the medical treatment and care they deserve."

NUMC is Long Island's largest safety net public hospital and serves all patients, regardless of their ability to pay for health care services.

The health care corporation also oversees the A. Holly Patterson Extended Care Facility in Uniondale.

NUMC boasts a Level 1 trauma center, and serves more than 270,000 patients a year, with 67,000 emergency room visits. More than 60 percent of the hospital's patients are women, and 70 percent are racial minorities. The health care system relies on funding, and since 2017, the state has slashed its allocations from \$190 million to zero dollars in 2024.

The health care corporation is currently suing the state for its alleged failure to comply with federal Medicare reimbursement laws, claiming the state orchestrated a ruse to withhold Medicaid Disproportionate Share Hospital payments that the hospital was entitled to.

Regarding the lawsuit, which was announced in late-2024, and accusations against the state, Gordon Tepper, a spokesman for Gov. Kathy Hochul, said: "We are continuing to work with Nassau County on an appropriate solution for the future of NUMC. Our concerns are the fiscal health of the hospital and patient care. Everything else is just noise."

Despite the lack of state funding, the health care corporation's financial sustainability plan, which was rolled out in late-2023, has allowed the hospital to make significant financial improvements.

Last year, NUMC reported an increase in its cash reserves, an uptick in revenue and a decrease in its operating expenses. NUMC has also expanded its clinical services, revamping a multitude of patient areas, and received the Gold Seal of Approval from the Joint Commission, a nonprofit organization that evaluates and accredits health care organizations and programs nationwide.



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Blakeman's State of the County address

11

By ROKSANA AMID

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Nassau County Executive Bruce Blakeman doubled down on his administration's commitment to public safety, law enforcement, and conservative governance in his State of the County address on March 13. Speaking before a packed crowd at the County Legislature chambers in Mineola, Blakeman touted Nassau's status as the safest county in America, and reinforced his opposition to sanctuary policies, transgender athletes in women's sports, and public mask-wearing outside of health emergencies.

"One of my first executive orders as county executive was to declare that Nassau County is not a sanctuary county," Blakeman said. He emphasized his administration's collaboration with federal immigration officials, saying that Nassau is the first county in the U.S. to have a cooperation agreement with Immigration and Customs Enforcement. "To that end, we are working with ICE and our other federal law enforcement partners to remove or incarcerate those who commit criminal acts and live in the U.S. illegally," he added.

Blakeman also announced plans to increase law enforcement staffing, promising to hire additional officers in the coming years. "I have hired over 300 new police officers and corrections officers in the last three years, and this year we will be hiring more," he said. His proposed capital plan includes investments in police equipment, technology, body armor and vehicles, and he urged the Legislature to pass it at its next meeting.

Blakeman's speech echoed themes from previous addresses and his campaign rhetoric, emphasizing his administration's firm stance on several controversial policies. He highlighted his role in banning transgen-



Tim Baker/Herald

County Executive Bruce Blakeman met with police officers as he reaffirmed his support for law enforcement.

der athletes from competing in women's sports on county property, a measure that has sparked legal challenges.

"We will not allow our girls to be bullied into unsafe and unfair competition and have their privacy violated," he stated. "In Nassau, boys play with boys, and girls play with girls."

He also defended his ban on public mask-wearing, a measure he claims is aimed at preventing crime and antisemitism. "These criminals and cowards are not welcome in Nassau County," he said.

Beyond law enforcement, Blakeman promoted the county's economic strength, attributing its prosperity to low taxes and business-friendly policies. He pledged that for the fourth consecutive year, his proposed budget would not raise property taxes, despite inflation. "Every day, I wake up with only one thought," he said. "And that is your safety, health, and economic security."

Blakeman also spoke of his commitment to saving Nassau University Medical Center, describing it as the county's "safety net hospital." The financially struggling facility is currently suing the state for \$1 billion in funding.

Additionally, he highlighted the county's cultural diversity, citing efforts such as a Feliz Navidad event, a Ramadan celebration, and a Black gospel performance as examples of his administration's outreach to different communities. He also boasted of hosting major public concerts featuring Ja Rule and Steve Aoki.

Blakeman's speech was met with sharp criticism from Legislator Seth Koslow, the Democratic challenger in the upcoming county executive race. Koslow dismissed many of Blakeman's claims, particularly on property tax assessments, police staffing, and infrastructure investment.

"The fact that he could look Nassau County residents in the face and say he fixed the assessment system is unbelievable," Koslow told the Herald after Blakeman's speech. "He has done nothing to make it better." Koslow accused Blakeman of keeping the tax rolls frozen since 2020 to benefit politically connected tax certiorari firms.

Beyond public safety, Koslow took aim at infrastructure neglect, claiming that Blakeman has ignored the county's pothole problems and has not addressed illegal red-light camera fees that courts have ruled improper.

Spa Kim

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Eyes on health

Yearly eye exams can reveal more than just vision trouble

More evidence points to the importance of routine eye exams, not only to pinpoint potential conditions of the eye, but also to serve as windows to diseases that affect the entire body. Now more than ever it is essential to make and keep annual eye exams, as they can help to reveal the first signs of serious ailments.

Doctors say dozens of diseases — from certain cancers to arthritis to high blood pressure — can show symptoms in the eye. Under the watchful and knowing gaze of an eyecare professional, individuals can get early diagnosis and begin treatment promptly.

According to Dr. Roy Chuck, chair of the Department of Ophthalmology and Visual Sciences at Albert Einstein College of Medicine and Montefiore Medical Center, there are many systemic diseases that can be seen in the eye. In addition to the conditions mentioned, jaundice can indicate liver disease while retinal detachment and bleeding in new blood vessels may indicate hypertension. By looking at the color of the cornea, some doctors can tell if a patient has elevated levels of cholesterol. Many people have had their eye doctors be the first healthcare professional to detect the presence of their diabetes.

Because of their delicate structures, including nerves, blood vessels and connective tissues, the eyes can show signs of many significant health risks in the early stages. That can be critically important to patients, because catching diseases early is often the key to preventing severe outcomes. When you visit your optometrist for your annual eye exam, he or she will carefully examine your eyes for telltale signs of disease that may be impacting other areas of the body.

Diabetes. The tiny blood vessels that supply your retina can be a telltale sign of diabetes — often before other symptoms have led to a formal diagnosis of the disease. These blood vessels can leak blood into the retina, which your optometrist can see during a dilated examination. With early detection, it's possible to stabilize blood sugar levels and avoid loss of vision and other serious complications of the disease. In 2017, optometrists diagnosed more than 400,000 patients with diabetic retinopathy in people who hadn't yet been diagnosed with diabetes.

High blood pressure. Once again, the blood vessels of the eye are often the sign that alerts patients to this potentially life-threatening condition. Elevated blood pressure leads to specific changes to the eye's blood vessels and leaks in the back of the eye, which tell your optometrist that you may be suffering from high blood pressure. By getting your blood pressure under control, you can reduce the risk for related condi-

tions, including cardiovascular damage and other eye diseases such as glaucoma, macular degeneration and diabetic retinopathy.

Thyroid disease. If the eyeballs are bulging or protruding from eyelids that seem to be retracting, your optometrist will suspect an overactive thyroid gland (hyperthyroidism), which is often caused by Grave's Disease. This condition affects the tissues and muscles around the eye and symptoms may also include blurry vision, vision loss or dry eyes.

Rheumatoid arthritis. Patients who present with red eyes and severe pain may be exhibiting signs of RA — rheumatoid arthritis. Pain and redness are symptoms of scleritis, a painful inflammatory condition of the sclera, the white part of your eye. RA patients often also suffer from dry eye and are typically between the ages of 40 and 70.

Brain tumors. When a brain tumor forms and causes swelling and increased pressure in the brain, your optometrist can see its impact in the back of your eye. There may also be pressure on the optic nerve that your eye doctor can detect. As a patient, you may notice double vision, loss of peripheral vision, or a change to your pupil size, sometimes on just one side.

High cholesterol. Cholesterol is a naturally occurring waxy substance found in the blood. But too much of it can be a bad thing, especially when it attaches to the inside of blood vessels and blocks proper blood flow through your arteries. That's when it can lead to heart disease and stroke. Your optometrist can catch the early signs of high cholesterol in two ways:

In patients under 40, one sign of high cholesterol is a blue or yellow ring around the cornea. In all patients, cholesterol deposits in the retina's blood vessels can indicate high levels of cholesterol throughout a patient's body.

Cancers. A comprehensive eye exam can detect multiple types of cancer that may be lurking in a patient. The most common skin cancers — basal cell, squamous cell, or melanoma — may be present on the outer surfaces of the eye or the eyelids. In addition, lymphoma or leukemia can cause changes in the interior of the eye. Breast cancer and other bodily cancers can metastasize and spread to the eye and its structures.

If an ophthalmologist suspects an underlying medical condition, he or she will likely refer the patient to their primary care doctors for a more thorough examination.

Going to the eye doctor can do more than ensure your vision is sharp. It's a life-saving decision for many people who have major health conditions diagnosed through the eyes.

Photo: Routine eye examinations can help with early diagnosis of certain medical conditions.



See clearly now — and for a lifetime

Vision is so important in our daily life, in fact, according to the American Optometric Association's annual American Eye-Q® survey, 40 percent of Americans worry about losing their eyesight over their ability to walk or hear. However, despite eyesight being among our most treasured of senses, we don't often take the steps needed to maintain our eye health throughout our lives.

Follow these simple steps to keep your eyesight in focus.

See your eye doctor regularly

When you are seeing well, or not having a noticeable visual impairment, it's easy to forget about making an appointment to see your eye doctor. Eye exams are not just for people experiencing changes in their visual acuity. An eye exam is an essential way to detect even the slightest changes to your eye health and, it can also detect other systemic health issues, such as glaucoma and diabetes, before there are any symptoms.

Often, patients don't realize the connection between a larger systemic illness within the body and eye health. Eye care should begin at an early age, and be part of your normal health routine throughout your lifetime.

Protect your eyes

It's important to protect your eyes from the environment. Most homes and offices have very dry air which can cause eye dryness and irritation. Using a humidifier to control air quality and lubricating eye drops are great options to help protect your ocular surface from irritation and dryness.

The sun's ultraviolet (UV) rays can also be harmful to your eyes. In fact, a lifetime of UV light exposure can increase your risk of cataracts and macular degeneration. Protect your eyes as you would your skin by wearing sunglasses with 100 percent AVA and AVB protection. By the time you have reached age 18, you have received 80 percent of your lifetime exposure, which is why it is also critically important to take these same sunglasses precautions with children.

Practice eye safety by using protective eyewear while playing sports or working with hazardous materials. This will help to protect and shield your eyes.

Using computers? Follow the 20-20-20 rule

Staring at your computer or other digital devices can cause major strain on your eyes and can also cause dry eyes, blurry vision, and headaches. To help combat these issues, simply rest your eyes every 20 minutes by looking 20 feet in front of you for 20 seconds.

Exercise protects your eyes too

You know the importance of a healthy diet and the affect it has on your eye health. But did you know that exercise can also help by increasing circulation, which can lower pressure in the eyes? This can help those with glaucoma — a group of diseases caused by an increase in intraocular pressure (IOP), or pressure inside the eye.

Exercise also helps maintain a healthy weight. Being overweight increases your risk of developing diabetes and other systemic diseases, increasing your chance of major eye diseases.

Drink more water

This might sound bizarre, but drinking an adequate amount of water helps in improving eyesight. Did you know your eyes can get dehydrated as well? Try to drink at least 8 glasses of water a day to stay away from eye-related complications. Drinking water is beneficial to every part of your body, including your eye health. With increased hydration, you will flush your body of excess salt that can cause eye strain.

Photo: Our eyes are affected by our lifestyle and health conditions.

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The Parker Jewish Institute wins 2024 Healthcare Leadership Distinction Award

The Parker Jewish Institute is proud to announce that its “We’re Full of Life” video won the Distinction Award in the “Best Long Video Content – Over 2 Minutes” category of the 2024 eHealthcare Leadership Awards. This recognition highlights Parker’s commitment to uplift its patients and residents with activities that emphasize positivity and friendship, fostering well-being and overall health.

Parker recognizes that many older adults grapple with serious health conditions that are triggered or exacerbated by social isolation and loneliness. Parker averts social isolation with programs that promote engagement and community. Residents and patients look forward to Parker’s drum circles, adaptive pickleball, physical therapy, music programs, multicultural celebrations, arts and crafts, support groups and more. At Parker, engaging the Institute’s patients and residents is a health priority.

“Parker is very attuned to the importance of social connection and the significant role it plays in emotional well-being and overall health. By offering a



variety of activities to our patients and residents, we help them strengthen relationships that help them stay happier, and healthier,” said Parker Jewish Institute President and CEO Michael N. Rosenblut.

Alan Ginsberg, President of LIXI Studios, and his team filmed and edited the award-winning video.

The eHealthcare Leadership Awards recognize outstanding health websites and digital initiatives, underscoring the role of digital communications in

achieving healthcare organizations’ business objectives. The awards program, now in its 25th year, draws over 1,000 entries annually.

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) - providing patients with safe, comfortable Hemodialysis treatments in a relaxed setting — as well as PRINE Health — a Vascular Center offering advanced vascular services. The Center and QLIRI further Parker’s ability to expand access to essential health-care services to adults in the greater New York metropolitan area. For more information, visit parkerinstitute.org or call (877) 727-5373.



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Queens-Long Island Renal Institute offers Home Hemodialysis; 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 (718) 289-2600 with questions!. To learn more about QLIRI’s Home Hemodialysis Program, visit qliri.org. For more on Parker’s Certified Home Health Care, visit parkerinstitute.org.



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



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BY THE NUMBERS

Experts address water supply challenges at public forum

By CHARLES SHAW cshaw@liherald.com

South Shore residents gathered at Valley Stream Village Hall on March 6 for a Water Quality Town Hall, at which environmental experts discussed concerns about local water safety. Speakers outlined potential risks from contaminants in Long Island’s water and ongoing efforts to protect the supply. The event, hosted by Nassau County Legislator Carrie Solages and Assembly members Michaelle Solages and Judy Griffin, drew a packed audience.

Carrie Solages stressed the need to raise awareness about water contamination and government efforts to address it. “Water is the most underappreciated utility,” he said. “We have to do more to understand how to preserve and protect our water quality.” Adrienne Esposito, executive director of Citizens Campaign for the Environment, spoke about emerging contaminants and requirements set by the Environmental Protection Agency to limit their presence in water. She described polyfluoroalkyl substances, or PFAS, as toxic “forever chemicals”

that are found in everyday products, such as cookware, cosmetics and cleaning supplies, that seep into groundwater, threatening Long Island’s drinking water supply. In New York, public water systems must meet the state’s maximum contaminant levels of 10 parts per trillion for perfluorooctanoic and perfluorooctane sulfonic acids — also known as PFOA and PFOS, respectively — two common PFAS. Last April, the EPA set new regulations, set to take effect in 2029, reducing the maximum levels to 4 parts per trillion.

1 126,000 customer connections. Liberty Utilities, which provides water to more than 126,000 customers in Nassau County, has been testing for PFAS on Long Island since 2014, according to Natasha Naola, the company’s water quality manager.

She explained that 10 parts per trillion is equivalent to 10 grains of sand in an Olympic swimming pool, highlighting its toxicity even at low levels. “PFOA and PFOS are extremely persistent in the environment,” Naola said, “which means they do not break down in the environment at all.” Liberty conducts quarterly PFAS tests in its raw water wells across the county. Naola said that 22 of the company’s 24 water plants in the county have detected PFAS levels below 2.5 parts

per trillion, well within compliance. To stay ahead of regulations, Liberty is planning treatment upgrades at facilities where PFAS levels exceed 2.5, ensuring that they remain well below the new limit in 2029.

2 3 million pounds. Operation SPLASH, a volunteer-based organization in Freeport, has been working to clean and protect Long Island’s South Shore bays and waterways since 1990. The group, which monitors 32 miles of coastline from the Nassau-Queens border to Heckscher State Park, has removed over 3 million pounds of debris. Its president, Rob Weltner, highlight-

ed the organization’s impact, noting that volunteers have collected everything from wood and plastic waste to, yes, a kitchen sink. In addition to cleanups, Operation SPLASH focuses on advocacy and education to protect local waterways from pollution.

3 11-mile pipeline. The State Department of Environmental Conservation highlighted the Bay Park Conveyance Project, a joint effort with the Nassau County Department of Public Works to improve water quality and storm resiliency in Long Island’s Western Bays. Nitrogen pollution, a major environmental concern, comes from wastewa-

ter, cesspools, septic tanks, and fertilizers. Excess nitrogen fuels harmful algal blooms, fish deaths, and hypoxia — low oxygen conditions that threaten marine life and degrade wetlands. The Conveyance Project aims to reduce nitrogen pollution by redirecting 50 million gallons of treated wastewater from the South Shore Water Reclamation Facility, in Bay Park, to the Cedar Creek Water Pollution Control Plant’s ocean outfall in Seaford. The wastewater will be discharged farther offshore, preventing nitrogen from accumulating in the bays. Project Director Andrew Fera said the project is 85 percent complete, with around 11 miles of pipes installed. Testing is set for this summer.



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MAR 20

Your Health

Your Health: Hearing & Vision, a special section dedicated to bringing you essential aspects of hearing and eye care. In this section, we explore the latest advancements in audiology and optometry, provide expert advice on maintaining healthy hearing and vision, and share practical tips for all ages. From recognizing early signs of hearing loss to choosing the right eyewear, we cover topics that matter most to you and your loved ones.

APR 3

Higher Education

Higher education is more than just earning a degree—it's a gateway to personal growth, career success, and community development. This special supplement explores the transformative impact of colleges and universities on individuals and society, highlighting the latest trends, opportunities, and resources available to students and lifelong learners.

OCT 16

2025 High School Lacrosse Preview

Get ready for an action-packed season with the 2025 High School Lacrosse Preview, your ultimate guide to the upcoming year in local high school lacrosse. This special section highlights the teams, standout players, key matchups, and expert analysis of what to expect on the field. Look for the Football Preview on Sept. 11 and Basketball Preview Dec. 18

APR 10

Great Homes

Great Homes is a large, full-color photo section featuring current listings, local realtors, and businesses related to real estate. Its broadsheet design makes ads 75% larger than traditional tabloid ads. Distributed with Herald Community Newspapers and mailed to local subscribers, it allows targeted community outreach. Don't miss this opportunity to boost your business and make your season a success!



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STEPPING OUT



Photos courtesy Heckscher Museum of Art

Elizabeth McCausland owned a printing press that she would use for her poetry and magazines.



The 1938 gelatin silver print "Hardware Store" was originally part of Abbott's photo series "Changing New York," which featured over 300 photographs. Gift of Morton Brozinsky.



Berenice Abbott opted for a bigger camera, not willing to sacrifice a single detail in her photography output. Also an inventor, she obtained four patents for photography equipment.

Captured through a different lens

Untold narratives of the partnership between photographer Berenice Abbott and art critic Elizabeth McCausland

By Danielle Schwab

We all know that there are generally two sides to every story. For Berenice Abbott and Elizabeth McCausland, a hidden history stretches beyond their fame and official biographies — a tale of enduring love, documenting change and challenging the norms of their time.

Now on view at Heckscher Museum of Art as part of its 2025 Pride Initiative, during Women's History Month — closing March 30 — the exhibition "Embracing the Parallax: Berenice Abbott and Elizabeth McCausland" sheds a new perspective on the artist-writer duo. Best known for their work capturing the changing landscapes of New York City, the exhibit provides a new understanding of their partnership.

Born in Ohio in 1898, Abbott first ventured to New York City in 1918. Three years later, she moved to Paris to study photography under visual artist Man Ray, eventually returning to New York City to pursue documentary photography.

"She established herself in the Parisian art scene, which is interesting because when she came back to New York, she saw how much the art scene had modernized, she was inspired," says Jessica Rosen, Heckscher's assistant curator, who organized the exhibit.

"Her friends thought she was crazy for giving up her prominence in the Parisian art world to go to New York, but she felt her photographic calling," she continues.

She had her first correspondence with McCausland, the Kansas-born art critic and poet in 1934. McCausland wrote a review of one of Abbott's shows, sparking their intellectual and romantic relationship.

"This review was the first that instilled a political interpretation to Abbott's works. Abbott responded by saying, 'This is the first intelligent review of my work that has appeared in this country,'" Rosen says.

The pair lived in Greenwich Village, forging a fascinating collaboration.

They became most well-known for a pivotal 1939 book, "Changing New York," composed of Abbott's photography and McCausland's captions. While it was meant to capture the modernization of New York through the artist's perspective, the published version erased much of the original intention.

"Abbott and McCausland wanted to redefine documentary photography's function by examining transformation through the lens of a rapidly modernizing New York City. Instead, their publisher diluted their message, producing a tourist guidebook for visitors to the 1939 New York World's Fair.

"The tragedy of the story is that the book that they're both so well known for is not the book that they wanted. The publishers ended up cutting a lot of



- Now through March 30
- Open Thursday through Sunday, noon-5 p.m.
- Heckscher Museum of Art, 2 Prime Ave., Huntington
- Visit Heckscher.org or call (631) 380-3230 for information on related programming

Abbott's photos and completely rewrote all of the captions that were originally very poetic and political," Rosen explains.

Heckscher's exhibit attempts to write these wrongs, showcasing 22 of Abbott's photographs, 10 of McCausland's captions and a poem that reclaims the original works never published during their lifetime.

"I tried to use this as an opportunity to have McCausland and Abbott's voices be heard, given that they had been ignored for most of their lives, and specifically with this project," Rosen says.

One such example is "Hardware Store," a 1938 photograph of a storefront in Manhattan's Bowery.

"McCausland basically writes that she's appreciative of the hardware store. She views it as something imperative to the lifeblood of the city. The last line of the caption is 'This is life in honest and real terms.' Whereas what was published makes fun of the store and the things McCausland loved about it," according to Rosen.

Another highlight is the exhibition's namesake, "Parallax 1951," a term that defines how the position of an object appears to shift when observed from different viewpoints. Abbott became interested in this phenomenon, which she demonstrated through two candles — one lit and one unlit — that perfectly aligned with each other's reflection.

The story of this pair is a powerful tribute to Women's History Month, demonstrating the resilience and challenges faced by women — especially artists — throughout history.

"This was at a time when photography was not accepted as fine art. So being a photographer, being a woman, being a lesbian — these things all put Abbott at a disadvantage to being taken seriously," Rosen says.

"McCausland was a left-leaning lesbian that wasn't afraid to share her opinions or call people out, and I think that's what made her so amazing, but that's what made her very unlikeable to her contemporaries. But throughout her work she continued to champion her belief in social justice. She was ahead of her time in every capacity."

And through it all, it's a story of lasting love, reuniting McCausland's words with Abbott's pictures.



Magical Mystery Doors

The Beatles, Led Zeppelin and The Doors. These three iconic groups have changed the face of music as we know it. Their songs have become part of our history. Come take a step through the 'Magical Mystery Doors' for a night you won't soon forget. This dynamic band blends and layers the music of three legendary bands to create something new and unique. These are the songs you know, the songs you love, the songs you sing at the top of your lungs — reimagined. Throughout the concert, Magical Mystery Doors combines some of these classic compositions in ways that surprise and delight audiences time and time again. MMD also enhances the concert experience with a captivating visual presentation. Video screens and an array of lighting allow this act to create an environment where the music comes to life.

Saturday, March 22, 8 p.m. \$60, \$50, \$40. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. Tickets available at landmarkonmainstreet.org or (516) 767-6444.



Complexions Contemporary Ballet

Complexions Contemporary Ballet versatility is on full display at Tilles Center. Complexions awakens audiences to a new, exciting genre with their singular approach of reinventing dance and contemporary ballet. Celebrating its 30th anniversary, armed with a rich Alvin Ailey lineage and a cadre of 16 stunning dancers, Complexions has been hailed as a "matchless American dance company" by the Philadelphia Inquirer, among its many accolades. Complexions once again blends the world of rock and ballet, this time with the electrifying sounds of U2. The first half of the performance showcases a diverse mixed repertory program from Complexions' rich history. The second act is entirely dedicated to "For Crying Out Loud," which features the full company.

Thursday, March 27, 8 p.m. Tickets start at \$35; available at tillescenter.org or (516) 299-3100. LIU Post campus, 720 Northern Boulevard, Brookville.

THE SCENE

March
28

'Good times...'

Neil Diamond is certainly forever — as honored by the musicians who perform as Neil Forever, on the Paramount stage, Friday, **March 28**, 8 p.m. David Jacobson, the tribute band's founder, has a great passion for the music and legacy of the legendary performer. David, along with his son and music director Dylan Jacobson and drummer John Cardoso began their journey in January 2023. Today, the 14-person ensemble includes bass player Ted Wyman, keyboard player Anthony Raffa, Glenn Gabberty on electric guitar, and percussionist/bongo player Eric Ziegelmeier. The horn section is led by Chris Scarnato who directs a section which includes bari sax, tenor sax, trumpet, and trombone. Jeanna Campo performs key duets and leads the vocal harmony section of three. Together they deliver an authentic, exciting and joyful live concert that captivates the legendary superstar's fans.

Performing Diamond's music is as much about heart and soul as it is talent; it's a celebration of the music and the man who created it. The band has forged an exciting path, as discovered by excited and passionate fans, both old and young. Audiences are thrilled by the authentic renditions of classic hits like "Sweet Caroline," "Forever in Blue Jeans," "Coming to America," and "Kentucky Women." Their goal is to transport the audience back in time and relive that incredible feeling of seeing Neil Diamond live. \$59.50, \$49.50, \$39.50, \$29.50, \$25. The Paramount, 370 New York Ave., Huntington. Tickets available at [ticketmaster.com](https://www.ticketmaster.com) or [paramountny.com](https://www.paramountny.com).



Coach Jon Dolecki honored Glen Cove High School host a Field Dedication Ceremony to honor the legacy of longtime baseball coach Jon Dolecki, Saturday, **April 5**, 11:30 a.m. It celebrates Coach Dolecki's contributions to Glen Cove baseball and the field is officially named in his honor. The Glen Cove community is invited to attend this special dedication ceremony, recognizing Coach Dolecki's impact on student-athletes and the school's baseball program.

Former players, colleagues, and local officials are expected to be in attendance to pay tribute to his lasting legacy. Jon Dolecki Field, Glen Cove High School, 150 Dosoris Lane. For more, contact the High School at (516) 801-7610.

Sir Duke in concert

The Stevie Wonder tribute band performs at My Father's Place, Thursday, **March 27**, 8 p.m. Fronted by vocalist Tom Bowes (of Tower of Power and Blood, Sweat & Tears) Sir Duke lifts the level of the tribute band genre to something riveting and unforgettable. With nine musicians, include a tight rhythm section that has played together over 15 years, the explosive combination of vocals and rhythm honors and celebrates the musicality and songwriting genius of the inspirational Steve Wonder. My Father's Place at The Roslyn, 1221 Old Northern Blvd., Roslyn. For tickets/information, visit myfathersplace.com or call (516) 580-0887.

Glen Cove St. Patrick's Day Parade

Join the Glen Cove community in celebrating Irish heritage at the 2025 St. Patrick's Day Parade, led by Grand Marshal Joe McDonald, Sunday, **March 23**. Enjoy a festive procession featuring marching bands, local organizations, and traditional Irish performances as the parade moves through downtown Glen Cove.

It starts at 1 p.m. and forms up at Finley Middle School between Forest Avenue, north of Dosoris Lane and continues along Glen Street, ending at Glen Street and Pearsall Avenue. Parking is available at Glen Cove's downtown municipal parking garages. A shuttle bus will circulate between parking areas, the parade formation zone, and spectator areas for convenience.

AARP Tax Assistance

Free tax help is provided by AARP trained volunteers, at Glen Cove Public Library, Wednesdays, **through April 9**. Be sure to bring your tax package, W-2 forms, your real estate property tax bill, a copy of your 2023 tax return and any other information that might be helpful in correctly filing your tax return. Both spouses must be present for married couples filing joint tax returns. Call the Library's Information Desk at (516) 676-2130, or stop by the Information Desk, to schedule your appointment. 4 Glen Cove Ave.

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'Palette of Petals' at Planting Fields

Visit Planting Fields Arboretum for a delightful stroll among the early bloomers, as part of its First Fridays series, Friday, **April 4**, 1-2 p.m. Experience the enchanting spring colors at the Margaret Sullivan Heather Garden. Director of Horticulture Donna Moramarco guides visitors through the remarkable collection of azaleas, cherry blossom trees, magnolias, camellias, and more as you stroll the grounds to the recently restored garden.

Discover the rich history of this stunning space, learn about the Coe family's dedication to flowers, and delve into the vision that the Olmsted Brothers had for the site. \$20. Registration required. 1395 Planting Fields Road, Oyster Bay. Visit plantingfields.org or call (516) 922-9210 to register and for information.

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. 4 Glen Cove Ave., Glen Cove. Register at glencovelibrary.org or call (516) 676-2130 for more information.

Celebrate Holi

Long Island Children's Museum invites families to participate in Holi, the Festival of Colors, Sunday, **April 6**, 11 a.m.-4 p.m. Originating in India, this Hindu festival marks the end of winter and the arrival of the colorful spring season. During this joyous celebration, families eat sweets, dance to traditional folk music and throw colorful powder made from flowers called gulal.

Crafts, color throwing and dancing are a part of this vibrant event. Welcome spring's arrival with Holi. Participants are encouraged to wear clothes that they won't mind getting messy. Museum Row, Garden City. Go to licm.org or call (516) 224-5800 for more information.

Art explorations

Converse, collaborate and create at Family Saturday, **March 22**, noon-3 p.m., at Nassau County Museum of Art's Manes Education Center. The drop-in program continues, Saturday, noon-3 p.m. Get inspired by the art and objects in the galleries and then join educators to explore and discover different materials to create original artwork.

Kids and their adult partners connect while talking about and making art together. A new project is featured every week. While there, enjoy reading and play in the Reading Room, and contribute to The Lobby Project, a collaborative art installation. \$20 adult, \$10 child. Registration required. 1 Museum Dr., Roslyn Harbor. Visit NassauMuseum.org for more information and to register or call (516) 484-9337.

On Exhibit

Nassau County Museum of Art's latest exhibition, the original "Deco at 100" coincides with the 100th anniversary of the 1925 Paris International Exhibition of Modern Decorative and Industrial Arts (Exposition internationale des arts décoratifs et industriels modernes) which publicly launched the movement. The direct follow-up to the well-received 2023 exhibit, "Our Gilded Age," it comparably links the period's signature innovation in the decorative arts, Art Deco, to the fine arts. The exhibit encompasses significant cultural advancements during Long Island's Roaring Twenties/Jazz Age movement, including votes, jobs, and the automobile for women, the beginnings of suburbia with commutation for work, and planned residential communities, which all defined the era, while the following decade brought economic reversals and the WPA program. Works by Louis Comfort Tiffany, Fernand Léger, Guy Pène du Bois, Gaston Lachaise, Elie Nadelman, and Reginald Marsh, among others, along with art deco stylists of poster art and graphics, and photography will convey the Art Deco spirit along with its furniture, decorative arts, and fashion.

Like "Our Gilded Age," the social scene of Long Island's Gold Coast, and its personalities — both upstairs and downstairs — will be portrayed, along with the ongoing relationship with the immediate urban context of New York with its skyscrapers and deco-styled architecture. On view through June 15. Nassau County Museum of Art, 1 Museum Dr., Roslyn Harbor. (516) 484-9337 or NassauMuseum.org.



Hellenic Heritage Day

The City of Glen Cove, in partnership with Holy Resurrection Brookville, honors its rich Hellenic Heritage and invites the community to celebrate Greek Independence Day, Saturday, **March 22**. Come to Village Square in Glen Cove, at 3 p.m., near the Intersection of School and Glen streets.

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.

**April
13**

Hempstead House tour

Sands Point Preserve is the backdrop to explore the elegant Gold Coast home that's the centerpiece of the estate, Sunday, **April 13**, noon-1 p.m. and 2-3 p.m. Visit the grand rooms inside the massive 50,000-square-foot Tudor-style mansion, the former summer residence of Gilded Age financier Howard Gould and later Daniel and Florence Guggenheim. Tours are limited in size and tend to sell out. Arrive early to purchase tickets. \$10. Sands Point Preserve, 127 Middle Neck Road. For information, visit SandsPointPreserve-Conservancy.org or call (516) 571-7901.

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VIEWFINDER What did you do to ‘survive’ the winter?

By Danielle Schwab & Tim Baker

Elaine Cummings-
Young
Massapequa

I survived through the winter by staying warm and knitting sweaters, socks, scarves for myself and for my family and friends. I finished this sweater that I'm wearing.



Roland Provence-
Seaford

In the winter, I go to the lake and the harbor. I always go no matter what, even if it's cold out. I go see the birds. We have a whole cardinal family that shows up. It helps my spirit to take care of nature.



Iri Greco
Glen Cove

Surviving any period of winter is a lot about finding little comforts. It's very much in the kind of like Scandinavian Higge mindset of staying warm, staying cozy, staying close to home as much as possible. We try to make a habit of having a fire at least once a week and that is not just warmth, it's a very meditative, soothing experience as well.



Danny Martinez
Rockville Centre

I survived winter with a lot of hot coffee. I also watch a lot of sports, especially the Knicks and football.



Giuliana Curatolo
Oceanside

While winter isn't my favorite season, I do enjoy spending a lot of time with my family, playing board games. I love a good Rummikub. I also love doing art. I work at an art studio and I'm currently working on a painting about Italy for my senior art portfolio.

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Public Notice is hereby given that separate sealed bids for 2023-2024 CAPITAL IMPROVEMENT PROGRAM- REBID project will be received until 11:00 AM prevailing time on APRIL 8, 2025 at the Administrative Offices at the GLEN COVE CITY SCHOOL DISTRICT located at DOSORIS LANE, GLEN COVE, NY 11542 which time they will be received, opened, read aloud and will be made available to the public by remote audio conference. The work shall be as follows:
CONTRACT #1- PA AND FIRE ALARM SYSTEM REPLACEMENT- REBID SED # 28-01-00-01-0-003-026 - FINLEY MIDDLE SCHOOL
Complete digital sets of the Contract documents may be obtained online (with a free user account) as a download for a nonrefundable fee of One Hundred Dollars (\$100.00) at the following website www.jagplanroom.com under 'public projects' beginning on MARCH 18, 2025. Optionally, in lieu of digital copies, hard copies may be obtained directly from Island Digital Reprographics 200 Broadhollow Road Suite One Farmingdale New York 11735 (631-753-3000) upon a deposit of fifty(\$50.00) Dollars for each complete set. Checks for deposits shall be made payable to the GLEN COVE CITY SCHOOL DISTRICT. The bid deposit for hard copies shall be refunded to each Bidder only if the plans and specifications are returned in good condition, with no handwritten notations thereon within thirty (30) days following the award of the contract or the rejection of the bid of such person or corporation. Unsuccessful bidders who request more than one (1) set of the plans and specifications will be partially reimbursed for extra sets in accordance with General Municipal Law § 102 if returned in good condition, with no handwritten notations thereon, within thirty (30) days following the award or rejection of the bids. Any person or corporation who fails

to submit a bid will receive the return of a single deposit less reproduction costs if returned in good condition, with no handwritten notations thereon, within thirty (30) days following the award of the contract or rejection of the bids. All bid addenda will be transmitted to registered plan holders via email and will be available at www.jagplanroom.com. Plan holders who have paid for hard copies of the bid documents will need to make determination if hard copies of the addenda required for their use and coordinate directly with the printer for hard copies to obtain hard copies of the bid addenda. Bids must be made on the standard proposal form in the manner designated by the Instructions to Bidders and as required by the specifications. Bids must be sealed in opaque envelope clearly marked with name and address of the bidder, contract name and number, opening date for bids, and addresses to: GLEN COVE CITY SCHOOL DISTRICT. The GLEN COVE CITY SCHOOL DISTRICT is not responsible for bids opened prior to the bid opening if contract number and opening date do not appear on the envelope. Bids opened prior to the date and indicated time are invalid.
2
Each Bidder must deposit, with their sealed bid, security in an amount not less than 10% of the base bid and all Alternate Bids in the proper form subject to the conditions set forth in the Instructions to Bidders (Section 8). All certified checks or bid bonds must be paid to GLEN COVE CITY SCHOOL DISTRICT. Attention of the Bidders is specifically directed to the prevailing wage rates to be paid under the contract, as well as to other provisions set forth in the bidding documents. Bidder will also be required to show, to the satisfaction of the GLEN COVE CITY SCHOOL DISTRICT that they are carrying Workers' Compensation Insurance as required by law and all other Insurance in amounts

not less than that specified under the General Conditions. Performance Bonds Labor/Material Bonds and Maintenance Bond, as called for in the General Conditions are a requirement of each contract. The GLEN COVE CITY SCHOOL DISTRICT reserves the right to reject any or all bids submitted, to waive any informality or irregularity in any bid, and/ or to accept any bid in whole or in part and/ or to award or not award the contract, if in the opinion of the GLEN COVE CITY SCHOOL DISTRICT, the best interest of the SCHOOL DISTRICT will thereby be served. This invitation is an offer to receive bids for a contract. The successful Bidder will be required to execute a formal contract in the form contained in the Contract Documents. Bids received after the time stated in the Notice to Bidders will not be considered and will be returned unopened to the bidder. The bidder assumes the risk of any delay in the mail or in the handling of the mail by employees of the SCHOOL DISTRICT. Whether sent by mail or by means of personal delivery, the bidder assumes responsibility for having its bid deposited on time at the place specified. No phone, fax or email bids will be accepted. Each Bidder shall agree to hold their bid price for (45) days after the formal bid opening, except as permitted by General Municipal Law § 103 (11). Per Article 8, Section 220 of the New York State Labor Law, every contractor and sub-contractor shall submit to the SCHOOL DISTRICT within (30) days after issuance of its first payroll, and every (30) days thereafter, a transcript of the original payroll record, as provided by this article, subscribed and affirmed as true under penalties of perjury. The SCHOOL DISTRICT shall be required to receive and maintain such payroll records. The original payrolls or transcripts shall be preserved for (5) years from the completion of the work on the project.
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LEGAL NOTICE
REQUEST PROPOSAL FOR
LEGAL SERVICES
PROPOSALS DUE:
April 11, 2025
TIME: 11:00 a.m.
The North Shore Central School District is requesting proposals from qualified attorneys to provide Legal Services beginning July 1, 2025 through June 30, 2030 as described in the complete RFP, with the following scope of services required:
General Counsel to Board and Administration
Labor Counsel to Board and Administration
Attorneys may submit proposals for one or both of these services. The District will receive sealed proposals at North Shore Central School District on or prior to 11:00 a.m. on Friday, April 11, 2025. Proposals received after the stated date will be returned to the sender, unopened. Proposals must be submitted in a sealed envelope plainly marked on the outside:
RFP:
Legal Services
Addressed to:
James R. Pappas, CPA
Assistant Superintendent for Business
North Shore Central School District
112 Franklin Avenue
Sea Cliff, NY 11579
For additional information or copies of the complete RFP please contact James R. Pappas at 516-277-7815. Proposals will be opened on the date stated. The names of the proposing firms shall be available following the proposal opening. The Board of Education of The North Shore Central School District, reserves the right to reject any or all proposals that they consider not to be in the best interest of the school district.
James R. Pappas, CPA
Assistant Superintendent for Business
North Shore Central School District
152332



Photos courtesy NOSH Delivers!

Fifth graders from Glen Head Elementary School kicked off Saturday by making lunch and breakfast bags for local children.

Celebrating St. Patrick's Day with kindness

Student volunteers from NOSH Delivers! handed out specially-made shamrocks and smiles on Saturday as part of their Shamrocks Rock event celebrating St. Patrick's Day. The young volunteers traveled around the North Shore and visited seniors in care homes, rehabilitation facilities, and more, handing out shamrocks and spending time with them.



Seniors proudly showed off their new shamrocks after receiving them.



Nosh volunteers sought to spread 'the luck of the Irish' in honor of St. Patrick's Day.

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OPINIONS

We can't let seniors be the victims of budget cuts

As we recognize National Nutrition Month, a time dedicated to highlighting the importance of healthy eating and food security, we find ourselves facing a looming crisis that threatens the very foundation of support for some of our most vulnerable neighbors. The proposed federal budget cuts could have devastating consequences for Long



**NEELA
MUKHERJEE LOCKEL**

Island families, particularly for our seniors who rely on essential programs like Meals on Wheels.

In 2024, EAC Network delivered 150,000 meals to thousands of hungry, vulnerable senior citizens in Nassau County alone.

These meals, provided through our Meals on Wheels program and our four Senior Community Centers in Merrick, Point Lookout, Hempstead Village and Roslyn, allow seniors to maintain their independence, receive valuable nutrition, and stay connected to their communities. For many, this program is more than just food — it's a lifeline that combats malnutrition, social isolation and health decline.

The proposed budget cuts would

severely limit our ability to continue these services at the current scale. This isn't just about numbers on a spreadsheet; it's about real people — our parents, grandparents and neighbors — who have worked their entire lives to build our communities and now find themselves in need of support. Slashing funding for senior nutrition programs means fewer meals, fewer wellness checks and, ultimately, greater strain on our already overburdened health care and social service systems.

For seniors like Marie, a widow who regularly visits our Hempstead Senior Center, our programs aren't just about receiving food — they're about dignity and survival. "I'm a widow and I live alone now," Marie says. "Being in the house all day is not one of my things. I come every day because I like to socialize." Stories like hers aren't unique; they are similar for thousands of seniors who rely on our programs to remain independent.

The ripple effect of these cuts extends beyond our seniors. Families who depend on supportive services will feel the strain as they're forced to step in to fill the gaps. Working caregivers, already juggling jobs and responsibilities,

will face increased financial and emotional burdens. The loss of funding could also impact jobs in the caregiving and nonprofit sectors, further destabilizing local economies.

A Senate and House bill passed this month calls for harmful cuts to the Department of Health and Human Services, including significant top-line cuts that could impact critical social service programs for our seniors, such as Medicaid, SNAP and the Meals on Wheels program. Any reductions would profoundly affect Meals on Wheels providers like us who rely on federal funding to deliver essential

services to vulnerable seniors in our community. Today, nearly 13 million older Americans face the threat of hunger, and 56 percent of seniors report feeling lonely. Cuts to these vital programs are unconscionable, and must be prevented.

Beyond the impact on seniors and their families, these cuts would also place immense pressure on local volunteers and nonprofit workers who dedicate their time to keeping these programs running. With fewer resources, we may be forced to turn away seniors in need or reduce meal deliveries, leaving many at risk of malnutrition and

social isolation.

Long Island has always been a community that takes care of its own, and now is the time to stand together and demand that our leaders protect the programs that keep our most vulnerable residents safe and healthy. Investing in senior nutrition isn't just the right thing to do — it's the fiscally responsible choice. Every dollar spent on Meals on Wheels and our senior centers helps prevent costly hospitalizations and long-term care placements, saving taxpayers money in the long run.

Failing to invest in senior nutrition today will only lead to higher health care costs tomorrow. Research shows that proper nutrition reduces hospitalizations and the need for long-term care, saving taxpayers millions of dollars in avoidable medical expenses. It's clear: Preventing hunger is a cost-effective strategy that benefits everyone.

As Congress debates these budget proposals, I urge our elected officials to prioritize the health and well-being of our seniors. Let's ensure that National Nutrition Month isn't just a time for awareness, but a catalyst for action. And I urge you, our Long Island community, to take action. Call your representatives, write letters and speak out — because protecting our seniors should never be up for debate.

Neela Mukherjee Lockel is president and CEO of EAC Network.

PSEG Long Island celebrates its engineers

When you think about an electric company, you probably think about the lineworkers who take on physically challenging work on high-voltage equipment while standing in bucket trucks high above the ground. While

PSEG Long Island does have many lineworkers, did you know we also employ more than 200 engineers?

We marked National Engineers Week in February, and World Engineering Day on March 4, but it's still a great time to celebrate this group of practical problem-solvers and everything they do for the roughly 1.2 million customers we serve.



**DAVID
LYONS**

This year's Engineers Week theme was "Design Your Future," and that's precisely what our engineers do at PSEG Long Island. We have civil engineers who design the foundations and

structures that physically support critical electrical infrastructure, laying the groundwork for the equipment that will power our lives.

We have electrical engineers who design the protection of the power system using protective relays, increasing the safety of those lineworkers who maintain the equipment, as well as the general public.

We have radio frequency engineers who design and plan upgrades to PSEG Long Island's advance metering infrastructure — an initiative that has improved billing accuracy, helped customers manage energy costs, and allowed us to even more effectively address outages. Thanks to our RF engineers, smart meters provide high read rates to improve bill accuracy and also call out their status nearly instantaneously, giving visibility of outages across the entire territory to develop efficient resource planning and provide faster outage restoration response.

We also have engineers focused on

finding cost-effective solutions to the challenges of a grid evolving to accommodate renewable energy. Some of this work is literally mapping out the future through Hosting Capacity Maps, Energy

Storage Maps and Electric Vehicle Charging Maps.

Engineering expertise has also been required to design the infrastructure upgrades required to interconnect with and transmit the renewable energy being built all around Long Island. This includes:

Engineering, surveying and designing a major expansion of the existing substation layout, including extensive relocation of existing transmission towers and redesigned transmission and substation layout in the most optimal and reliable manner to enable the interconnection of approximately 900 megawatts of offshore wind.

Engineering and designing a sturdier, resilient and creative solution in a space-constrained substation footprint to reliably serve increased customer demands and reduce the impact on

neighboring communities by implementing equipment that can blend in with the surrounding area.

Balancing environmental and community needs to service a growing customer base with new routes for power transmission on the South Fork.

Continuously evaluating and proposing solutions to enhance reliability and resiliency of the power grid in the evolving landscape of an energy and demand portfolio that includes renewable projects and electric vehicle demands.

I am proud to celebrate today's PSEG Long Island engineers and everything they accomplish for the people of Long Island. At the same time, I want to celebrate the future engineers who might be reading this. We offer summer internships to college students, and we are frequently looking for new engineers to grow our ranks as we continue to build the energy grid of the future. Please visit pseglin.com/careers to learn more.

David Lyons is interim president and chief operating officer of PSEG Long Island.

OPINIONS

Celebrating the immigrants who made America great

This month of March will see far more people attending more St. Patrick's Day parades on Long Island and in New York City than in all of Ireland. This is a tribute to the enormous contributions that Irish-



PETER KING

Americans have made to American life in so many fields and professions, and the importance the Irish attach to preserving and maintaining Irish traditions and culture for future generations. Whether in government, politics, the military, the police, business and finance or so many other areas of American life, the Irish have made their mark.

While these achievements are a tribute to Irish America, they are first and foremost a tribute to America, and the opportunities that are open to hard-working immigrants in our great coun-

try, which make it possible for new generations to take advantage of what has been accomplished by those who went before them.

The United States is more a stained glass window than a melting pot — a mosaic of people from many different countries, each maintaining their ethnic traditions and all comprising an overall beauty.

The reality is that despite people's love for the "old country," it was the United States that made it possible for them to flourish and achieve their potential. With the Irish, it was centuries of oppression, religious bigotry, poverty and a murderous famine that compelled so many to leave the Emerald Isle. For Jews, it was antisemitism in so many Eastern European countries. For the Vietnamese boat people, it was all about fleeing Communist rule. And the list goes on.

But for this unique experiment to continue to succeed, traditions and the

rule of law must be maintained.

One basic tradition that prevailed for so long was that immigrants would strive to learn and speak a common language — English. That would be the glue that bound together so many disparate peoples. As Theodore Roosevelt said, "We have room for only one language here, and that is the English language" — the language, T.R. said, of George Washington, and Abraham Lincoln, and of the Declaration of Independence. Failing to encourage immigrants to learn English consigns them to lin-

guistic ghettos and prevents them from attaining the American Dream.

Similarly, immigration must be done legally. There must be secure borders. At a time when the threat of international terrorism is so real, it is more essential than ever that we know who is in this country. There is also the necessity that we not allow people with criminal records or contagious illnesses to enter the country, keeping in mind that

Despite the love for the 'old country,' it's the U.S. that has helped them flourish.

it would be the immigrant community that suffered. When I was in Congress, there was a period of 17 months during which the ruthless Central American gang MS-13 butchered 25 people to death — each of those victims being a fellow immigrant.

As a grandson of immigrants, I strongly believe that it is the constant infusion of new generations of immigrants that has made our nation great. People from countries that have been warring and killing each other for centuries live here in peace. Old animosities die hard, and there may not be instant love, but they find ways to work together in peace and stand together in war. They are Americans.

So, as Americans, I hope we all celebrated St. Patrick's Day — as we do Columbus Day, Israeli Day, Pulaski Day, Steuben Day, Caribbean Day and all the parades honoring the proud history of all the races, peoples and nations that have made America great.

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

The rise and fall of Mayor Eric Adams

November 2021 was a significant month in the history of New York City. Eric Adams was elected the 110th mayor of that great city. By any measure, most of its 8.25 million residents were thrilled to have a new occupant of City Hall, after the two lackluster terms of Bill de Blasio. Adams rode to victory on the

strength of being a former police officer and an experienced elected official.

While Adams is not a resident of the Nassau-Suffolk region, we Long Islanders have a close connection with the city, where we gravitate for work and/or entertainment. Adams was



JERRY KREMER

elected on a tidal wave of support from voters of both political parties. As an ex-cop, state senator and borough president, he came into Gracie Mansion with the hope that his tenure would give the city the breath of fresh air it badly needed.

De Blasio left office with very little goodwill. While he claimed numerous successes in building new housing,

there is no lasting monument anywhere in the city attesting to his success. Most of the stories about his time in office centered on his daily late arrival at City Hall after spending most of the morning exercising at a Brooklyn health club.

For some unexplained reason in the middle of his second term, de Blasio chose to declare his candidacy for the White House, which required frequent trips to Iowa and other primary states. His fantasy of being president required him to travel accompanied by taxpayer-funded police protection. All in all, de Blasio found a number of ways to alienate the voters in the Big Apple, and most city residents couldn't wait for him to leave public office.

Adams started his term with a wave of good publicity about his plans for a better city. His pledges for police reform were welcomed, because the department was in need of changes and the city wanted someone who could lower the crime rate. His habit of visiting numerous nightspots was welcomed by some, because Adams was making a statement that it was safe to be out at night, and brought attention to an

industry that needed a shot in the arm.

As a show of the need for reform, Adams selected Keechant Sewell as the city's 45th police commissioner and its first woman in that job. Nassau County was a familiar place for Sewell, who had

served in the Nassau County Police Department with distinction.

For some of us who have served in government, Sewell's short tenure as commissioner was a major disappointment. Her desire to do the job was encouraging, but shortly after she took office, there were numerous stories in the media that her appointments were being second-guessed by a City Hall deputy commissioner. When Sewell saw that her actions were being undermined, she decided to resign, and now is applying her talents to a well-paying job in the private sector.

To add to the mayor's popularity decline, numerous deputies in his administration became embroiled in one bad story after another, and there were countless reports of alleged favoritism of one kind or another. The climax of the bad press occurred last month, when four highly respected deputies announced their resignations at

the same time.

The mayor was scheduled to go on trial next month on federal corruption charges, but the process was interrupted by the intervention of the U.S. Justice Department. With the obvious encouragement of President Trump, the prosecutors were ordered to drop the charges. Adams has denied that there was quid pro quo between him and the White House.

Whether he will get another term in office will be decided in June, when the Democratic city primary will take place. There are at least eight current candidates for mayor, with the field headed by former Gov. Andrew Cuomo. There are rumors that Adams may even run as a Republican, to avoid a primary loss as a Democrat.

The rise and fall of Eric Adams is a sad political tale. His candidacy brought so much promise to a city that was eager to have a new leader. Adams is no doubt disappointed by the events of the past three and a half years — and so are we.

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

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HERALD EDITORIAL

Millions are sick and tired of being sick and tired

This month marks five years since Covid-19 upended our world. According to the Centers for Disease Control and Prevention, over 1.2 million Americans died from the virus, including 86,000 New Yorkers. While life has largely returned to normal for many, an estimated 23 million Americans — 1 in 15 — and hundreds of millions more people around the globe remain trapped in a Covid nightmare.

They are suffering from post-acute sequelae of SARS-CoV-2, or PASC, better known as long Covid. With no official definition, diagnostic tests, identifiable biomarkers, effective treatments or certainty of its causes, long Covid encompasses 200-plus symptoms appearing or persisting more than 12 weeks after a coronavirus infection.

Common symptoms often differ from those of acute Covid, and include debilitating fatigue, cognitive dysfunction, dysautonomia, post-exertion malaise, gastrointestinal issues, tachycardia, myalgia, neuropathy and breathing difficulties. No organ system is spared. Many “long haulers” have battled these health challenges for as long as five years, with no end in sight, and each combination of symptoms is unique and can change daily.

Benign-sounding terminology — fatigue, “brain fog,” “post-exertion malaise,” and even the name, long Covid — belie the condition’s severity. Millions of long haulers can’t work or even leave their beds. Many struggle to find words while speaking, or to remember recent events. Their skin burns, and their blood pressure fluctuates dangerously even when they’re sitting still.

Importantly, even mild or asymptomatic Covid infections can trigger long Covid, with each new infection increasing the risk. Some medical experts believe that almost all Americans will eventually experience some degree of the disorder. The healthiest people aren’t immune: Professional athletes have been forced to retire, and some marathon runners can now barely walk.

Without an official definition of long Covid, long haulers struggle to access Medicare, unemployment, disability and private insurance benefits when they

The Herald wants to share Long Island’s long Covid story

If you have experience with long Covid — as a long hauler, caregiver, health care professional or in any other way — email us confidentially at longcovid@liherald.com.

Support new long Covid advocacy efforts

Visit CureLC.org to learn more and donate.

need them most. Medical bills not covered by insurance can mount into the hundreds of thousands of dollars for a single patient.

Last Saturday’s International Long Covid Awareness Day highlighted the disorder’s devastating human toll. Children missing their formative years, and single parents unable to support their families, are just a few examples. Here on Long Island, 200,000 people are estimated to have the chronic and debilitating condition. Tragically, excruciating pain and seemingly insurmountable hardships have led an increasing number of long haulers to take their own lives rather than continue to suffer as shells of their former selves.

And long Covid isn’t just a sobering health issue. Harvard University economist David Cutler estimates that it will cost the U.S. economy more than \$3.7 trillion in earnings, medical expenses and quality of life. That’s equivalent to 12 percent of an entire year of U.S. GDP.

Our national security is also at risk, with an estimated 200,000 military personnel affected. Fatigue and physical limitations can render troops unable to fight, while cognitive issues may compromise critical decision-making and intelligence analysis.

In a rare show of unity, elected officials from both sides of the aisle, as well as scientists, doctors and policy experts, agree: America is failing the long Covid community.

Although the federal government provided \$1.6 billion to the National Institutes of Health for research, those funds were wasted on an observational study rather than being used for clinical trials. Promising therapeutics remain unexplored due to funding gaps and bureaucratic obstacles, and no clinical trials got underway until just a few months ago — years after the start of the pandemic.

But Congress might be positioned to act. The Senate Committee on Health, Education, Labor and Pensions — the chamber’s health care panel — has members who are intimately familiar with long Covid. Sen. Tim Kaine, a Virginia Democrat, has long Covid, and Roger Marshall, a Kansas Republican and a doctor, has a close family member with the condition. At a January 2024 committee hearing, senators from both parties expressed frustration with federal efforts to find a cure.

Marshall described taking his loved one to dozens of doctors, consulting 80 additional doctors, speaking to other senators with the condition and reading extensively about it. He said he was beyond frustrated by the experience, as are many long haulers, who have seen scores of doctors — sometimes over 100 — in the hope of finding relief. Specialists, though, can have two-year waitlists, and many health care professionals remain unfamiliar with long Covid, which often leads to medical gaslighting.

The long Covid community needs help immediately. Government must provide funding and cut red tape to develop effective drugs, educate medical professionals, improve patient care coordination, authorize novel uses of existing therapeutics, streamline access to insurance benefits, accelerate time to market of new treatments, research biological causes, and support caregivers.

We hope the new administration, including President Trump and Health and Human Services Secretary Robert F. Kennedy Jr., will take action commensurate with this growing crisis.

LETTERS

Inspired by a sense of sisterhood

To the Editor:

Kudos to Randi Kreiss for speaking the truth regarding the current state of our

country in her op-ed last week, “Marching then, and marching now.” Her column was encouraging, and gave me hope that the things my friends and my daughters and I are currently doing will make a difference.

Marching, meeting, or protesting with like-minded women brings me solace, and I

come away feeling inspired by a sense of sisterhood. Hopefully those still peacefully asleep will awaken before it’s too late. Great work, Randi.

ELIZABETH MURPHY
Franklin Square

OPINIONS

Believing in the dignity of the working man

“Do you believe in the dignity of the working man?”

I’ll never forget it. She was about 60 years old, and answered the door even though she was clearly busy cooking dinner. And she invited me in to sit and talk.



JACK M. MARTINS

It was 20 years ago, and I was running for mayor of Mineola. As part of my campaign, I went door to door to introduce myself, ringing every doorbell in the village. Residents repeatedly invited me in to chat. I learned firsthand what was at stake for them and their families — a first-class education in what really matters.

But that question, “Do you believe in the dignity of the working man?” resonated with me, and does to this day. Yes, I did believe in that dignity, and I still do. My father was an immigrant from Portugal who came to this country with nothing in his pockets, but a lot of ambition and determination in his heart. He worked tirelessly in construction, doing backbreaking work all week,

often even on weekends to help make ends meet. He did it for his family. He’d go the extra mile, and he knew he was lucky to have the opportunity. I never heard him complain.

He went on to become a successful businessman who employed hundreds of people, and remained a role model. He owned a union shop because it was “the right thing to do.” And he hustled to line up enough jobs to make sure all his people could keep working. We were all in it together, and he understood that he had an obligation not only to his employees but also to their families. That was another lesson I learned from my old man.

That’s one of the reasons I went into government: to somehow even the playing field. And it’s why I recently introduced two bills to help New Yorkers keep more of what they earn. One would eliminate state income taxes on cash tips, and the other would do the same for overtime pay. As New Yorkers face stagnant wages and the rising cost of living, exempting tips and overtime from state taxes is a very real way to put more cash in the pockets of thousands of service industry and hourly workers statewide.

Tip earners are usually on the lower end of the socio-economic scale and have the least disposable income, so every dollar they earn has a much greater impact on the bottom line of their family finances. In many cases

they are women, young people, or single heads of households who have no other source of income and rarely receive a financial break.

Overtime earners tend to be nurses, cops, construction workers, or in some kind of service industry where wages are tied to hours. They make a conscientious decision to sacrifice their personal time to do more and work

harder. Why are we penalizing them for their industriousness? It would be better to incentivize the work, and reward them instead by keeping government away from their earnings.

Whether it’s a waitress in Syracuse or a cop in Brooklyn, these policies would have a ripple effect on every neighborhood in the state. The more money people keep, the more they spend in their local economies, and a rising tide lifts all boats. Just today I watched a New York Times Instagram video that explained why middle-class people are leaving New York, California

and Illinois in droves. The answer was simple: affordability. So it’s clear we need to start reversing that trend, and fast.

The current tax code already provides breaks for passive income. Investment dividends, corporate profits and inheritances all enjoy special tax treatment. Yet people who rely on just their labor see their hard-earned tips and overtime taxed at the same rate as regular wages. This imbalance disproportionately impacts workers who are already struggling, but these new laws would help correct this inequity.

And it shouldn’t be debatable. During the lead-up to the national election, both sides of the aisle embraced these policies. But it seems that now that the dust has settled, working people are again on the backburner.

I’m proposing these new laws for working men and women like my dad and countless other moms and dads across the state. Eliminating taxes on tips and overtime pay is a common-sense policy that would provide immediate relief to hundreds of thousands of New Yorkers, stimulate local economies and promote fairness in the tax system. It’s time to prioritize those who go the extra mile — and honor the dignity of the working man.

Jack M. Martins represents the 7th State Senate District.

Why are we penalizing those who depend on tips or overtime pay?

LETTERS

A big month for theater in our schools

To the Editor:

March is Theatre in Our Schools Month, a time to recognize and celebrate the profound impact that theater education has on students, schools and communities. As a member of the Wantagh High School chapter of the International Thespian Society, I see how theater fosters creativity, confidence, collaboration and communication — essential skills for success in any field.

Theater is more than just performing on stage. It teaches students problem-solving, critical thinking and empathy by allowing them to step into the shoes of different characters and perspectives. Studies show that participation in theater programs enhances academic performance, improves literacy and public speaking skills, and strengthens students’ ability to work as a team. In our own school, productions like “Puffs” and “Jekyll & Hyde” have brought students together, inspired audiences and given young artists a voice.

When I step on stage, I feel as though I’m diving headfirst into a world of pure magic, where reality blurs and the impossible becomes possible. It’s the

rush of dashing through the chaos of “Puffs,” the underdog energy buzzing in every scene, knowing that even the “others” have their moment to shine. It’s the eerie thrill of “Jekyll & Hyde,” feeling the darkness and light battle within as the music swells, pulling the audience into the madness.

It’s the boundless joy of “SpongeBob,” where even the wildest, most ridiculous adventures carry real heart, and optimism soars as high as a sponge in mid-song. It’s the whimsy and wonder of “Peter and the Starcatcher,” where a simple rope can become a ship, and imagination turns the ordinary into something extraordinary. And it’s the absurdity of Monty Python’s “Spamalot,” where comedy and chaos reign, and every ridiculous moment is played with complete, glorious conviction. Stepping on stage is stepping into a story larger than life, where, for a little while, you’re not just yourself — you’re part of something bigger, something unforgettable.

We urge our community to support theater education by attending student performances, advocating for funding, and recognizing the immense value that the arts bring to our schools. Our upcoming performances include “Spamalot,” April 4-6, and the world premier of “Beyond the Gates,” a student-written original musical, on May 30.

FRAMEWORK by Tim Baker



The Drama Club’s production of “Grease” — West Hempstead Secondary School

We invite everyone to join us in celebrating Theatre in Our Schools Month by supporting local productions and encouraging continued investment in arts education. Theater changes lives, and with our communities’ support, we

can ensure it remains a vital part of our students’ education.

LIANNA MENEGALLI
Student choreographer, Troupe 1623
Wantagh High School



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