



**A new addition to
Northwell Health**
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**Remembering
Carol Rubin**
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Roksana Amid/Herald

Faith at first light

The sunrise Easter service last Sunday on the beach at Morgan Memorial Park began with the soulful sounds of “Amazing Grace,” played by bagpiper Robert Lynch, who stood at the base of a 17-foot-tall cross.

City’s \$6.9 million capital plan focuses on infrastructure, safety

By **ROKSANA AMID**

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Mayor Pamela Panzenbeck has laid out an ambitious \$6.9 million capital borrowing plan for 2025 that prioritizes infrastructure rehabilitation, public safety enhancements and recreational investments in Glen Cove’s long-term development.

“This plan continues my vision to repair, improve and invest in the city’s deteriorated infrastructure, which has been problematic for so many years,” Panzenbeck said at a City Council meeting Tuesday night. “I’ve been working with my team diligently to ensure they have the

essential resources to operate their departments effectively and efficiently while improving the city’s landscape.”

The 2025 Capital Plan proposes a total debt issuance of just over \$6.9 million, with approximately \$6.28 million funded by long-term municipal bonds and \$618,000 by short-term bond anticipation notes. The bond notes are expected to be reimbursed with federal, state and county grants within a year of the completion of the projects, minimizing the financial burden on local taxpayers.

City Controller Michael Piccirillo explained that the city’s bonds, which will be repaid over

CONTINUED ON PAGE 7

Screenings for skin cancer at Senior Center

By **ROKSANA AMID**

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When Geraldine Orlando noticed a small red spot on her forehead nearly 30 years ago, she didn’t think much of it. It wasn’t painful, just persistent. But a visit to a dermatologist revealed basal cell carcinoma — a common form of skin cancer.

That diagnosis, Orlando said, changed her life. Since then, the Glen Cove native has had more than 50 basal cells and two squamous cell carcinomas removed from her body, along with several moles.

“I was in my 40s when I got diagnosed the first time,” the 69-year-old said. “And it just never stopped from there.”

Orlando’s story is just one of many that illustrate the importance of routine skin checks, especially among those who grew up in sun-drenched communities like Glen Cove. Now, thanks to a partnership among Nassau County Legislator Delia DeRiggi-Whitton, Greenberg Cosmetic Surgery and Derma-

tology, of Woodbury, and local dermatologist Dr. Eve Lupenko, residents have a chance to get ahead of skin cancer.

Head-to-toe exams for those of all ages, in a private, comfortable setting, will be available on May 2, from 10 a.m. to 2 p.m., at the Glen Cove Senior Center. Participants can opt for

a full-body check, or focus on specific areas of concern.

According to the Skin Cancer Foundation, one in five Americans will develop skin cancer by age 70. It is the most commonly diagnosed cancer in the United States, surpassing all other types combined. Yet despite the num-

bers, early detection dramatically increases survival rates. For melanoma, the deadliest form of skin cancer, the five-year survival rate is 99 percent when it is caught early.

“Routine skin exams are important for everyone, but as we age and deal with the damage caused by a lifetime of sun exposure, it’s even more important to be screened regularly,”

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Matthew Harinstein is a hands on leader

By ROKSANA AMID

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For Dr. Matthew Harinstein, medicine has always been personal. “Since I was three years old, I decided I wanted to be a doctor,” he said. Influenced by his father, a physician, and his mother, a nurse, he recalls making rounds in the hospital at a young age and developing a fascination with cardiology. “I took a liking actually to how the heart worked, and how you could help people. I liked the idea of seeing a patient, being able to do something right away that could help them instantly.”

Now, after decades of experience across clinical, academic, and international health leadership, Dr. Harinstein has stepped into his new role as vice president and associate chief medical officer at Northwell Health and associate medical director at North Shore University Hospital in Manhasset.

“Northwell offers many exciting opportunities and is aggressively growing with an environment and culture similar to the large system I have experienced,” he said. “Relationships are critically important to me personally and as a leader, which is promoted at Northwell.”

Among those who know him best, Dr. Harinstein’s leadership style is marked by responsiveness, insight, and an unwavering commitment to those around him. “Matt is one of those roll up your sleeves, work with you in the weeds and always there when you need them,” said David Russell, chief business development officer at Vanderbilt University Medical Center, who worked closely with Harinstein for more than a decade at UPMC. “My memories and sort of impression of Matt are these like 2 a.m. crisis management phone



Courtesy Northwell Health

Dr. Harinstein has stepped into his new role as vice president and associate chief medical officer at Northwell Health and associate medical director at North Shore University Hospital in Manhasset.

calls when something goes wrong and he’s always there when you need him.”

Russell emphasized Harinstein’s rare ability to balance strategic leadership with close engagement on the clinical front. “He’s not just available when you reach out to him. He’s one of those people that stays close enough to the details that he knows a crisis is

coming,” he said. “He cares very, very deeply about his patients, his hospitals, his people. He’s a hands-on guy.”

That hands-on approach has been a hallmark of Harinstein’s career. From founding the UPMC Center for Cardio-Oncology to serving as chief of cardiology at UPMC McKeesport and directing cardiac imaging services, he’s combined clinical excellence with systems leadership. In his most recent position as senior vice president, COO, and associate chief medical officer at UPMC International, he oversaw operations in hospitals across Italy, Ireland, China, and Kazakhstan.

“I started off as a practicing cardiologist, but quickly got involved in hospital administration and really recognized that there was a lot of opportunity for physician engagement and leadership to help solve problems in the hospital,” Harinstein said. That perspective, he added, led him to pursue an MBA in health care and continue bridging clinical care with operational innovation.

At Northwell, Harinstein said he’s eager to contribute to a system that values collaboration and mission-driven care. “This is a place where I can make a real impact, both as a clinician and a leader,” he said. For Russell, the move is a natural fit. “Being with him and fighting for the resources to make sure that community had the investment it needed to run an amazing hospital... the tenacity of the guy is unusual.”

With his appointment, Harinstein joins a growing team of health care leaders committed to advancing quality and access across the New York region. For both those who’ve worked with him and those just beginning to, one thing seems certain: he’s not the kind of leader who waits for the call—he’s already preparing for what comes next.



Strengthening Local Communities, Boosting Reliability, Enhancing Sustainability

By **Steve Cole-Hatchard**, Project Director, New York Transco
Quentin McMahon, Senior Program Director, New York Power Authority

Earth Week is a perfect time to consider how we can better ensure that our homes, businesses, and families have access to sustainable, reliable and secure energy in the face of increasingly extreme weather events and steadily rising electricity demand.

Propel NY Energy is a core electric infrastructure project that will do just that – keeping the lights on for all our families, ensuring businesses thrive, and keeping communities safe before, during and after storms.

Electric Transmission Upgrades are Essential

As extreme weather events become more frequent, modernizing our electric grid is critical to helping prevent outages, improving emergency response, and strengthening resilience. Propel NY Energy will ease bottlenecks on the current system, expand capacity, and support the integration of cleaner energy sources, all of which will help lower costs for ratepayers, provide communities and businesses needed energy, and ensure long-term environmental and economic benefits.

A Project Built for People

The Propel NY Energy team understands that a strong, modern electric grid isn’t just about technology, it’s about people. That’s why, over the past two months, we’ve hosted nine local community information sessions – meeting with residents, answering questions, and incorporating their input into the future buildout of New York’s electric infrastructure.



Quentin McMahon of the New York Power Authority (left) and Steve Cole-Hatchard of New York Transco lead the Propel NY Energy project team.

Listening, Engaging, and Building Together

From day one, we’ve prioritized early, often, and inclusive community engagement. Our recent information sessions are just one piece of a broader effort that has included 17 open houses, knocking on nearly 300 doors, tabling at more than 15 local libraries and events, and hundreds of meetings with local municipalities, civic groups, business owners and more. Thank you to all that continue to engage, ask questions, and share input! Your input helps us build a project that meets the needs of the community. As we advance to the next stages of this public process, we remain committed to being a community partner.

A Commitment to Resilience and Sustainability

Earth Week is a reminder that protecting our environment and communities goes hand in hand. Modernizing our electric grid in a manner that prioritizes environmental and community needs will ensure a more resilient, sustainable energy system for generations to come. Together, we can build a stronger, more reliable electric grid.

STAY UP TO DATE on Propel NY Energy: visit PropelNYEnergy.com, or contact us at info@propelnyenergy.com or 1-800-347-9071.

A legacy of wisdom, wit and learning

3

By ROKSANA AMID

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Former students, family, and friends gathered Saturday at the Webb Institute to celebrate the life of Carol Rubin, a beloved Glen Cove teacher, mother, and advocate of lifelong learning, who died Jan. 2 at the age of 103. The memorial service, held both in person and via Zoom, honored a woman remembered for her unwavering intellect, sense of humor, and deep impact on generations of children and adults alike. Over a dozen people spoke about their fond memories with Rubin during the two hour service.

Rubin's daughter, Emily, spoke via Zoom, sharing reflections that highlighted her mother's sharp mind and fierce independence, even in her final years. "She had a great facility for memory," Emily said, recounting a phone conversation in which her mother discussed her favorite snack—Cheez-Its—with equal parts wit and nostalgia. "She tells me about it constantly," Emily recalled. "'She's got to realize I'm not a doddering old woman,' she told me about her caregiver. 'I pay my tab, and she pays hers, but that's it.'"

Born in the Bronx in 1920 to Rose and Solomon Begun, Rubin grew up in a home steeped in literature, art, and curiosity. She trained for six months for the 1936 Olympics as a swimmer but ultimately chose to pursue academics, graduating from New York University with a degree in social work. She later earned a master's in education from Adelphi University and spent 23 years teaching, primarily third grade, in the North Shore School District.

Dory Agazarian, who had Rubin as a teacher in 1986, said she entered Rubin's classroom during a tumultuous time in her life, feeling anxious and out of place. "It was a moment of deep uncertainty and transition in my life, and she brought structure, kindness, and clarity," Agazarian said during the memorial. "Mrs. Rubin saw something in me, something I had not yet recognized in myself. She saw a dreamer and a writer. She encouraged me to keep a creative writing notebook. She told me I had a gift for language. At the bottom of nearly every story or poem I handed in, she would scribble two simple words: 'keep writing.'"

Rubin lived most of her adult life in Glen Cove, moving there in 1957 with her husband, Morton, and their children. The couple became charter members of the Glen Cove YMCA, and Rubin swam there regularly for more than six decades—well into her 103rd year. After her husband's sudden death on a cruise in 2005, Rubin remained active, traveling, attending cultural events, and continuing her community involvement.

She served as president of the Friends of the Glen Cove Public Library and was the namesake of the Carol Rubin Award, a scholarship granted annually to a Glen Cove High School senior who demonstrates academic achievement and community service. At the Glen Cove Senior



Photos courtesy Richard Rubin

Richard, Carol, Emily and Musa Rubin shared many laughs and smiles together in their family home.



Carol Rubin celebrated her 103rd birthday at the Regency last November.

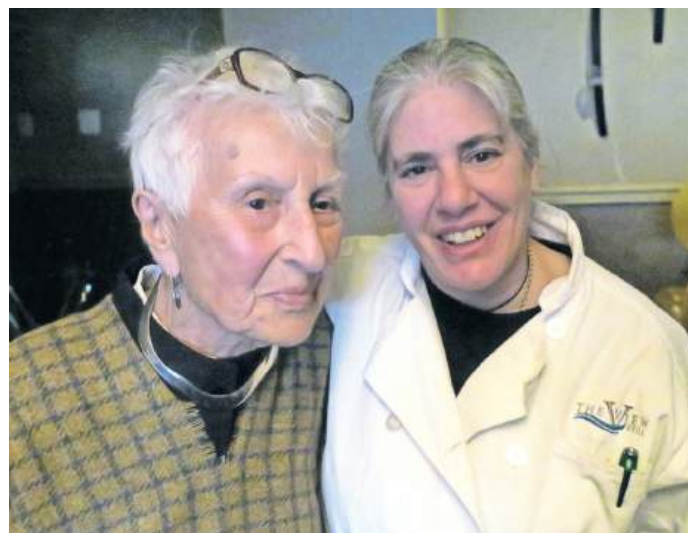
Center, she participated in discussion groups, suggested topics for health lectures, and was the oldest member of the Walk with a Doc program.

"She never operated from a place of regret," said Carol Waldman, former executive director of the center and a longtime friend. "She focused on what she could gain from each day and what she could give to it."

In her later years, Rubin moved to the Regency Assisted Living facility in Glen Cove, hoping to simplify her life while maintaining her social routine. She celebrated her milestone birthdays with friends and family at restaurants run by her close friend Jeannine DiMenna. Even just weeks before her death, Rubin visited the Nassau County Muse-



The service had in person and zoom attendees, highlighting the far reach Carol Rubin had on her community over the decades she lived in Glen Cove.



Carol Rubin, left, celebrated many milestones with her close friend Jeanine Dimenna, right.

um of Art, staying until closing time to take in every last exhibit.

"She wanted to see everything," her son Richard said. "And when I asked her if she would miss the world, she said, 'I've seen the world.'"

Rubin's life was defined by a belief in the transformative power of education, connection, and curiosity—a message that lives on in her students, her children, and the community she helped shape.

Reflecting on Pope Francis' legacy

By KELSIE RADZISKI

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He became an ordained Jesuit priest at 33 and was the first pope from outside Europe in centuries, yet Pope Francis was known for his human touch.

"I was incredibly saddened to learn of the passing of Pope Francis - who led Catholics with tremendous grace, humility and compassion for the world's most vulnerable people,"

Delia DeRiggi-Whitton, Nassau County Legislator and minority leader, said. "May his example be a beacon for us all as we strive to make the world a better and more humane place."

"He always reminded us that the poor, the homeless, and migrants are all made in God's image, that the earth is part of God's divine creation, and that the modern problems of income inequality, and the dangerous and unequal spread of technology are further dividing and distracting us from our obligation to serve the common good" Rep. Tom Suozzi said. "We can be better."

Bergoglio, just before his 17th birthday, was hurrying to meet friends when something directed him to go into the Basilica of St. Joseph in Buenos Aires that moved him to become a priest.

Jesuits are known for highlighting humility, aid the poor and having respect for indigenous people.

Bishop John Barres who leads the Archdiocese of Rockville Centre noted the works in his statement.

"As we mourn the death of Pope Francis on this Easter Octave Monday and the gift of his contemplative global evangelization grounded in Matthew 25 and the spiritual and corporal works of mercy, we give thanks to Father, Son and Holy Spirit for his unique graces and charisms and the compelling way during



Courtesy Ashwin Vaswani/Unsplash

Pope Francis greeting the public in Vatican City in September 2018.

his Pontificate that he has been a Light of Jesus Christ and the mission of mercy of the Catholic Church to the world," he said.

"In Evangelii Gaudium (2013), Pope Francis speaks about the original freshness of the Gospel: "Jesus can also break through the dull categories with which we would enclose him and he constantly amazes us by his divine creativity. Whenever we make the effort to return to the source and to recover the original fresh-

ness of the Gospel, new avenues arise, new paths of creativity open up, with different forms of expression, more eloquent signs and words with new meaning for today's world. Every form of authentic evangelization is always 'new.'"

The former auxiliary bishop of Rockville Centre, Richard Henning, who is now the Archbishop of Boston, expressed his gratitude for the teachings of the Pope in a statement.

"I was deeply saddened by the news of the passing of Pope Francis," he said. "His legacy as Holy Father is broad and deep. In his ministry and across his writings, he has continuously called us to deeper faith and to a more generous participation in the boundless compassion of God. He has challenged us to turn away from selfish impulses and towards communion with others and respect for God's creation."

"I am personally grateful that he called me to the Episcopacy and entrusted me with the pastoral care of the Church of Boston. His example remains a guiding light to the Universal Church."

James Lentini, President of Molloy University, also released a statement on how the impact of the Pope's teachings — "care for our common home," "ecological stewardship" and "advocacy for the dignity of all people" — will continue on, including at Molloy.

"At Molloy University, we strive to live out these values in our classrooms, our service and our daily interactions," he said. "As we mourn the loss of Pope Francis, let us also celebrate his legacy by continuing to foster a community rooted in compassion, inclusion and a relentless pursuit of truth. May his example inspire us to be voices for the voiceless, caretakers of our planet and champions of human dignity."

Additional reporting Roksana Amid.



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Spousal Refusal - Just Say No

Spousal refusal is a legally valid Medicaid planning option in New York. By way of background, certain income and assets are exempt from Medicaid if there is a spouse. Generally, the spouse at home, known as the "community spouse" may keep about \$3,950 per month of the couple's combined income and up to about \$158,000 of the assets or "resources". Not included in those figures are any other exempt assets, such as a home (up to about \$1,100,000 of the equity only) and one automobile. The spouse who is being cared for in a facility is known as the "institutionalized spouse".

Many a spouse has advised us that they simply cannot afford to live on the allowances that Medicaid provides. This is where spousal refusal comes in. We start by shifting excess assets into the name of the "community spouse". He or she then signs a document which the elder law attorney prepares and files with the county indicating that they refuse to contribute their income and assets to the care of the ill spouse since they need those income and assets for their own care and well-being. Note that you may not refuse your spouse's own income over the \$3,950 per month exemption as it is not coming to you.

Once the "community spouse" invokes their right to refuse, and all of the other myriad requirements of the Medicaid application are met, the state Medicaid program must pay for the care of the institutionalized spouse.

After Medicaid has been granted, the county may institute a lawsuit seeking to recover the cost of care from the refusing spouse. Nevertheless, there are a few reasons why spousal refusal makes sense, even in light of this risk. First, in many instances, the county never invokes this right. Secondly, these lawsuits are often settled for significantly less than the cost of care provided. Thirdly, the payment to the county can sometimes be deferred until the community spouse dies. As one county attorney told us when agreeing to such an arrangement, "the county is going to be around for a long time". Finally, even though the county may seek recovery, it is only for the Medicaid reimbursement rate and not the private pay rate. For example, if the private pay rate is \$18,000 per month, which is what you would have to pay, the amount Medicaid has to pay is generally a quarter to a third less. The county may only pursue you for the amount they actually paid.

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April 2025A

City now hiring for summer jobs

The City of Glen Cove Youth Services and Recreation Department is now accepting applications for a variety of seasonal job opportunities for summer 2025. Local residents, especially high school and college students, are encouraged to apply for positions that offer hands-on work experience in a fun and community-oriented environment.

Available seasonal positions include lifeguards, stadium attendants, boat ramp attendants, beach attendants, and camp counselors. These jobs offer the chance to work outdoors and be part of the city’s summer programs and events. Applicants interested in these general recreation positions should contact Spiro Tsirkas, Executive Director of Youth Services, at stsirkas@glencoveny.gov for more information.

In addition to these roles, the Glen Cove Youth Bureau is also hiring for its Summer Youth Employment Program, a paid opportunity for youth to gain real-world work experience while contributing to their community. Interested candidates can reach out to Youth Program Coordinator Jacki Yonick at jyonick@glencoveny.gov to learn more about SYEP eligibility and placement options.

Those specifically interested in working as camp counselors are

encouraged to apply as well. The Youth Bureau is actively hiring counselors to support various summer programs for children and teens. For these positions, applicants may contact Youth Program Coordinators Sandra Potter at spotter@glencoveny.gov or Carolina Guastella Di Maggio at guastella@glencoveny.gov.

These seasonal roles not only provide valuable experience but also allow young people to connect with their community, build new skills, and enjoy a rewarding summer.

The Glen Cove Youth Bureau, established in 1981, is vital to the city by providing a safe and welcoming environment for youth and families to achieve their potential. It offers diverse programs, including after-school activities, summer camps, and employment opportunities, fostering personal growth and community engagement. The Bureau also supports families through initiatives like back-to-school supply drives and holiday food baskets, ensuring essential needs are met. By nurturing the city’s youth and strengthening family bonds, the Bureau plays a crucial role in building a resilient and thriving Glen Cove community.

–Roksana Amid

Deep Roots Farmers Market returns

The Glen Cove Chamber of Commerce will take the reins of the Deep Roots Farmers Market this spring, honoring the legacy of its founder, Amy Peters. Beginning May 31 the market will be officially renamed Deep Roots Farmers Market – Glen Cove and continue to operate at its familiar waterfront location in the parking lot next to The Beacon at 100 Garvies Point Road.

The 2025 season will run for 23 weeks, every Saturday from 9 a.m. to 1 p.m., through Nov. 1, rain or shine. The only exception will be on, June 7, when the market will temporarily move to Glen Cove Village Square to make way for the city’s annual Greek Festival. It will return to Garvies Point the following Saturday.

To kick off the season, the Chamber will host a grand ribbon-cutting ceremony on opening day, May 31, and the public is encouraged to attend and celebrate this new chapter for a market that has become a staple in the Glen Cove community since its launch in 2021.

Dr. Maxine Cappel Mayreis, President of the Glen Cove Chamber and co-chair of the Market Committee, emphasized the Chamber’s commitment to maintaining the market’s founding values.

“Happily, you will be greeted by

many familiar faces—local makers and growers offering everything from fresh produce and baked goods to handmade décor, sauces, flowers, and more,” she said.

Shoppers can expect a wide array of locally sourced and crafted products, including healthy microgreens, spices, olive oils, gluten-free treats, pure ice creams, artisan breads, dog treats, quiches, handcrafted cutting boards, and even knife sharpening services. Live music will be featured each week, creating a festive, family-friendly atmosphere along the scenic Hempstead Harbor. The market’s revival under the Chamber’s guidance ensures that Amy Peters’ vision of a vibrant, local, and sustainable community market lives on.

“This is the place to be on Saturday mornings,” Mayreis said. “The location, the community, the view—vendors often tell us it’s their favorite market spot.”

Vendor applications are currently being accepted. For more information, contact the Glen Cove Chamber of Commerce at (516) 676-6666, email info@glencovechamber.org, or text co-chairs Dr. Maxine Mayreis at (516) 528-5955 or Ylisa Kunze at (516) 819-9038.

–Roksana Amid



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Capital plan focuses on city's infrastructure

CONTINUED FROM PAGE 1

19 years, are expected to carry an interest rate of 3.5 to 4 percent, depending on market conditions. "Funds are appropriated in the General Fund when the City prepares its operating budget and used to pay the debt service incurred by the issued bonds," Piccirillo wrote in an email to the Herald. "This year's borrow is approximately \$600,000 more than last year's bond ordinance."

Piccirillo acknowledged that borrowing money can be a polarizing subject among residents. "There are some people who don't like to borrow at all because of the interest rate component, and there are others that appreciate the ability to spread the payments over a longer period of time so the impact is not that burdensome as if it were all purchased and paid for at one time," he said. "By spreading the payments, the impact to any potential tax rate increases to our taxpayers is minimized."

The single largest allocation — 41 percent of the borrowing plan — is earmarked for the Glen Cove Golf Course. A total of \$2.86 million will fund a complete replacement of the course's half-century-old irrigation system and a surprise emergency repair to the steel bridge at the 12th hole, which was found to be in "critical condition," according to Panzenbeck.

"If we wait any longer, we won't have a golf course," she said, noting that \$275,000 of the bridge repair cost will be offset by a county grant. "We are totally committed to making the course better."

The Department of Public Works will receive \$2.4 million — or 35 of the plan — for a range of projects spanning roadwork, building repairs, and improvements to stormwater drainage. Highlights include \$375,000 to address flooding along Woolsey Avenue, and \$221,000 for rehabilitation of the Pulaski Street Garage's second level. An additional \$650,000 is set



Courtesy Linda Melbinger

Homes on Woolsey Avenue have been affected by rising water during almost every significant rainstorm, which has left yards, streets and basements flooded.

aside for residential street and drainage improvements.

Panzenbeck highlighted the importance of the funding, especially for flood-prone areas. "Stormwater infrastructure improvements and rehabilitation due to flooding conditions at Woolsey Avenue, Barber Lane, New Woods, and Clemens Street areas total \$500,000," she said. "We've had 67 tons of material removed from our storm drains after storms last fall."

The capital plan also designates 20 percent of the funding — roughly \$1.37 million — for emergency services. The Police Department will receive \$462,000 for patrol vehicles, a long-overdue emergency generator, and a new boiler at headquarters. "They haven't had

heat for close to a year," Panzenbeck noted. The Fire Department will use its \$396,000 allocation to replace aging radio systems, self-contained breathing apparatus cylinders, turnout gear and a fire chief's vehicle. Building upgrades, including a new air-conditioning unit for the firehouse, are also included. "We need to take good care of our firemen, because, believe me, they take good care of us," Panzenbeck said.

Emergency medical services will receive \$486,000 for new cardiac monitors and CPR equipment, and to upgrade two ambulances. "They probably get upward of 3,000 calls a year," Panzenbeck said. "And they seem to come all at the same time sometimes."

Smaller allocations include \$404,000 for improvements in city parks — including floating docks at Garvies Point, ADA upgrades at Crescent Beach and surveillance systems at Stanco Park — as well as \$52,500 for citywide IT upgrades and \$30,000 for the city clerk's digitization of vital records.

Many of the projects included in the plan are offset by grant funding. "People always say go out and get grants, but grants aren't really gifts," Panzenbeck explained. "We have to borrow the money first and then get reimbursed later."

She emphasized that the plan is part of a broader, multi-year infrastructure plan with departmental priorities evaluated annually. "The long-term evaluation provides the city's strategic vision and direction for infrastructure, equipment, vehicle and public safety resource improvements over the next several years," she said. "Priorities may change, but our commitment to improvement does not."

Panzenbeck concluded by affirming Glen Cove's proactive approach: "We usually try to borrow approximately \$5 million, but this year we are committed to improving the golf course — and the future of our city."

GLEN COVE HERALD — April 24, 2025



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Discover Long Island gears up for busy tourism season

Discover Long Island, the marketing organization promoting Long Island to the world, held its annual meeting and legislative breakfast at Hilton Long Island on March 14.

Discover LI presented its agenda for the year and premiered its new YouBelong campaign, featuring stories of local Long Islanders and business owners. “2025 is already proving to be a monumental year, and there is much more on the horizon,” said Mitchell Pally, chairman of the Discover LI board of directors.

In 2023, travelers spent \$7.5 billion while visiting Long Island, in large part as a result of Discover Long Island’s global marketing of the region as a premier travel destination. With events like the 2025 Ryder Cup, the 100th anniversary of “The Great Gatsby” and the 2026 NHL All-Star Game, Long Island is expecting an unprecedented number of visitors in the coming months.

–Madison Gusler

1

■ The role of tourism in boosting the local economy

The goal of Discover LI is to increase tourism in the region, because tourism drives revenue across the Island. Over 42 million tourists visited Long Island in 2023, generating \$900 million in local and state tax revenue. During peak season, tourism generates over 100,000 jobs.

With 11 social media channels and over 10 million followers, Discover LI promotes Long Island tourism to audiences around the globe.

2

■ Targeting high-value international visitors and promoting local exploration

Discover LI’s team attends tourism trade shows around the world to promote Long Island internationally. They target high-value visitors who spend more when they visit. When travelers come to LI from outside the region, they spend on hotels, dining and activities.

And Discover LI isn’t ignoring residents, featuring hyper-local marketing that aims to acquaint Long Islanders with new experiences in their own backyards.

3

■ Discover LI’s digital advances, with NearMe app and AI implementation

Discover LI has made strides in digital options for those planning a visit. Its AI chatbot, LiLi, was launched in 2024, and has since sent 6,071 messages. LiLi speaks a number of languages, and has saved Discover LI staff more than 200 hours of work.

The Discover LI app, which has seen a 300 percent increase in downloads since 2024, generates suggestions for dining and entertainment near users and provides information about the area. There is also a section of the website that allow users to buy tickets for various events without leaving the Discover LI page.

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Stressing the importance of early detection

CONTINUED FROM PAGE 1

DeRiggi-Whitton said. “This is about saving lives through early detection.”

Lupenko said that consumers should look for sunscreens labeled “broad spectrum,” which protect against UVA rays, which cause aging and long-term damage, as well as UVB rays, which are the main cause of sunburn and most skin cancers. Chemical sunscreens absorb UV rays and convert them to heat, while physical blockers like zinc oxide and titanium dioxide sit on top of the skin and reflect the sun’s rays. Lupenko advises those with sensitive skin or who want to avoid chemicals to use sunblock with zinc or titanium. Sunscreen should be applied at least 30 minutes before going outside, and reapplied every two to four hours.

“And if you’re sweating or swimming, look for water-resistant formulas — but even then, reapply after 80 minutes max,” she said.

She also warns against being misled by the impression that clothing is more protective than it actually is. “A white T-shirt only gives you about an SPF of four,” Lupenko said, referring to the term Sun Protection Factor. “That’s barely anything. If you’re going to use clothing for sun protection, wear dark or brightly colored fabrics — or, better yet, clothes labeled with a UPF rating of 50 or more.” Ultraviolet Protection Factor is the term used for fabrics.

She urged residents to stick with trusted sunscreen brands, and avoid heavily discounted or foreign products sold online.

Lupenko encourages sun protection year-round —

rain or shine, summer or winter. “Even cloudy days and cold months contribute to skin damage,” she said. “And for many people, the risk is compounded by genetics. Melanoma can run in families.”

That’s certainly true for Orlando. Her mother died of melanoma, and her sister was diagnosed, too, though it was caught early. As a result, Orlando is vigilant about protecting her skin.

“I get checked every three months,” she said. “And I make my daughters and grandchildren go too. I tell them, ‘I don’t want you to go through what I went through.’”

During the May 2 screenings, Lupenko will carefully document any areas of concern, and give participants a summary to share with their primary-care doctor or their own dermatologist. If a spot looks suspicious, she will recommend a biopsy as soon as possible. For pre-cancerous lesions, treatments may include cryotherapy or topical creams. Everyone who attends will also receive a bag of sunscreen samples to encourage daily protection.

“You’d be surprised how many people avoid sunscreen because it feels sticky or burns their eyes,” she noted. “We give them samples of the latest formulas so they can find something they actually like using.”

For Orlando, who still carries the physical scars of sun damage, the message is simple: “Use your sunscreen. Get checked. You may look great with a tan, but you won’t look great after mole surgery.”

The Senior Center is at 130 Glen St. Appointments are required for next Friday’s screenings, and can be made by calling (516) 364-8200.

I don’t want you to go through what I went through.

GERALDINE ORLANDO
Skin cancer patient



Courtesy Dr. Eve Lupenko

Dr. Eve Lupenko will host skin cancer screenings at the Glen Cove Senior Center.



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Roksana Amid/Herald photos

A collaboration among three Glen Cove churches has grown to a coalition of seven congregations including Calvary A.M.E Church, First Baptist Church, Glen Cove Christian Church, Iglesia Ciudad de Refugio, St. John’s of Lattingtown Episcopal Church, Iglesia Ciudad Casa de Dios Internacional, and St. Paul’s Episcopal Church..

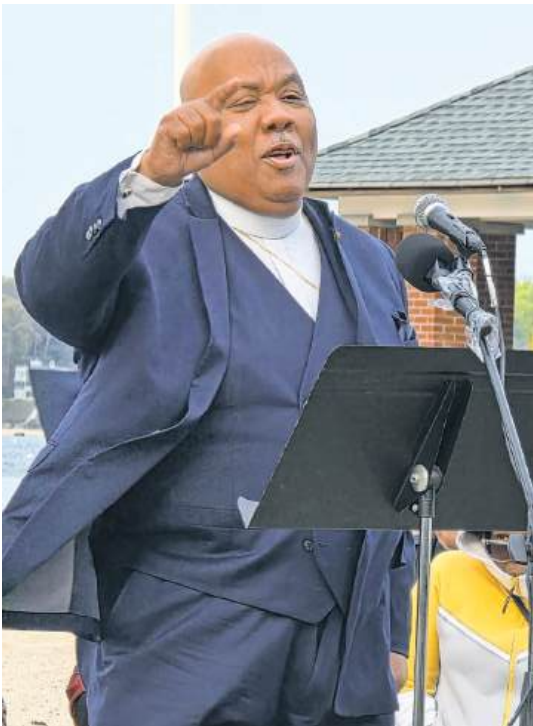
Celebrating Easter Dawn at Morgan Park

On Easter morning, nearly 150 people gathered at Morgan Memorial Park for the Easter Dawn Service, and nearly 3,000 more joined via Facebook Live. What began in 2016 as a collaboration among three Glen Cove churches has grown to a coalition of seven congregations including Calvary A.M.E Church, First Baptist Church, Glen Cove Christian Church, Iglesia Ciudad de Refugio, St. John’s of Lattingtown Episcopal Church, Iglesia Ciudad Casa de Dios Internacional, and St. Paul’s Episcopal Church. The half-hour service in English and Spanish, opened with a stirring rendition of “Amazing Grace” by bagpiper Robert Lynch, performed at the foot of a 17-foot wooden cross temporarily erected on the beach.

—Roksana Amid



Visitors walked to the bottom of the hill at Morgan Memorial Park on the chilly Easter morning to celebrate the holiday with the community.



Rev. James E. Booker of Calvary A.M.E. Church spoke passionately about the importance of celebrating Easter.



Pastor Raul Martinez of Iglesia Ciudad Casa de Dios Internacional addressed the crowd in Spanish. Translating for him is Lia Di Angelo.



Tanisha and Brendan Hanley, of Glen Cove, were among the crowd celebrating Easter Sunday.

Suozzi and Gillen Social Security briefing

11

By LUKE FEENEY

lfeeney@liherald.com

Martin O'Malley, a former top official at the Social Security Administration, said that he feared that some of those on Social Security—including the elderly, people with disabilities and others—might not see their May check due to layoffs at the agency by the Trump administration.

"I truly believe there's going to be some interruption of benefits for some period of time, and I believe that will probably happen in the very near future," said O'Malley, "I've never hoped I was wrong so much in my life."

O'Malley, who was commissioner of the federal agency during the Biden administration, shared his warning at a congressional town hall Monday at the LIU Post Tilles Center in Brookville sponsored by Reps. Laura Gillen and Tom Suozzi.

Suozzi opened the April 21 briefing with a detailed PowerPoint, explaining what has been happening with the agency recently. Suozzi and Gillen said that there has been rising concern from their constituents over longer wait times, delayed checks and perplexing policy changes.

All three said that no changes to checks or benefits have happened yet. They also encouraged the audience to stay informed about the program and



Luke Feeney/Herald

Martin O'Malley, a former official at the Social Security Administration, fears people on Social Security—including the elderly, and people with disabilities, might not see their May check due to layoffs at the agency by the Trump administration.

current agency changes.

The agency, which serves more than 70 million Americans, announced several cuts at the beginning of the month. It expects to cut 7,000 employees, shrinking its workforce to 50,000 with a 50 percent cut to the department's IT staff.

Edwin Osorio, the president of the American Federation of Government Employees, and Gabriel Pedreira, the legislative director for the American Federation of Government Employees,

also spoke at the event.

They both emphasized the importance of social security and urged attendees to fight for what they were owed. Osorio explained that in addition to working with many Social Security employees at his job, he also worked at the federal level for the Social Security Administration.

Following about an hour of remarks, the hundreds of people gathered at the Krasnoff theater had the opportunity to

ask questions, around 15 questions were asked.

Several audience members asked Suozzi what he, and other Democrats, were doing in Congress to counter some of the recent actions by the Trump Administration. Many audience members also expressed frustration and anxiety over potentially losing their social security.

Suozzi responded to those questions saying that his focus was finding areas of compromise with Republicans. He highlighted Republican representatives who were speaking out against Trump administration actions that he believed were hurting the public.

O'Malley, a former governor of Maryland and former mayor Baltimore, also fielded questions from the audience. He said he was there to dispel "common myths" about social security, such as that the cuts would reduce waste and abuse as well as undocumented immigrants not paying into the system.

Constituents in the audience said they found the briefing and open question forum afterwards helpful and informative. The briefing ended with Suozzi encouraging the audience to write letters to the editor of local papers, organize community meetings with those who think differently than they do and participate in local efforts while writing and calling the offices of local and national officials.

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Herald gala celebrates L.I.'s top lawyers

Legal excellence and community service are honored at Heritage Club gathering of 300

By Brian Norman

Some of Long Island's top attorneys were honored for their professional achievements and community contributions at the 2025 Herald Top Lawyers of Long Island Awards Gala at the Heritage Club in Bethpage on April 8.

More than 300 people attended the gala, where 50 of Long Island's top attorneys, nominated by their peers, were recognized for their professional excellence and dedication to their communities.

Before the awards ceremony, attorneys gathered for a cocktail hour, where they had the opportunity to meet and connect with fellow honorees and colleagues.

Stuart Richner, president and CEO of Richner Communications Inc., opened the ceremony by thanking all of those who were in attendance for their dedication to their professions and the people they serve. "Lawyers are pivotal in navigating business and personal matters, and we admire the commitment that our honorees have to their clients and all of the institutions they serve," Richner said.

He added that a portion of the proceeds from the gala would be donated to the WE CARE fund, the charitable arm of the Nassau County Bar Association.

The gala attracted representatives from law firms across Long Island. Among those honored were Minevich Law Group, Villacorta Law Group, JAG Law Group, Schroder & Storm LLP, and Meyer Suozzi Attorneys at Law.

Thomas A. Kenniff, a criminal defense attorney and founding partner of Raiser & Kenniff P.C., was the keynote speaker. He detailed his high-profile defense of Marine veteran Daniel Penny last year, when the Long Island native was acquitted of homicide charges stemming from a fatal subway confrontation with a man who had a history of violent behavior.

Kenniff said he was humbled to speak in front of the gala honorees, and honored to be recognized by his peers as the recipient of the Distinguished Service Award.

"It's very humbling, and it's difficult to speak and be recognized by a crowd of this caliber," he said. "You look around the room and see first-class attorneys, household names in the legal industry, and you can't help but ask yourself, 'Why me?' It's a tremendous honor."

Nicholas Papain, director and managing member of Sullivan Papain Block McManus Coffinas & Cannavo P.C., was honored with the Lifetime Achievement Award. Papain, who has spent his entire career with the firm since joining it in 1978, has been a personal injury lawyer for 47 years. He has represented families of first responders to the Sept. 11 terrorist attacks, and played a key role in securing a \$700 million settlement for rescue and recovery workers.

"I represent people who have been



Tim Baker/Herald photos

Hundreds attended to celebrate award winners recognition.



The Schroder and Strom, LLP team, Allison Brewi (left), Nicolette Maini-Moligano, Robert Goldstein, Esq., Edward Mohlenhoff, Esq., Anthony Forzaglia, Esq., Honorees Joseph C. Packard, Esq. and Christopher P. Byrnes Esq., Jeremy May, Esq., Asad Jilani, Michael Spellman, Esq. (right).

catastrophically injured, and offer them, through our work for them, some financial security for the losses that they have suffered," Papain said. "It's a huge honor, I am very humbled by it, I am very appreciative of it, and I am fortunate to be in this position."

Other honorees included Svetlana Minevich, of the Minevich Law Group, named top health care attorney; Eduardo M. Villacorta, of Villacorta Law Group, recognized as top immigration attorney; and Marjorie Mesidor, of Mesidor PLLC, honored as top employ-

ment discrimination attorney.

Mesidor said that to be recognized for what she does drives her to do well. "To be recognized for the work that you are doing is always a great motivator, particularly in times like these, where you feel like there is a lot going on in our country both socially and politically and in the legal field," Mesidor said. "So this helps to put a little gas in your tank, so to speak, and encourages me to keep going."

Vishnick McGovern Milizio LLP was among the firms with multiple members

honored, and was recognized as the Top Law Firm on Long Island for the seventh consecutive year. Managing Partner Joseph G. Milizio said that it was a great feeling to receive the award at this point in his career.

"This award is an honor, and it means that I am at a stage in my career where I am able to be recognized for the things that I have done," he said, "and that is a great feeling."

For a full list of honorees and to view more pictures please visit: RichnerLive.com/toplawyerawards.



Kathryn C. Cole from Greenberg Traurig.



Platinum Sponsor, Svetlana Minevich from Minevich Law Group, P.C.



Platinum Sponsor, Eduardo M. Villacorta, Esq. from Villacorta Law Group.



Holden Leeds/Herald photos

The Vishnick McGovern Milizio LLP team, Roy Schwartz (left), Joseph Trotti, Katherin Valdez-Lazo, Theresa DeStasio, Honorees Joseph G. Milizio and Kristine Garcia-Elliott, Helen L. Tuckman, and Philip Hornberger. (right).



Anthony A. Nozzolillo Esq. accepts his award for Real Estate Law.



Jason A. Greenberg, Esq. from JAG Law Group.



Laurette D. Mulry accepts her award for her work with Legal Aid of Suffolk County, Inc.



Matthew T. McDonough, Esq. CRE accepts his award for Municipal Law.



Honorable Joseph Spinola from Resolute Systems, LLC.



Ellen N. Savino from Sahn Ward Braff Coschignano PLLC.



Neil Diskin Esq. from Nixon Peabody.



Amy E. Bedell from Lewis Johs Avallone Aviles, LLP.



Charles Skop from Meyer Suozzi, English, and Klein, P.C.



Deborah A. Kelly, Esq. from Mejias, Milgrim, Alvarado, & Lindo, P.C.



Courtesy Nixon Peabody

Allan Cohen (left), Honorees, Ashley Mistretta, Neil Diskin, and Christopher J. Moro (right) pose for photo representing their firm, Nixon Peabody LLP.



Marjorie Mesidor from Mesidor PLLC.



Nicholas Papain from Sullivan, Papain Block McManus Coffinas & Cannavo, P.C.



Michael S. Amato from Ruskin Mosco Faltischek, P.C.

Gary A. Galante, O.D.

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I look forward to greeting you at the new location for your next visit.

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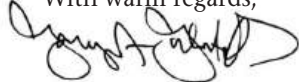
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(next to the Albertson LIRR train station)

I can continue to be reached on my office phone number: 516-676-4561 or our new phone number: 516-333-0222.

Thank you for your continued support and trust.

With warm regards,



Gary A. Galante, O.D.

1298070

ON THE ROAD WITH A TAKEOUT QUEEN

Takeout Worth Waiting For

During the past few months, I've noticed at least 10 eateries in our neighborhood with "Coming Soon" signs in the windows. This is takeout torture. As a takeout queen, I rely on specific grand opening dates so I can try new dishes instead of ordering the same meals for the rest of my life. It would be easier if the signs were more precise and said things like, "Coming Extremely Soon, or "Coming Eventually," or "Probably Opening Relatively Soon... We Hope." In any case, three eateries opened this month. Each one makes my day in a different way.

L'Etoile

(108 South St., Oyster Bay)

My friends and I had been salivating in front of the "Coming Soon" sign for weeks. On opening night, we raced to a table at 5 p.m. This charming, chic French restaurant is brought to us by the Stellina family who own and operate other outstanding eateries in Oyster Bay and beyond. Every dish is presented as if it's a gourmet gift. The "salmon fillet baked in papillote" is wrapped in parchment which the server opens at your table. The chicken and mushroom stew is formally dressed as a pot pie in the finest pastry shell. The "Salade de L'Etoile" is presented as a garden of flowers. Every dish, including a variety of muscles, steaks, legumes and grains, soups and salads, makes you feel as if you're spending an evening in Paris.

Provisions Market (108 South St., Oyster Bay, beside L'Etoile)

This store is gourmet chef Jessie Schenker's sixth eatery in town and it's so much fun. You'll feel as if you're in a Vermont country store. On one side, shelves are lined with the finest cooking

oils, spices, handmade jams and more. On another side, shelves happily hold store made bread and pastries. Behind the deli counter, prepared foods range from poached salmon to beef bourguignon. The curried chicken I ordered was far from chicken chunks wrapped in globs of mayonnaise. Instead, freshly roasted chicken slivers sit in a flavorful, light sauce. A store manager mentioned some of the prepared foods are based on recipes from Schenker's other local restaurants. For instance, the

homemade graham cracker ice cream I purchased can be found in the s'more dessert in Spring 2. Inventive sandwiches and soups are also offered.

Another side of the store is filled with unique housewares including elegant candles and lotions from France, classy tote bags and quaint stuffed animals. This special place has a little bit of everything.



CATHI TUROW

LuluHawaii (63 Glen St., Glen Cove)

I love the ultra-fresh produce and proteins in every dish I've tried in this new Hawaiian café. I keep going back and creating variations on the 5-step Build-Your-Own Poke Bowls. From tofu that melts in your mouth to cucumbers with a happy, crispy crunch, to fluffy rice and garlic crisps, I can't stop experimenting with different combinations.

The Hawaiian fried rice is my creative favorite, with pineapples, beef, shrimp and chicken dancing in a jumbo bowl. Traditional dishes such as musubi (giant-sized sushi rolls with chicken or spam), shoyu soup (miso with thick noodles) and a host of Hawaiian barbecue plates with ribs, chicken and shrimp are other yummy choices. Next time, I'm definitely going for the coconut milkshake.

See you next month.

NEWS BRIEF

Infant massage class at Glen Cove library

On Tuesday, April 30, the Glen Cove Public Library will offer a nurturing infant massage class for caregivers of babies from birth to pre-walking age. Led by certified instructor Lisa Curley, the hands-on session will run from 10:30 to 11:30 a.m. at the library, located at 4 Glen Cove Avenue. Participants will learn massage techniques that can help improve infants' sleep, boost circulation, and aid in nutrient absorption. Caregivers are asked to bring a blanket

for the session. The class is open exclusively to Glen Cove Library cardholders, and space is limited—registration is required. For more information or to sign up, visit glencovelibrary.org or call (516) 676-2130. This calming, educational experience is designed to strengthen the caregiver-infant bond while promoting the well-being of the youngest community members.

—Roksana Amid

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STEPPING OUT

Spring is on

Old Westbury Gardens sets its sights on the exciting conclusion of a milestone anniversary year

By Karen Bloom

Spring is calling — and there's no better place to answer than at Old Westbury Gardens. As blooms burst into color and we shake off winter — and early spring's chill — the beloved 200-acre historic estate is the perfect place to be.

Now a few weeks into its re-opening, this idyllic landmark is ready to enchant visitors with its lush gardens, a refreshed Westbury House and a calendar packed with events and activities. And this momentous season marks the conclusion of its 65th anniversary year as a public garden and historic home.

For Maura Brush, Old Westbury Gardens' president and horticulturist extraordinaire, the milestone continues to carry a deep meaning.

"Our anniversary year is still ongoing and we have so much to offer," she says. "And we're excited about the event we have planned for the 100th anniversary of 'The Great Gatsby' being published."

Gatsby enthusiasts will have to wait for fall to celebrate iconic novel. In the meantime, there's so much to enjoy — right now.

"When the gardens first opened to the public, it was Peggy Phipps and her friends who helped usher in that new chapter. Sixty-five years later, we're still here, thriving," Brush says. It's a real testament to how loved these gardens are."

Indeed, it's not just about surviving — it's about flourishing. The estate, once home to prominent lawyer John Shaffer Phipps, draws record numbers of visitors and members alike, year after year, enticed by its historic charm and horticultural magic.

And that magic begins the moment you step through the gates.

"All winter long you're sort of just looking for any signs of life in the garden," Brush says, about the transition to spring.

"The smallest snowdrop or crocus means the world. And then when you hit this time of year it feels like I can take a walk in the garden in the morning, and by the afternoon something else has sprung up. I love that the garden really changes almost day to day."

One of her favorite early spring spots? The serene lakeside.

"In the early part of the season, the lake areas are just

stunning. The trees haven't fully leafed out yet, so the sunlight dances on the water," she says.

Keep your eyes open for some of the garden's wildest residents: turtles sunning on logs, ducks gliding and birdsong echoing through the trees.

"This time of year you start to see the turtles more," she notes. "The logs are filled with those turtles trying to get their Vitamin D, getting any sun they can."



- Old Westbury Gardens
71 Old Westbury Road, Old Westbury
- For more information and program/events schedule visit oldwestburygardens.org or call (516) 333-0048

Just like us.

Another must-visit is the delightful Primrose Path, at its peak in April through mid-May. Here, you'll find delicate primroses in vibrant hues, forget-me-nots and a scattering of ephemerals — in an expression seasonal joy.

As spring progresses, Old Westbury Gardens transforms week by week. Daffodils, fritillaria, tulips, and more unfurl in careful succession, planned and planted by Brush's dedicated team.

Of course, you'll want to head over to the Walled Garden where tulips are in spring's spotlight.

"The tulips change every year. What we really try to do is create a display that starts with the very early spring tulips and goes to the late bloomers," Brush explains.

Some appear in early April while others flower closer to May, or even in the middle of May.

"We take a lot of pride in the tulip display," she continues. "The combinations are very thoughtful. We'll find a tulip that we really like and then we'll try to find a pansy or some other annual that has some colors that bring out the tulip's color and coordinate with that tulip. One row might be very 'hot' with ambers and yellows and oranges and then the center aisle will be very 'cool' with pale pink and silvery blues and purples. The Walled Garden is a masterpiece."

Each year Old Westbury Gardens offers a soul-refreshing way to celebrate spring's return. Plus the extensive schedule of programs enhances its surroundings — and its rich heritage.

"I am especially proud of the dynamic public programming we have curated," Brush says. "Beloved favorites like Dog Days and Midsummer Nights return, alongside exciting new additions. From inspiring art programs and wellness, we always have a rich roster of programming because that's who we are."

"It's a legacy to the Phipps family that their lovely home is so enjoyed by so many people. I think that's what Peggy envisioned when she so generously gifted Old Westbury Gardens. She had a very happy childhood and life here. Her vision was she would be able to share some of that with the generations to come after her. And that's exactly what she's done."

So go ahead — let spring sweep you away. The gates are open, the flowers are blooming and it's all more spectacular than ever.



Photos courtesy Old Westbury Gardens

Old Westbury Gardens enchants visitors with brilliant pops of color.



An Evening with Misty Copeland

Experience an intimate and inspiring night with Misty Copeland, the trailblazing ballerina who made history as the first Black female principal dancer at American Ballet Theatre. Hear her incredible journey, from overcoming obstacles to becoming a global icon in the dance world and beyond. Copeland has often spoken out about being "different" in the ballet scene. From living in a motel to dancing on the stage of the Metropolitan Opera House, her story of perseverance through poverty, racism, and overcoming setbacks from injury has made Copeland an inspiring figure to millions. She is joined in conversation by screenwriter-author-producer Susan Fales-Hill. She reflects on lessons learned, the remarkable mentors who have guided her on her path and her hopes and aspirations for the future. Also enjoy a performance by members of the prestigious ABT Studio Company, media from Misty's legendary and trailblazing career, and some surprises, including students of Copeland's Be Bold program, her groundbreaking afterschool dance initiative.

Saturday, April 26, 7:30 p.m. LIU Post campus, 720 Northern Blvd., Brookville. Tickets available at ticketmaster.com or tillescenter.org or (516) 299-3100.



Jessie's Girl

Drag out that neon once again and give your hair its best '80s 'do. Those wild days are back — as only Jessie's Girl can pull off, on the Paramount stage. The band of NYC's top rock/pop musicians and singers gets everyone into that "Back To The Eighties" vibe with the latest edition of their popular concert experience. With a lineup including four pop-rock vocalists dressing and performing as 80s icons, backed by a dynamic band, this is the definitive '80s experience. Throw on top of that: a load of super-fun choreography, audience participation, props, costumes bubbles, and confetti — and you have a party that audiences don't want to leave. Jessie's Girl has mastered over-the-top renditions of the some of world's most unforgettable songs, all while dressed up as the iconic characters of that decade. Theater meets live music — covered with a load of '80s glitz.

Saturday, April 26, 8 p.m. \$49.50, \$37.50, \$35, \$25. The Paramount, 370 New York Ave., Huntington. Tickets available at ticketmaster.com or paramountny.com.

YOUR NEIGHBORHOOD CALENDAR

APR 25

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) that 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. On view through June 15.

- **Where:** 1 Museum Dr., Roslyn Harbor.
- **Time:** Ongoing
- **Contact:** (516) 484-9337 or nassaumuseum.org

'Elephant & Piggie's We Are in a Play!'

The beloved musical adventure, ripped from the pages of Mo Willems' beloved award-winning, best-selling children's books, is back on stage at Long Island Children's Museum. Willems' classic characters Elephant and Piggie storm the stage in a rollicking musical romp filled with plenty of pachydermal peril and swiney suspense perfect for young audiences.

- **Where:** Museum Row, Garden City
- **Time:** Also April 27, April 30-May 1, times vary
- **Contact:** licm.org or call (516) 224-5800

APR 26

E-Waste Recycling Program

Glen Cove hosts its E-Waste Recycling Program at Winters Bros. Waste Systems. Residents are encouraged to responsibly dispose of electronic waste including computers, monitors, tablets, scanners, printers under 100 lbs, keyboards, VCRs, televisions, and more. Microwaves and small household appliances will not be accepted. Proof of Glen Cove residency is required for drop-off.

- **Where:** Winters Bros. Waste Systems, Morris Ave., Glen Cove
- **Time:** 8 a.m.-1 p.m.
- **Contact:** Glen Cove Department of Public Works at (516) 676-4402

Arbor Day Festival

Planting Fields Arboretum State Park welcomes all to its annual Arbor Day Festival, celebrating the importance of trees and environmental



MAY 2 Pink Talking Fish

Three mammoth bands. Three musical phenomenons. One idea inspired by love of the music. That's Pink Talking Fish. The hybrid tribute fusion act takes the music from three iconic bands creating a remarkable musical jam. PTF brings their unique sound to the Landmark on Main Street stage, on their latest tour celebrating the 50th anniversary of the incredible Pink Floyd album "Wish You Were Here." This show consists of two sets. The first will be a full rendition of this epic album from start to finish, with "Classic PTF" combinations in the second set. "Wish You Were Here" is extremely meaningful to the band members and so many music lovers around the world and PTF is thrilled to bring this album to life in 2025. Although the music from each act is different, PTF has discovered that fusing the material together creates an amazing story. The epic emotion of Pink Floyd; the funky, danceable layerings of The Talking Heads; the styles, unique compositional structures and pure fun of Phish — to merge these three into one gives music lovers a special experience. Tickets are \$49 and \$46.

- **Where:** Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington
- **Time:** 8 p.m.
- **Contact:** landmarkonmainstreet.org

conservation. Activities include exciting children's crafts, kids tree climb with Wonderland Tree Care, plant clinic, tree seedling giveaways, educational booths, tree plantings with Smokey the Bear in which everyone can participate, and more. \$30 per vehicle. Registration recommended.

- **Where:** 1395 Planting Fields Road, Oyster Bay.
- **Time:** Through April 27, 10 a.m.-4 p.m.
- **Contact:** plantingfields.org or call (516) 922-9210

Opening exhibit: Revealing F. Edwin Church

Celebrate the life and legacy of painter F. Edwin Church at a special exhibition opening. Presented by the F. Edwin Church Catalogue Raisonné Project, the exhibition highlights Church's distinctive portraits, often touched by Japanese influence, alongside impressionist landscapes, undersea explorations, floral still life, and sculpture. Guests will also learn about Church's unique Locust Valley home, designed in 1928 by Harrie T. Lindeberg and partially funded by his print collection. Admission is free, and donations are welcome.

- **Where:** North Shore Historical Museum,

- 140 Glen St., Glen Cove
- **Time:** 5:30 p.m.
- **Contact:** (516) 801-1191

Pet Adoption

Cove Animal Rescue teams up with the Rescue Paw Foundation for an afternoon of pet adoption at Garvies Point Dog Park. Stop by their booth between 12 and 4 p.m. to meet adoptable pets and learn how you can support local rescue efforts. The event will take place rain or shine and is a great opportunity to give a furry friend a forever home.

- **Where:** 50 Garvies Point Road, Glen Cove
- **Time:** Noon-4 p.m.
- **Contact:** (516) 676-5913

Earth Day Beach Cleanup

Celebrate Earth Day at beautiful Sands Preserve Preserve! Join the efforts to help prevent plastic and other harmful materials from polluting our oceans and help keep the preserve's shoreline clean. Bring your own gloves, all other materials will be provided. No registration is required. All beach cleanup volunteers receive free admission to the Preserve, as a thank you for their help in this important mission.

- **Where:** 127 Middle Neck Road,

- Sands Point
- **Time:** noon-2 p.m.
- **Contact:** sandspointpreserveconservancy.org or call (516) 570-2185 or email info@sandspointpreserve.org

Giada Valenti's 'From Italy with Love'

Enjoy an evening of romantic songs in English, Italian and Spanish at the Madison Theatre. This exquisite concert celebrates the enchantment of Italy, showcasing the captivating persona and velvety vocals of Giada Valenti. Her voice evokes memories of Celine Dion's powerful vocals blended with the charm of Edith Piaf, accompanied by remarkable special guests. Hailing from Venice, Giada promises an unforgettable performance filled with passion, emotion, and pure musical artistry. From the hauntingly beautiful "The Prayer" to the romantic "A Place for Us" from Romeo and Juliet, she mesmerizes with stunning interpretations of beloved tunes.

- **Where:** Molloy University campus, 1000 Hempstead Ave., Rockville Centre
- **Time:** 7 p.m.
- **Contact:** madisontheatreny.org or (516) 323-4444

APR 28

Medicaid Enrollment Assistance

Glen Cove Public Library hosts facilitated enrollers from the Nassau-Suffolk Hospital Council, trained by the New York State Department of Health. They will be available to assist individuals who are blind or disabled, as well as adults over the age of 65, with enrolling in eligible Medicaid programs. This free service helps ensure that qualified individuals receive the benefits they need.

- **Where:** Community Room, 4 Glen Cove Ave., Glen Cove
- **Time:** Noon-4 p.m.
- **Contact:** Nassau-Suffolk Hospital Council at (631) 435-3000

APR 29

Library Walking Club

Participate in Glen Cove Public Library's at-your-own-pace hour walk, every Thursday. All fitness levels are welcome. Registration required.

- **Where:** 4 Glen Cove Ave., Glen Cove
- **Time:** Every Thursday, 9:15 a.m.
- **Contact:** glencovelibrary.org or (516) 676-2130

APR 30

Infant massage

Caregivers of infants from birth to pre-walkers are invited to a special hands-on infant massage class at Glen Cove Public Library. Led by certified infant massage instructor Lisa Curley, the session teaches techniques to support better sleep, circulation, and nutrient absorption for babies. Participants are asked to bring a blanket. The program is limited to Glen Cove cardholders, and registration is required.

- **Where:** 4 Glen Cove Ave., Glen Cove
- **Time:** 10:30-11:30 a.m.
- **Contact:** glencovelibrary.org or (516) 676-2130

Having an event?

Items on The Calendar 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 kbloom@liherald.com.

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SUNDAY, APRIL 27TH

PARADE BEGINS 2:00PM

Rain date: Sunday, May 4, 2025

1299283

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Nurses Appreciation

Nurses are the heart of healthcare. Our special section honors their compassion, strength, and tireless dedication. Join us in celebrating these everyday heroes who bring care, comfort, and humanity to healing.



Your Health

This Your Health edition highlights mental health—an essential yet often overlooked part of wellness—offering expert advice, local resources, and real stories to support emotional well-being and manage stress, anxiety, and depression.



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Koltun's class at Life Enrichment center

By LUKE FEENEY
lfeeney@liherald.com

Rebecca Koltun's life turned upside down after she took a terrible fall on a Vermont skiing trip with her friends in March 2021.

While the 25-year-old Plainview woman doesn't remember the fall, for which she was treated at a New Hampshire hospital, she does recall finding out from doctors that she was paralyzed from the neck down, and needed a ventilator because she couldn't breathe on her own.

Koltun, who was 21 at the time, had sustained a C1-C2 spinal cord injury, which is considered the most severe of all spinal injuries because it is often fatal, and leaves most of those who survive it completely paralyzed.

On Wednesday, Koltun came to the Oyster Bay Life Enrichment Center, where she spoke with more than a dozen senior women about phone accessibility. The center, on East Main Street, offers a variety of programs and services for active older people, including exercise and social services.

Beth Spickler Lerman, the center's social work coordinator, invited Koltun to speak with the Women of the Ages group. "It's a supportive group of active woman who have a lot to say," Spickler Lerman said. "I know Rebecca Koltun from my home community, and what a remarkable and inspiring young woman she is. I wanted my women's group to benefit from learning from Rebecca."

Koltun taught the seniors how to use Apple's voice-activated digital assistant, Siri, and other voice-activated applications — and they asked her about her life and how she manages her disability.

Koltun spent two and a half weeks in the intensive care unit of Dartmouth Hitchcock Medical Center in Lebanon, New Hampshire, before being transferred to Spaulding Rehabilitation Hospital in Boston. There she underwent four and a half months of intensive rehabilitation, got off the ventilator, learned how to operate a wheelchair with a straw and became acquainted



Luke Feeney/Herald photos

Rebecca Koltun taught the seniors how to use Apple's voice-activated digital assistant, Siri, and other voice-activated applications — and they asked her about her life and how she manages her disability.

with assistive technology.

Koltun spent another four months at Glen Cove Hospital, continuing her rehabilitation, before being discharged to an assisted-living facility while she waited for renovations to her house to accommodate her use of a wheelchair. A crew from "George to the Rescue," a home renovation TV series on NBC, hosted by contractor George Oliphant, did the work, installing a ramp and an elevator, modified the doorways and other living spaces and installed a variety of voice-activated technology.

Though she requires 24-hour care — from one nurse during the day and another at night — Koltun uses the technology for many of her daily activities. And for the past two years, she has shared what she has learned about phone accessibility with those who can use the help.

"I think that my community has been so supportive of me, so I have to give

back to them," she said. "I benefit a lot from talking to people about phone accessibility because I could see how much it's affected my life, and how it made it so much easier."

Now, four years since her life-changing fall, Koltun remains busy. She has over 200,000 followers on Instagram and over 130,000 on TikTok, and she shares stories from her life on both platforms.

While she was recovering, she began painting, by holding a brush her mouth, as a form of therapy, and now she is selling the paintings. "I live at home, and I paint with my mouth," Koltun said. "MadebyMouth," her page on the online marketplace Etsy, lists 17 paintings for sale.

She plans to continue conducting

workshops on voice-assisted technology across Long Island. "In general, I like educating people on life with disability," she said, hoping to "open people's minds."


In addition, Koltun plans to sell her artwork at Art in the Park, in Oyster Bay's Theodore Roosevelt Memorial Park, on May 17. And she will participate in the fourth annual Rally For Rebecca charity 5K run and fundraiser May 24.

The race attracts hundreds of participants and has raised hundreds of thousands of dollars for Help Hope Live, a crowd sourcing website for medical bills.

To learn more about her, you can find Koltun on Instagram, @rebecca_koltun.



At the Oyster Bay Life Enrichment Center on Wednesday, Rebecca Koltun taught more than a dozen seniors about phone accessibility. The center offers active older people numerous programs and services, including exercise, social services and socialization.



PUBLIC NOTICES

LEGAL NOTICE
The ordinance, a summary of which is published herewith, has been adopted on April 22, 2025, and the validity of the obligations authorized by such ordinance may be hereafter contested only if such obligations were authorized for an object or purpose for which the CITY OF GLEN COVE, in the County of Nassau, New York, is not authorized to expend money or if the provisions of law which should have been complied with as of the date of publication of this Notice were not substantially complied with, and an action, suit or proceeding contesting such validity is commenced within twenty days after the publication of this Notice, or such obligations were authorized in violation of the provisions of the constitution.

BOND ORDINANCE OF THE CITY OF GLEN COVE, NEW YORK, ADOPTED APRIL 22, 2025, AUTHORIZING VARIOUS CAPITAL IMPROVEMENTS IN AND FOR THE CITY, STATING THE ESTIMATED TOTAL COST THEREOF IS \$6,901,728, APPROPRIATING SAID AMOUNT FOR SUCH PURPOSES, AND AUTHORIZING THE

ISSUANCE OF BONDS OF THE CITY IN THE PRINCIPAL AMOUNT OF NOT TO EXCEED \$6,901,728 TO FINANCE SAID APPROPRIATION
The objects or purposes for which the bonds are authorized consist of various capital improvements in and for the City of Glen Cove, as further described in the City's 2025 Capital Improvement Plan, at the estimated total cost of \$6,901,728. Any grants and/or other funds received on account of any of the projects are hereby authorized to be applied toward the cost of such projects or the

payment of debt service relating to any bonds or notes issued to finance such projects. The amount of obligations authorized to be issued is not to exceed \$6,901,728. The periods of usefulness are various periods from 3 to 40 years. A complete copy of the Bond Ordinance summarized above shall be available for public inspection during normal business hours at the office of the City Clerk, City of Glen Cove, City Hall, Glen Cove, New York. Dated: April 22, 2025
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OPINIONS

Liberty Water customers, we need your help

Picking up right where we left off last legislative session, the Liberty Water team has been hard at work, talking with New York's elected officials about providing meaningful rate relief to cus-



DEBORAH FRANCO

tomers. Currently, roughly 30 percent of a Liberty customer's bill is made up of taxes that provide no benefit to the water system itself.

The disproportionate level of taxes paid by our customers unnecessarily drives up the cost of water.

That is unjust,

but thankfully, we are keeping up the momentum from last year's efforts to eliminate the special franchise tax — which makes up a significant portion of the overall taxes paid by Liberty customers — and to provide access to the state's drinking water infrastructure grant programs. Once again, we are

asking our customers to join us in this fight in Albany, and use the tools we have created to make their voices heard.

Stopthehiddentax.org is our advocacy website, and we encourage every Liberty New York Water customer to visit and use it to take action. Showing your support for these legislative changes is very simple. Visit the website, click on the "Take Action" tab and fill out some basic information. Once it is submitted, a letter will automatically be sent on your behalf to key decision-makers who can move this legislation forward.

Showing overwhelming support from our customers for this legislative change will move the needle. If you are one of the more than 3,600 Liberty customers who have already taken action through the site, take action again. The continuous reinforcement to our elected officials that you want to see these cost-saving efforts become a reality is

extremely impactful, and will build on the nearly 60,000 letters that have been sent to elected officials in the past year.

As a company, we continue to make a

strong case to the prominent policymakers on behalf of our customers, and the message is resonating. Legislation to eliminate the special franchise tax as well as to provide access to public grant funding has been introduced again this year. Right now it is vital that the elected officials responsible for moving the bill through the legislative process hear from our customers.

For those who want to see lower water bills, going to Stopthehiddentax.org and sending a letter to state leaders takes less than five minutes, and policymakers won't be able to ignore the voices of our 125,000 customers.

While the taxes collected do help fund local taxing jurisdictions, it is our firm belief that these taxes should not be collected through customer water bills. Making matters worse, our cus-

tomers are the only ones in Nassau County who have to pay this excessive tax. Moreover, your tax dollars are being used to fund water infrastructure projects throughout the state that Liberty is currently ineligible to access. Once again, those dollars are being collected without any benefit returning to the water system in your community.

I want to be perfectly clear on one final point: The only advantage Liberty stands to gain in pursuing this legislative change is water rates that more accurately reflect the true cost of providing high-quality water service. That's it. It is written into the proposed legislation that Liberty cannot realize any financial benefit from either bill.

So what can our customers do? Visit stopthehiddentax.org, click on the "Take Action" section, and fill in your information to have a letter sent on your behalf directly to key decision-makers. There is power in numbers, and we are hoping every one of our customers will join the fight for lower bills. Let your voice be heard!

Deborah Franco is president of Liberty Water New York.

Join us in the fight in Albany to stop the hidden taxes and lower your water bills.

Don't diminish one of our greatest landmarks

Within days of Newsday's reported reduction in hours at Sagamore Hill National Historic Site in Oyster Bay, as a direct result of the Trump administration's firing of nearly 1,000 National Park Service employees, my office received a copy of a classic



CHARLES D. LAVINE

edition of Newsday from 1962. The main story that day was about a massive late-season storm that had wiped out dozens of homes on the South Shore. But what caught my eye was an article about how a congressional committee had unanimously approved

legislation that would make national shrines of Sagamore Hill and Theodore Roosevelt's birthplace in New York City.

What does it tell us about where we are as a nation that in March of 1962, Congress was taking action to ensure that all future generations would be able to visit the home of one of our greatest presidents, and 63 years later, the cur-

rent White House occupant, blessed with the full support of the majority of Congress no matter what he does, is actually limiting the public's ability to do just that?

I have been in the Assembly for two redistrictings. When asked what I preferred to remain in the 13th District, my only request has been that Sagamore Hill stay in the community I am privileged to represent.

We are so lucky to have this historical gem right here in our own backyard. Recently I was fortunate to be able to see it through the wonder-struck eyes of my grandson. It is nothing short of shameful that its hours are being restricted as part of the collateral damage of President Trump's impetuosity, powered by First Buddy Elon Musk's DOGE chainsaw.

In a letter to the president, I pointed out the hypocrisy of how cuts to the National Park Service and the resulting outcomes come as DOGE ordered the closure of a Social Security office in Republican Congressman Tom Cole's district. Cole now boasts that the office

will remain open due to his personal relationships with Trump and Musk.

In the letter, I noted my reasons for considering Theodore Roosevelt one of our greatest presidents: his championing of campaign finance reform and consumer protections, creating the Forest Service, denouncing the Russian czar's murderous pogroms, and fighting against monopolies. Roosevelt believed that "Americanism is a matter of the spirit and of the soul. Our allegiance must be purely to the United States. We must unsparingly condemn any man who holds any other allegiance. But if he is heartily and singly loyal to this Republic, then no matter where he was born, he is just as good an American as anyone else."

With this in mind, I told our current president that Roosevelt's spirit of Americanism is every bit as consequential today as it was over a century ago. I pointed out that his home is a unique American treasure, adding that another great American, First Lady Eleanor Roosevelt, did a lot of her growing up in that magnificent house.

It is shameful that visitors' hours are being reduced at Oyster Bay's Sagamore Hill.

I told Trump that while I certainly lack Tom Cole's personal relationships with either Musk or him, I sense that he would agree that Sagamore Hill is at least as nationally significant as an Oklahoma Social Security office, and I therefore respectfully urged that he order a full restoration of its hours.

A lot has changed since that classic edition of Newsday was published. The Mets were in spring training ahead of their inaugural season; President John F. Kennedy was actually cutting tariffs as a way to spur the economy; and you could get a full living room set for under \$400 and the average new car for about \$2,500.

What hasn't changed, and in fact, has only grown? Our fascination with, and appreciation of, one Theodore Roosevelt.

I am honored, as a member of the Assembly, to be sponsoring legislative resolutions commemorating May 2025 as the 141st anniversary of the groundbreaking for Sagamore Hill, and July 25 as the 63rd anniversary of its designation as a National Historic Site.

We owe it to ourselves to preserve T.R.'s legacy, not to look for ways to diminish it just to save a buck or two.

Charles Lavine represents the 13th Assembly District.

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HERALD EDITORIAL

Small Business Week celebrates entrepreneurs

Every May for more than 60 years, the United States has taken the time to celebrate a crucial force in its economy: the small-business owner. This year during National Small Business Week, May 4 to 10, we will honor the entrepreneurial spirit that fuels innovation, drives local economies, and creates opportunity in communities across the country.

It's important to recognize that this is more than just a ceremonial observance. Small Business Week is a chance to spotlight the backbone of America's economic engine and the importance of supporting the 33 million small businesses nationwide.

Two of their biggest backers are the federal Small Business Administration and SCORE, a nonprofit organization that has mentored more than 11 million entrepreneurs since 1964. The SBA is a government agency that promotes and safeguards the interests of small businesses. Its mission is to support them and help them thrive, because they are such a vital component of the nation's economy. The SBA provides access to federal contracts, counseling and financing, among other resources, to help these business grow.

Together, the SBA and SCORE will offer invaluable resources to both aspiring and established business owners at the annual National Small Business Week Virtual Summit, a free online event May 6 and 7. It will offer more than educational workshops; it will be a showcase of what's possible when the public and private sectors collaborate.

That effort will include mentorships,

practical advice and access to federal programs and tools that can help small-business owners navigate the myriad challenges they face, from financing to digital marketing.

The Summit won't just be about learning — it will also be about community. Consider the sheer number of small businesses that dot the landscape of the cities, towns and villages that Herald newspapers cover. How many do you patronize on a regular basis, from your favorite pizza place to your favorite stationery store or barbershop? Many are anchors of their neighborhoods or downtown commercial areas, making towns into *home* towns.

Beyond the summit, the SBA is organizing in-person events across the country, including a national awards celebration in Washington, D.C., on May 5. There will be local events as well, giving municipalities the chance to recognize their own standout entrepreneurs.

But why should National Small Business Week matter to everyone — not just business owners? Because small businesses do more than sell products and services. They create jobs. Half of all U.S. workers are employed by small and medium-sized businesses, which contribute 43 percent of the country's GDP. Small businesses mentor future leaders. They drive innovation. They support schools, sponsor local Little League teams, and strengthen the fabric of our communities.

Almost every dollar spent at a small business goes back into the local economy. And during challenging times, as we saw during the coronavirus pandemic,

these businesses often demonstrate resilience and creativity that not only help their communities endure those times, but inspire new ways to overcome them, bringing residents closer together in the process.

Smart legislation is critical, too. State Sen. Monica Martinez, whose district covers parts of Long Island, recently introduced the Lift Our Communities, Advertise Locally, or LOCAL, Act. This bill would provide truly small businesses — 10 employees or fewer — as well as minority-, female- or veteran-owned businesses of any size with a tax credit of up to \$4,000 so they can advertise their products and services.

Supporting small businesses is a year-round responsibility, but next month's special week will give us a chance to recommit to their success. Whether you attend the virtual summit, shop locally, or simply share the story of a small business that inspired you, there are countless ways to show support.

To learn more about this year's events, to register for the summit, or to find a celebration near you, visit SBA.gov/NSBW. And be sure to follow along, and join the national conversation, at #SmallBusinessWeek. Throughout the year, the Herald offers small businesses webinars and training, too, and we encourage businesses to sign up for these valuable sessions.

In celebrating this special week, we celebrate the grit, vision and drive that continue to shape our nation by shaping its economy — one idea, one storefront and one hardworking entrepreneur at a time.

LETTERS

Remembering 'Steady Eddie'

To the Editor:

Re Peter King's column, "Ed Kranepool was the real Mr. Met," last week: As a graduate of James Monroe High School in the Bronx (I entered as Kranepool left), I was following even his high school career, because my dad umpired high school games as Ed chased Hank Greenberg's (no relation) career high school home run record.

As an aside, the title of Jimmy Breslin's book, "Can't Anybody Here Play This Game?" was a quote by Casey Stengel as he appraised his new team.

JOEL GREENBERG
Merrick

Time for a bigger, better bottle bill

To the Editor:

Over 40 years ago, I walked with a group of concerned citizens from Inwood, Manhattan, to the Coca-



OPINIONS

Reconnecting with old friends

The other week I had the pleasure of flying to Atlanta to celebrate the wedding of two good friends. The ceremony was beautiful, the bride and groom were happy, and nothing disturbed the sanctity of the moment.

What really struck me was how much fun I had seeing a bunch of old friends from college and high school, and how much I'd missed spending time with them.

The groom and I had gone to neighboring colleges, although we'd known each other for years through mutual friends. I spent so much time over my four years with him and the other kids at St. Andrews University that there were some days when I thought I knew their campus better than mine. Certainly I knew where all the cheapest bars in their town were.

But after graduation, we all went our separate ways, as happens. While we

kept in touch sporadically, the demands of life and work — not to mention the pandemic and general global craziness — meant that I rarely, if ever, saw or talked to many people who only a few years before I'd hung out with every day.

Until this recent weekend, when we spent practically every waking moment getting up to our old shenanigans again. It sounds cliché to say, but it truly felt like no time had passed.

The most astonishing part was finding out how many of these friends now lived so close to me, with the majority of them having moved to New York City in the past few years. The last I'd heard from them, they were scattered as far apart as Los Angeles and London; little did I know that most of them now lived less than an hour away on the LIRR. I've already made plans to see some of them again soon.

That got me thinking about how silly it was of me not to reach out before. A simple text, "Hey, how's it going, dude?" and I could have been seeing them

every weekend. And for many young people, this connection is something that we're all deeply missing.

Most people are aware that there is a loneliness epidemic in America.

According to a study released in 2024 by the American Psychiatric Association, 30 percent of adults experience feelings of loneliness at least once a week, with 10 percent admitting that they feel lonely every day.

This is even more pronounced in young people, with 30 percent of Americans ages 18 to 34 saying they are lonely every day or several times a week.

This crisis, while not as immediately obvious as a drug or disease epidemic, is just as insidious in its negative impact on the health of our country and our communities. A variety of factors are believed to contribute to this problem, from technology to being overworked to our hyper-focused sense of individualism.

While experts argue about the cause, the negative results speak for themselves. Humans are naturally social

animals, and when we are unable to socialize, for whatever reason — from prisoners in solitary confinement to teenage shut-ins who spend all of their time online — the effects of being separated from others take a serious mental and physical toll on our health.

Studies have compared the impact of loneliness on our bodies to the effects of smoking 15 cigarettes, and concluded that it leads to higher rates of Alzheimer's and other neurodegenerative diseases. Loneliness literally kills us.

On the flip side, the desire for companionship can also lead people to seek connection and validation from unhealthy sources, such as political extremist groups, criminal organizations, and even drugs.

That's why, now more than ever, it's important to reach out. Shoot a text to your buddy from high school or call your friend from your sports team in college. Sometimes even a short conversation catching up is all you need to remind yourself how many friends you have, and how much they mean to you.

Will Sheeline is an editor covering Glen Head, Locust Valley, Oyster Bay and Sea Cliff. Comments? wsheeline@liherald.com.



WILL SHEELINE

LETTERS

Cola plant in Tarrytown to call attention to the fact that New York state needed a bottle deposit bill. I was sore for three weeks! We achieved victory, and New York passed the Returnable Container Act, commonly known as the Bottle Bill. This landmark law has proven to be a highly effective program, reducing litter and increasing recycling rates in our state.

Albany now needs to support the Bigger Better Bottle Bill (S5684, A6543). This legislation would raise bottle and can deposits from 5 to 10 cents, which would increase redemption rates, support some of our state's most marginalized workers and further reduce litter. The nickel deposit was enacted into law in 1983. If it were adjusted for inflation, it would be 15 cents today.

This bill could generate as much as \$100 million for the state, and those funds could be used to address limits on redemption options in low-income communities and other litter and solid waste problems. It would also create more consistency by including sports drinks, iced tea, wine and spirits and more. With more beverage types included, there would be more recycling, less confusion and less pollution.

We must stop littering our Earth with one-time-use disposable bottles. This 42-year-old law needs to be updated. Here's hoping our Legislature and governor will carry this bill through to fruition.

JOSEPH M. VARON
West Hempstead

Joseph Varon is a past president of the New York State Marine Education Association, and a member of the Long Island chapter of

Food & Water Watch, and Beyond Plastics.

Surely we can shelter the homeless and their pets

To the Editor:

There is a desperate need for Nassau County politicians to establish a homeless shelter for people with pets.

There is nothing more emotionally jarring than looking into the eyes of a person who has lost everything and, in order to be admitted to a shelter, must surrender a beloved lifelong companion to an animal rescue — or continue to live on the streets — because Nassau County has no place for the two of them to go.

And it's equally soul-wrenching to sit with a newly surrendered homeless animal, confused and scared, and console them as they get one last glimpse of the best friend they adored unconditionally.

Last month, the Safe Center of Long Island, in Bethpage, closed. Isn't there a space like this that can be used as shelter for both the homeless and their pets?

Politicians, for decades you have been telling homeless people what they need, instead of asking them. They have told me through their tears, and their animal friends by their despair. Will you act, or continue to look away from the truly voiceless, who in your campaign speeches you profess you will be a champion for?

DANA FUCHS
Long Beach

Dana Fuchs works at an animal rescue facility.







FRAMEWORK by Tim Baker









Hanging out on the Nautical Mile — Freeport

Q1, 2025 | Real Estate Market Review







North Shore SD

						
	33	\$1,581,428	\$1,249,500	48	17	\$3,100
	Closed	Average Price	Median Price	Median Days On	Rented	Median Rent
Q1, 2024	+32%	+29.5%	+26%	+45%	+30%	+24%
	Property Type: Residential - Single Family Homes				Property Type: All	







Glen Cove SD

						
	23	\$1,195,204	\$1,029,000	45	39	\$3,300
	Closed	Average Price	Median Price	Median Days On	Rented	Median Rent
Q1, 2024	+21%	+21%	+47%	+28.5%	+11.5%	-12.5%
	Property Type: Residential - Single Family Homes				Property Type: All	

Locust Valley SD

						
	25	\$1,941,060	\$1,550,000	40	15	\$3,100
	Closed	Average Price	Median Price	Median Days On	Rented	Median Rent
Q1, 2024	+19%	-18%	-14%	-27%	-6%	-1.5%
	Property Type: Residential - Single Family Homes				Property Type: All	

Oyster Bay/East Norwich SD

						
	17	\$1,752,419	\$1,500,000	86	20	\$3,150
	Closed	Average Price	Median Price	Median Days On	Rented	Median Rent
Q1, 2024	0%	-19%	+11%	+39%	+43%	+9.5%
	Property Type: Residential - Single Family Homes				Property Type: All	

