



**The Herald's
book guru**
Page 4



**The soundtrack
of summer**
Page 10

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Roksana Amid/Herald

Celebrating the nation's 250th birthday

Thomas Bannon, 10, was the winner of this year's boys' bike contest during the city's bike parade on Saturday. Story, more photos, Page 3.

New gazebo is a lasting tribute to city's emergency responders

By **ROKSANA AMID**

ramid@liherald.com

A new gazebo overlooking Pratt Park now stands as a permanent tribute to the men and women who answer Glen Cove's emergency calls, following a dedication ceremony held during the city's Fourth of July celebration last Saturday.

The First Responders Gazebo, funded by community donations and presented to the city by the Glen Cove Beautification Litter Prevention Program Inc., honors local police officers, firefighters, emergency medical personnel, Auxiliary Police, Harbor Patrol members and other first responders whose work helps protect the com-

munity.

Surrounded by city officials, emergency responders, volunteers and residents, organizers described the project as a lasting expression of gratitude that was made possible by an outpouring of community support.

"It is truly an honor to stand here today as we present this gazebo as a gift to the City of Glen Cove and dedicate it to all of Glen Cove's first responders," Lora Cusumano, president of the Litter Prevention Program and chair of the Glen Cove Beautification Commission.

The ceremony was especially meaningful, Cusumano said, because it took place during the

CONTINUED ON PAGE 5

Parking fines set to jump — after 24 years

By **ROKSANA AMID**

ramid@liherald.com

Parking violations in Glen Cove will soon come with a steeper price tag after the City Council unanimously approved an increase in fines for 18 parking offenses, a move that brings the city's penalties in line with neighboring municipalities.

The new fines, approved unanimously by the City Council at the June 23 meeting, raised most violations from \$50 to \$125. Double-parking will now carry a \$120 fine, while parking in a fire lane will cost \$135. Officials said the increases mark the first significant adjustment to many of the city's parking fines in more than two decades.

"These fines have been the same since 2002," Mayor Pamela Panzenbeck said during the meeting before outlining the

violations affected by the ordinance. The changes apply to offenses ranging from parking in a crosswalk to blocking a driveway; parking within 20 feet of an intersection, within 30 feet of a traffic-control device or farther than 12 inches from a curb; obstructing traffic; leaving a vehicle with the key in the ignition; and parking on a sidewalk, in a fire lane, on a lawn or in a tow-away zone; as well as stopping or standing violations and overtime, bus stop, off-street and special-purpose parking.

Tickets are being issued for things that people shouldn't be doing. If you're doing something that's not legal, then you have the repercussions.

JOHN NAGLE
Detective lieutenant,
Glen Cove Police
Department

Residents and visitors responding to a Herald survey on Facebook had mixed reactions. Joe Marino supported the increase. "It's about time the city got tough on violators," Marino wrote. "Triple the fines if you have to."

Maria Porcaro described how her driving habits had

CONTINUED ON PAGE 7

HMTC to host 17th annual golf outing

The Holocaust Memorial & Tolerance Center of Nassau County will host its 17th Annual Golf Outing on Tuesday, July 28, at Meadow Brook Club in Jericho, bringing together golfers, business leaders and community members to raise funds for the museum's educational and advocacy programs.

The annual fundraiser will honor Roger Blumencranz, managing director at NFP, an Aon company, and Jordan Ziegler, senior partner at Paster-nack Tilker Ziegler Walsh Stanton & Romano LLP, for their leadership and support of the center's mission. Registration opens at 7 a.m., with participants able to register as individual golfers, foursomes or event sponsors.

David Rosen is serving as outing chair, with Jack Foley and Neil Tannor serving as vice chairs. A committee of volunteers and community leaders is helping organize this year's event.

Proceeds from the outing will support the Holocaust Memorial & Tolerance Center's educational initiatives, exhibitions and community outreach efforts. Located at the Welwyn Preserve in Glen Cove, the museum is dedicated to preserving the memory and lessons of the Holocaust while promoting respect, tolerance and human dignity.

Through school field trips, survivor testimonies, traveling exhibits, teacher workshops and public programs, the center educates students and adults about the dangers of antisemitism, prejudice and discrimination. The museum also offers training for law enforcement, healthcare professionals and other community groups, using the history of the Holocaust to encourage ethical leadership and civic responsibility.

Founded in 1992, the Holocaust Memorial & Tolerance Center serves thousands of visitors each year and continues to expand its educational programming to address contemporary issues of hate and bias while preserving the stories of Holocaust survivors for future generations.

For more information about the golf outing, including registration and sponsorship opportunities, visit the Holocaust Memorial & Tolerance Center of Nassau County's website. The annual golf outing provides an opportunity for supporters to come together in recognition of the center's ongoing efforts to educate future generations of the importance of combating hate and intolerance

—Roksana Amid



Herald file photo

The 40th reunion will be held on Saturday, Aug. 1, at Polish Hall in Glen Cove.

Glen Cove High School Class of 1986

Members of the Glen Cove High School Class of 1986 will reunite this summer to celebrate a milestone anniversary, with organizers inviting not only classmates from the Class of 1986 but graduates from all Glen Cove High School classes of the 1980s to join the festivities.

The 40th reunion will be held on Saturday, Aug. 1, at Polish Hall in Glen Cove. The evening will begin at 7 p.m. and is expected to bring together alumni for a night of reconnecting, reminiscing and celebrating shared memories four decades after graduation.

Tickets are \$100 per person. Orga-

nizers noted that tickets must be purchased in advance, as none will be available at the door.

The reunion offers former classmates an opportunity to catch up with friends, share life experiences and celebrate the lasting connections formed

For more information about the event or to purchase tickets, visit the Glen Cove High School Class of 1986 Facebook page at facebook.com/GCH-SClass1986. Questions may also be directed to reunion organizer Roni-Sue Jenkins (Hausch) by calling (516) 584-5377.

—Roksana Amid

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City streets lined in red, white and blue

3

By ROKSANA AMID

ramid@liherald.com

Hundreds of residents braved sweltering temperatures to celebrate Independence Day during Glen Cove's annual children's bicycle parade on July 4, filling the streets with red, white and blue as they rode from Robert M. Finley Middle School to Village Square.

Children decorated bicycles, scooters, wagons and battery-powered vehicles in patriotic colors before gathering at Finley Middle School for the start of the parade. Families then made their way to Village Square, where city officials welcomed participants and recognized the significance of the nation's 250th anniversary year.

The tradition, now organized by the city's Youth Bureau, began as a neighborhood celebration in 1992 when Glen Cove resident Cheryl Carmody launched a small bicycle parade while on maternity leave.

"I started the parade back when my first daughter was two and my second daughter was about six months old," Carmody previously told the Herald. "That was back in fall of 1992."

The first parade wound through the President's Streets neighborhood, beginning at the corner of Grant and McKinley streets before ending at Carmody's home with cookies and lemonade. Carmody said then-Mayor Donald DeRiggi learned about the event from a neighbor and unexpectedly stopped by.

Over the next two decades, the parade expanded into a citywide tradition featuring fire trucks, music and participation from families across Glen Cove. Carmody and her family organized the event until turning it over to the city's Recreation Department in 2014.

"It's wonderful now to go back to the parade with my grandchildren," Carmody previously told the Herald. "It was just such a sweet moment to have my daughter, we started it for when she was two and a half, holding her two and a half year old at the same parade."

Before this year's parade began, Spiro Tsirkas, the city's director of youth services and recreation, thanked elected officials, first responders, city staff, volunteers, parents and community organizations that helped make the annual tradition possible.

"I do want to thank the parents for always being here every year in 105-degree weather and rain and anything," Tsirkas said. "Our programs are as strong as they are because these kids have parents like you."

Tsirkas also encouraged families to participate in the city's summer camps and noted that the mayor's office and the Beautification and Special Events Committee are selling commemorative challenge coins for \$10 to mark the nation's 250th anniversary year.

Mayor Pam Panzenbeck thanked families for attending despite the extreme heat.

"You could be chickens hiding home in your air-conditioned houses, but you



Joanne Yee/Herald photos

A sea of red, white and blue bikes gathered at Robert Finley Middle School before the parade.



Sasha Nicolich and Nathaniel Knowles, 7, were excited to be part of the historic celebration.

brought your kids out. You participated in this," Panzenbeck said.

She also reflected on the significance of the anniversary.

"This is the 250th birthday of our country. We will never see this again. I don't think most of us will be here for the 350th," Panzenbeck said. "So it's a very, very special day."

Panzenbeck later led children in patriotic songs before reminding attendees of Long Island's place in the lyrics and told the crowd she had spotted an eagle flying over City Hall earlier in the day.



Youth went on stage to sing patriotic songs with Mayor Pamela Panzenbeck.



Friends and families decorated their bikes and wagons in red, white and blue for the festive day.



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Your writer was surprised by the findings of ageism expert Becca Levy, in her book "Breaking the Age Code" — that your beliefs about aging determine how long and well you live. Why do the Japanese live longer and enjoy old age so much more than us? They simply treat old age as something to enjoy, and they are respected by others. For similar reasons, the rate of dementia in India is five times less than here. In America, the media and the "youthfulness industry" treat aging as something to be feared and resented, like some sort of dreaded disease. Age beliefs, it turns out, add or steal nearly eight years to your life. Our culture sets up scripts that we subconsciously act out. The prevailing negative age stereotypes in our culture don't just color how others act towards older adults, it greatly affects how they see themselves and how they act. In other words, your aging beliefs impact your health psychologically, biologically and behaviorally. People with negative age

beliefs suffer from lower self-esteem, take fewer prescribed medications and exercise less, creating a self-fulfilling prophecy.

The medical profession gets called out for its failure to treat many conditions in older adults that they would readily treat in younger persons. When an 85 year old was told by his doctor that his ailing knee was normal for an 85 year old, the patient replied, "But my other knee is 85 years old too, and it doesn't hurt one bit."

The concept that life is worth living, that we have purpose and are useful makes a huge difference in longevity — including making us more likely to engage in healthy behaviors — and contributes to a "compression of morbidity" or the number of unhealthy years. Ageism is a dated prejudice that is ripe for elimination. It no longer reflects the reality of aging today. It is important for older adults to "flip the script" since, as Carl Jung observed, "Until you make the unconscious conscious, it will direct your life and you will call it fate."

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THE GREAT BOOK GURU

Love letters?

Dear Great Book Guru,
I just had the most wonderful weekend - It started with Happy Birthday USA at the Children's Library; then we celebrated the Fourth on the Sea Cliff Village Green with a historical playlet, music, and the reading of the Declaration of Independence by angry villagers; and finally on Sunday a magnificent Patriotic Bike Parade. A truly amazing three days! While waiting for the parade to begin, someone mentioned a favorite novel that was made up entirely of letters. Are you familiar with it?

Fan of the Fourth

Dear Fan of the Fourth,

It seems everyone I meet is discussing "The Correspondent" by Virginia Evans. The novel is made up totally of letters — almost all written by Sybil Van Antwerp, a seventy-year-old brilliant lawyer who clerked for a famous judge.

Every morning throughout her life she has been writing to a myriad of people - her brother Felix, her daughter Fiona, her best friend Rosalie, neighbors, school administrators, literary luminaries Joan Didion and Larry McMurty, film producer George Lucas, and many more. As we read these letters and the occasional response, we learn much about her life, filled with regrets and accomplishments.

When she herself receives a letter from someone she has wronged, our view of Sybil takes a dramatic turn. Will she be able to undo the past, will she find forgiveness, or is redemption impos-

sible?

A fascinating look into the life and mind of an extraordinary character — recommended.

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



**ANN
DIPIETRO**

CRIME WATCH ARRESTS

- Police officer Sican arrested a 35-year-old Glen Cove man on June 30 for aggravated family offense, two counts of criminal contempt and criminal mischief on Bridge Street.
- Police officer O'Neill arrested an 18-year-old Glen Cove man on July 1 for driving while intoxicated, unlicensed operator and unsafe lane change on Brewster Street.
- Police officer Sican arrested a 50-year-old Jamaica, N.Y. man on July 1 for driving while intoxicated, aggravated unlicensed operation and drinking alcohol in a motor vehicle on a highway and unsafe lane change.
- Police officer O'Neill arrested a 33-year-old Glen Cove man on July 1 for an unauthorized use of a motor vehicle warrant issued by Glen Cove City Court on Hill Street.

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

GLEN COVE HERALD

HOW TO REACH US

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City welcomes First Responders Gazebo

5

CONTINUED FROM PAGE 1

July Fourth celebration. "Independence Day reminds us of the courage, sacrifice and vision that built our country," she said. "It also reminds us that freedom, safety and community are protected every day by people who serve."

Pratt Park, she added, was a fitting location for the gazebo, because it is already home to Glen Cove's 9/11 Memorial, and will now host another memorial where residents can reflect on service and sacrifice.

"Today we add another lasting symbol of gratitude, this gazebo," Cusumano said.

According to Police Chief Christopher Ortiz, the gazebo reflects the appreciation residents have for those who serve the city. "The Glen Cove Police Department is proud to be among the organizations honored at the new First Responders Gazebo ...," Ortiz wrote in a statement to the Herald, adding that it "represents the deep respect our community has for all first responders and honors the dedicated men and women who continue to serve the Glen Cove community."

The project began in April as a fundraising initiative by the Beautification Litter Prevention Program board, which wanted to create something permanent for the community. Pratt Park's proximity to the Glen Cove Fire Department and its existing memorial, Cusumano



Roksana Amid/Herald

The inspiration to build the gazebo began in April as a fundraising initiative by the Beautification Litter Prevention Program board.

said, made it the ideal setting.

The BLPP quickly found enthusiastic support from residents, businesses and sponsors, according to Barbara Peebles, its vice president and fundraising chair. "You can imagine how much this means to the community," Peebles said.

"When you're fundraising to dedicate something to the first responders, people responded so enthusiastically and generously," she added. "That's what brought us the 20-by-12 extra-height gazebo that will be forever a memory of how we appreciate our first responders."

Peebles said the BLPP is continuing work on a permanent bronze plaque honoring first responders. A mockup has already been completed, and organizers are waiting to find the appropriate stone before installing the permanent marker.

The project also included the planting of a patriotic perennial garden surrounding the gazebo. Cusumano said that additional improvements are planned, including new signage for Pratt Park, as part of BLPP's continuing effort to beautify the area.

"Our organization is committed to making Glen Cove more beautiful, more welcoming, and more litter-free through community projects, events, and education," she said. "This gazebo, the new patriotic garden, and park improvements are part of that mission, and part of our love for Glen Cove."

Mayor Pamela Panzenbeck praised the volunteers whose work transformed the idea into reality in only a few months. "This was a concept several months ago, and it came to fruition so quickly," she said. "Next thing you knew, there was a slab here."

Panzenbeck thanked the BLPP for seeing the project through from fundraising to construction. "Thank you for sticking with this and loving Glen Cove," she said.

Cusumano also credited the organization's board members, volunteers, donors and sponsors for making the project possible, singling out Peebles for leading the fundraising effort.

"This gazebo project also represents what can happen when a community comes together," Cusumano said.

She encouraged residents, students, families and local businesses to become involved in future beautification projects throughout the city.

Looking ahead, Cusumano said she hoped the gazebo would become more than a monument. "We would like it to be a gathering place."

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HERALD SPORTS

July 9, 2026 — GLEN COVE HERALD



Tony Bellissimo/Herald photos

Nearly 7,000 fans packed Aqueduct Racetrack June 28 for its final day of racing after 132 years.

Racing fans say final goodbye to Aqueduct

By TONY BELLISSIMO

tbellissimo@iherald.com

There were plenty of cheers along with some tears in South Ozone Park June 28 as 6,866 horse racing fans bid farewell to Aqueduct Racetrack.

The crowd at 'The Big A' roared one last time as Assume Nothing, with jockey Jaime Rodriguez aboard, went wire-to-wire to capture the final race of the track's storied 132-year history.

"This is where my career started in 2010 and it feels amazing to win the last race on the last day," Rodriguez said. "I've ridden the horse a few times and knew if he got a clean break, he'd have a great chance to win."

After the finale, Rodriguez and the rest of the jockey colony celebrated with fans along the rail, giving out high fives and fist bumps. One fan hoisted a cardboard sign that read: "One more day! Give me a chance to win it back."

Several thousand fans arrived two hours before the nine-race card began at 1:10 p.m. The first 1,000 through the doors received a small mason jar containing dirt from the main track.

One of the highlights on Aqueduct's final day came not on the dirt but the turf in the penultimate race when Highway Harmony set a new track record at the 6-furlong distance, taking the last stakes race at the track in 1:06.44 under jockey Edgard Zayas.

Ron Berkowitz, a Merrick resident who grew up in Lynbrook, had the closing date circled on his calendar once it



Assume Nothing and jockey Jaime Rodriguez won the Aqueduct finale.

was announced by the New York Racing Association.

"It's a bittersweet day," Berkowitz said. "I've been coming here since the late 1970s and really fell in love with the track and the sport. I haven't been here in a couple of years, but there was no way I was missing today."

Franklin Square residents Anthony and Sally Turco echoed Berkowitz's sentiments. "Today brings back a lot of

great memories of coming to the Big A with family," Anthony said. "Lots of nostalgia. It was awesome."

The Turcos were in the paddock prior to the fifth race with friend Bruce Brown, a longtime trainer on the NYRA circuit and Floral Park resident. Brown saddled the winner, Boston's Phinest.

"This is where it all started for me in New York when I came over from New Jersey," said Brown, whose first winner



The mural outside Aqueduct depicts Secretariat, who made his career debut there in 1972.

at Aqueduct, "Goretty" came in 2008. "So many memories," he added. "I won't miss the Belt Parkway, but I'll definitely miss the Big A."

The closure of Aqueduct coincides with a rebuilt Belmont Park, set to open Sept. 18.

"I can see the new Belmont grandstand from my house," said Brown, who expects to have between 15 and 20 horses in his barn once racing shifts back downstate from Saratoga. "I've watched the construction from the beginning to what's almost the end and it's going to be incredible when it opens," he added.

Changes affect no fewer than 18 violations

7

CONTINUED FROM PAGE 1

changed. “Isn’t the point of a fine to deter people from breaking the law?” Maria Porcaro wrote. “I got caught on a red-light camera and paid a hefty penalty. You can bet I never did that again.”

Others questioned whether the higher penalties were necessary. Jay Eric said the city should adopt escalating penalties rather than immediately raising fines.

“Onerous especially for lower income people,” he wrote. “Start at \$50 — people make mistakes. Then double it, then double it again. After three, license suspension.” He added that significantly higher parking fines are “unnecessarily expensive for people living paycheck to paycheck.”

Lyle Surkin criticized the timing of the increase. “It’s selfish for the city to raise fines now, when everyone is struggling one way or another,” Surkin wrote. “Those who aren’t affected don’t care, so an increase in fines won’t influence their behavior.”

City officials said the revisions are intended to bring Glen Cove’s parking fines into line with neighboring municipalities rather than significantly change the city’s enforcement practices. According to Nassau County’s parking fine schedule, comparable parking violations in the towns of North Hemp-



Roksana Amid/Herald

Parking violations in Glen Cove will soon come with a steeper price, after the City Council unanimously approved an increase in fines for a range of offenses, a move that brings the city’s penalties in line with those of neighboring municipalities.

stead, Hempstead and Oyster Bay generally carry \$125 fines.

“That brings us in line with what everybody else is doing nowadays,” Detective Lt. John Nagle, of the Glen Cove Police Department, said.

Nagle noted that officers issued 5,274 parking tickets last year. “Tickets are being issued for things that people shouldn’t be doing in the first place,” he said. “If you’re doing something that’s not legal, then you have the

repercussions.”

The city collected approximately \$225,000 in parking fine revenue last year, according to City Comptroller Michael Piccirillo.

“There may be a change in behavior since the new fines are much higher which would offset incremental revenues,” Piccirillo wrote in an email to the Herald.

The revisions, he added, were intended to do more than generate additional revenue.

“I think it is important to note the revisions to these parking fine amounts is more to align the City with its neighboring municipalities, like we have been doing over the past several years with other fees and penalties charged by the City,” Piccirillo wrote. “For too long, we have neglected to be at the same rates as others. Our parking fines are now at the same level as Nassau County, Oyster Bay, Hempstead and North Hempstead.”

The action comes as the city continues to address a \$3.1 million budget gap created after it did not receive anticipated direct sales tax revenue this year. Nassau County did not approve a waiver in time for Glen Cove to begin collecting its sales tax directly, delaying the change until 2027. The financial shortfall contributed to a downgrade of the city’s bond rating by Moody’s earlier this year.

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By ROKSANA AMID

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Veterans in Glen Cove have access to a network of organizations, programs and community groups dedicated to providing support, recognition and opportunities to connect with fellow service members. From assistance navigating benefits to events honoring military service, the city offers a variety of resources that help veterans remain engaged while ensuring they have access to services throughout the year.

1

Local organizations provide year-round support

Several organizations in Glen Cove are dedicated to serving veterans and their families. The Young-Simmons American Legion Post 1765 provides opportunities for veterans to connect through meetings, community service and local ceremonies while advocating for those who have served. Glen Cove VFW Post 347 offers camaraderie, volunteer opportunities and support for veterans while taking part in memorial events and civic activities. Team EVA, short for Every Veteran Appreciated, has become a visible presence through fundraising efforts, outreach initiatives and programs recognizing veterans throughout the region. The Tribute and Honor Foundation also works to preserve the stories of veterans while supporting educational programs.

2

Resources are available beyond military service

Veterans seeking assistance can also access services through the Nassau County Veterans Service Agency, which helps veterans and their families navigate federal, state and local benefits. The agency provides guidance on disability compensation, pensions, health care, education benefits and other programs available through the U.S. Department of Veterans Affairs. Locally, veterans can participate in programs offered by the Glen Cove Senior Center and other community organizations, which frequently host informational sessions, appreciation events and outreach initiatives. These resources help connect veterans with services that support their well-being while strengthening ties within the local community.

3

The community honors veterans throughout the year

Recognition of military service remains an important part of community life in Glen Cove. Veterans are honored during the city’s annual Memorial Day parade and ceremony, Veterans Day observances and patriotic events held throughout the year. Organizations including the Young-Simmons American Legion Post 1765, Glen Cove VFW Post 347, Team EVA and the Tribute and Honor Foundation regularly partner with local schools, civic groups and volunteers to recognize the sacrifices of service members and preserve their stories. These events not only pay tribute to veterans but also give younger generations an opportunity to learn about military service and the lasting contributions veterans continue to make to the Glen Cove community.

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The derby snapper cup winners gathered to congratulate one another on the day's many catches.

Morgan Park Summer Music Festival returns

The Morgan Park Summer Music Festival is celebrating its 67th season in 2026, continuing a Glen Cove tradition of free waterfront concerts that has brought the community together for nearly seven decades. Presented by an all-volunteer, nonprofit organization and supported entirely through donations from individuals and local businesses, the festival offers nine Sunday evening concerts at Morgan Memorial Park overlooking Hempstead Harbor. The season began July 5 with Richie Cannata & The Lords of 52nd Street and continues through Aug. 30 with a diverse lineup that includes Earth, Wind & Fire Experience by Marvin Floyd & D'Votion, Real Diamond, The World Goes 'Round, The All-most Brothers, Jessica Lynn, the Massapequa Philharmonic Orchestra performing a patriotic program celebrating America's 250th anniversary, The HooDoo Loungers and the season finale featuring Decadia. All concerts begin at 7 p.m., and attendees are encouraged to bring lawn chairs, blankets and picnics to enjoy the performances. The festival remains one of Glen Cove's most cherished summer traditions, providing residents and visitors with free live entertainment in a scenic waterfront setting.

—Roksana Amid



Richie Cannata & The Lords of 52nd Street headlined the evening's show.



Rick Nossa and Jill Rossa, director of the city's Business Improvement District, come to the music festival often.



Audience members Gordon Alla, Lia Di Angelo, Joanna Mikelinich Eng, Dawn Manganello and James Eng brought out their chairs and blankets for a relaxing evening.



Board: Beverly Peres, Cindy Rogers, Eileen Borer, Lisa Dennison, Marilyn Sangenito, Suzanne Anderson, Patti Bourne. Not pictured Roksana Amid.

your health

Healthy summer lifestyle

JULY 9, 2026



HERALD



Cover Story

Summer in motion Fitness beyond the gym

Longer days, warm temperatures and abundant sunshine make summer an ideal season to take your fitness routine outdoors. Whether it's a morning run or walk along the boardwalk, a bike ride, a game of tennis or pickleball, yoga on the beach, or even a family hike, exercising outside offers both physical and mental health benefits.

An outdoor workout does more than change your scenery. Exercising outdoors has been linked to improved mood, lowered stress, better cardiovascular health, and more motivation to move consistently. Even walking outside can be an excellent workout, especially when you do it regularly. Fresh air and a change of scenery can make workouts feel less like a chore and more like an enjoyable part of your day.

Of course, summer's relaxed pace — complete with vacations, barbecues, beach days and social gatherings — can sometimes derail even the best fitness intentions. The key is finding ways to incorporate activity into seasonal routines while taking precautions against heat and sun exposure.

Beat the heat

Summer temperatures can quickly turn a workout into a health risk. Exercising during the hottest parts of the day can lead to dehydration, heat exhaustion or even heat stroke.

Whenever possible, schedule outdoor activities during the cooler morning or evening hours, typically before 10 a.m. or after 6 p.m. Check the heat index before heading outside, and if temperatures or humidity levels are extreme, consider moving your workout indoors to an air-conditioned gym, recreation center or your own home.

Watch for warning signs of heat-related illness, including dizziness, headache, nausea, excessive fatigue, muscle cramps or confusion. If symptoms occur, stop exercising immediately, move to a cool location and rehydrate.

Protect your skin

While we all love being outside, the sun doesn't love us. Even on cloudy days, ultraviolet (UV) rays can damage skin and increase the risk of skin cancer.

Health experts recommend applying a broad-spectrum sunscreen with an SPF of at least 30 about 15 to 30 minutes before going outdoors. Reapply every two hours, or more frequently if swimming or sweating heavily.

Additional protection includes wearing lightweight, moisture-wicking clothing, a wide-brimmed hat and UV-blocking sunglasses. Light-colored fabrics help reflect heat and keep the

body cooler during outdoor activities.

Hydration matters

Proper hydration is essential year-round, but it becomes especially important during the summer months.

The American College of Sports Medicine recommends drinking approximately three to eight ounces of fluid every 15 to 20 minutes during exercise, depending on intensity and environmental conditions. For prolonged or high-intensity workouts lasting more than an hour, sports drinks may help replace electrolytes lost through sweat.

Don't wait until you feel thirsty to drink. Thirst is often a sign that dehydration has already begun. Carry a reusable water bottle and drink fluids before, during and after physical activity.

After exercise, experts recommend consuming 20 to 24 ounces of water or a sports beverage for every pound of body weight lost during exercise.

Don't skip the warm-up

Warm weather doesn't eliminate the need to prepare your body for exercise. A proper warm-up gradually increases heart rate, loosens muscles and improves flexibility, helping reduce the risk of strains and injuries.

Spend five to 10 minutes performing light aerobic activity such as brisk walking, followed by dynamic stretches that target the muscles you'll be using during your workout. Cooling down afterward is equally important and can help prevent stiffness and aid recovery.

Try something new

Summer offers endless opportunities to shake up your exercise routine. Trying new activities can prevent boredom and challenge different muscle groups.

Consider adding activities such as:

- Walking or jogging on local trails
- Swimming or water aerobics
- Outdoor yoga classes
- Kayaking or paddleboarding
- Hiking
- Recreational sports leagues

Our parks, beaches and community organizations also offer free or low-cost fitness classes throughout the summer.

Rev up the heart and cardiovascular system with sports you can play in the great outdoors. Eschew indoor racquetball for a game on an outdoor court. Try pickleball instead.

It's easy to break a sweat and enjoy a good workout when a game of hoops is taken outdoors. Head out to your nearby park and check out the action on the basketball courts. Pickup football or baseball is another way to enjoy physical activity outdoors, especially for those who may not be gym hounds. Both sports provide a cardiovascular workout while building muscle. When you're



engrossed in the game, you're having fun and getting fit at the same time.

Even consider using items in your favored park to tailor a complete workout. Park benches can serve as a workout bench where athletes can do push-ups, triceps dips and step-up exercises. Stretch on a jungle gym or use monkey bars to fit in some pull-ups.

You'll find that some parks even have their own fitness zones with exercise equipment built into the design.

Hike on! A nearby park or preserve that features walking trails is a good place to begin an outdoor workout. Some parks build exercise stations into their hiking paths, enabling visitors to vary their workouts along the way. Signs may also point out particular exercises that can be done during the hike, such as lunges or squats.

Hiking is a good cardiovascular workout that is particularly beneficial when done on varied terrain. Mixing uphill and downhill portions of the trail with level ones will work the various muscles in the legs and also provide greater resistance to get the heart pumping.

Take advantage of the beach

We're surrounded by beaches, so make the most of our environment! After all, that's one of the best features about living on Long Island. The beach provides much more than a place to relax. It can also serve as a natural fitness center.

Swimming in the ocean provides a full-body workout, as the resistance created by waves and currents challenges muscles while the water's buoyancy reduces stress on joints. Water workouts are especially beneficial for older adults and those with arthritis or mobility concerns.

Walking or running on sand requires more effort than exercising on pavement because the unstable surface engages additional muscles in the legs,



Photo by Marcel Straub

Summer is an ideal time to trade the treadmill for trails, parks, beaches and other outside paces. Outdoor fitness routines can help turn exercise into an enjoyable part of everyday life.

core and hips.

As a result, beach workouts can improve strength, balance and cardiovascular fitness.

Even active beach outings that involve carrying chairs, coolers, umbrellas and beach gear can contribute to daily physical activity goals.

Keep moving all summer long

Adults should aim for at least 150 minutes of moderate-intensity aerobic activity each week, along with muscle-strengthening activities on two or more days, according to federal health guidelines.

Summer is the perfect season



to reconnect with the outdoors and discover enjoyable ways to stay active. By taking sensible precautions, staying hydrated and making movement part of everyday life, you can enjoy all the benefits of the season while supporting your long-term health and wellness.

The Best Outdoor Workouts to Try

1. Trail Running

What it works: Lower body, core, and cardiovascular system

Benefits: Trail running demands balance, coordination, and strength. Unlike conditions on a flat road or treadmill, trail running requires more physical effort,

Cedrina Calder, M.D., a board-certified preventive medicine physician and fitness professional says.

"The balance and stability required on the trail engages and strengthens your core muscles. It also requires greater use of your lower limb muscles, including the glutes, quads, and calves."

Trail running can also support mental health and often feels more engaging than repeating laps on a track.

"It requires 100-percent mental focus — or you subject yourself to a tumble," says fitness expert Tina Vindum, M.S., C.P.T.

A 2020 study published in BMC Public Health found that people who completed at least 6.5 miles of trail running reported higher wellness and health scores. Additional research suggests that spending 90 minutes moving in nature can help reduce depressive rumination.

Beginner tips: Start with well-marked trails and shorter distances, focusing on time on feet rather than pace. Keep your eyes a few feet ahead, shorten your stride, and use walking breaks on steep hills to manage intensity and protect your knees.

2. Surfing

What it works: Upper body, core, anaerobic conditioning, and balance

Benefits: Surfing blends aerobic paddling with short bursts of anaerobic effort that feel similar to a HIIT routine. "It's a great anaerobic exercise that will help strengthen the trapezius, abdominals, and obliques, as well as the lats, triceps, biceps, and deltoids," Jimmy Minardi, C.P.T., founder of Minardi Training, says.

Water-based workouts can offer a powerful reset and stress relief in ways a gym can't match. "I can tell you one thing after being a devout surfer for [many] years, the tranquil and buoyant qualities of being in the water lift your spirits up," Minardi said.

Beginner tips: Work with a certified instructor and start on smaller waves. Always check tides, weather, and surf conditions and wear appropriate safety

gear, such as a leash and personal flotation device.

3. Hiking

What it works: Cardiovascular system, lower body, and aerobic endurance

Benefits: Hiking intensity is highly customizable, making it an accessible outdoor workout. "Hiking can be a great cardio workout as long as it's intense enough to significantly raise your heart rate and respiratory rate," Calder says.

Elevation gain, speed, and pack weight all influence intensity, allowing you to progressively increase the challenge as your fitness improves. Beyond fitness, hiking encourages mindfulness and sensory awareness in a natural environment. Spending time on the trail can also help reduce stress, support mental health, and improve sleep.

Beginner tips: Choose shorter trails with minimal elevation gain and use hiking poles if knee comfort is a concern. Wear supportive footwear, carry water, and plan your route so you finish before dark and avoid extreme heat.

The Parker Jewish Institute Golf Outing is set for July 27

The Parker Jewish Institute will host its 2026 Peter Seidman Golf Classic at the Fresh Meadow Country Club in Lake Success on Monday, July 27, 2026. This year's Golf Classic begins registration and breakfast at 10 a.m., followed by shotgun start at 11:30 a.m., and cocktails and dinner at 4:30 p.m.

Proceeds from the event will benefit The Parker Jewish Institute Foundation to enhance the network of programs and services for thousands of people who access Parker's continuum of services each year.

This year's honoree is Old Republic Commercial Risk, which the Parker Foundation is recognizing for its excellence in delivering tailored commercial insurance solutions, and for its unwavering commitment to Parker's patients and residents.

Parker's golf outing is one of two major annual fundraisers, including the Parker Gala. This year's gala will be held on Thursday, November 5, 2026, at The Village Club at Lake Success.

"We are grateful to our donors, sponsors, families and dedicated team



members, whose support is integral to the Parker community," said Michael N. Rosenblut, President and CEO of The Parker Jewish Institute. "Through their generosity and commitment, Parker will continue advancing excellence in patient care, research and innovation while enhancing the lives of those we serve."

To learn more about the 2026 Peter Seidman Golf Classic, and about sponsorship opportunities, call the Parker Jewish Institute Foundation at (718) 289-

2143, or email Golf@parkerinstitute.org.

About The Parker Jewish Institute for Health Care and Rehabilitation

The Parker Jewish Institute for Health Care and Rehabilitation is headquartered in New Hyde Park. The facility is a leading provider of Short Term Rehabilitation and Long Term Care. At the forefront of innovation in patient-centered health care and technology, the Institute is a leader in teaching and geriatric research. Parker

Jewish Institute features its own medical team, and is nationally renowned as a skilled nursing facility, as well as a provider of community-based health care, encompassing Home Health Care, Medical House Calls, Palliative Care and Hospice. Parker Jewish Institute is also home to Queens-Long Island Renal Institute (QLIRI) — providing patients with safe, comfortable Hemodialysis treatments in a relaxed setting — as well as PRINE Health — a Vascular Center offering advanced vascular services. The Center and QLIRI further Parker's ability to expand access to essential health-care services to adults in the greater New York metropolitan area. For more information, please visit parkerinstitute.org or call (877) 727-5373.



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For those on dialysis, maintaining optimal calcium, phosphorus and parathyroid hormone levels can significantly help bones stay strong. QLIRI's specialists collaborate closely with patients to fine-tune care plans and prevent complications.

Even small lifestyle steps — including

approved exercises, lower-phosphorus diets and prescribed medications — can strengthen bones and improve quality of life.

With advanced technology, a compassionate care team and a focus on education and prevention, QLIRI empowers patients to protect their bone and kidney health, helping them stay strong, active and independent.

About the Queens-Long Island Renal Institute

The Queens-Long Island Renal Institute (QLIRI) is a state-of-the-art dialysis center, conveniently located inside the first-floor lobby at Parker Jewish Institute in New Hyde Park, New York. QLIRI provides patients with the finest quality care, state-of-the-art technology, and uncompromised dignity, in a bright, ultra-modern and comfortable setting. Licensed by the New York State Department of Health, QLIRI is led by a compassionate and dedicated interdisciplinary team of experienced



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

Nephrologists and Dialysis Registered Nurses, a Renal Social worker and a Registered Dietitian. QLIRI also offers home dialysis, providing patients the flexibility to access needed care without ever leaving their homes, while also freeing up time to engage in their daily activities.

For more information, visit qliri.org or call (718) 289-2600.



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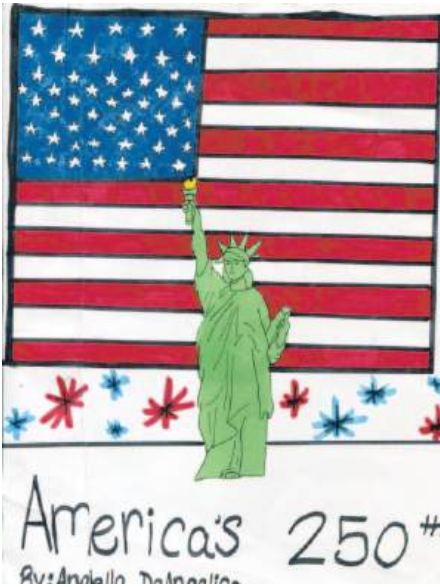
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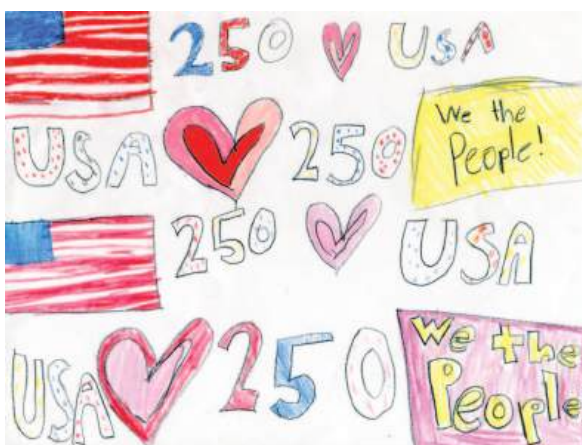
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AMERICA 250

Farming fueled Long Island before suburbia

By ANGELINA ZINGARIELLO

azingariello@liherald.com

Between 1860 and 1942, agriculture remained a defining part of life on Long Island across Nassau and Suffolk counties. During the same period, transportation improvements and expanding connections to New York City began shaping economic changes that would influence Long Island's future development.

According to the Long Island Farm Bureau, agriculture has been an important industry on Long Island since the earliest periods of Native American cultivation and European settlement.

Before European settlement, the 60,000-acre Hempstead Plains in Nassau — the largest natural prairie east of the Mississippi River — served Indigenous peoples as a vital landscape for hunting, gathering and managing natural resources. English colonists later used the expansive grasslands to graze livestock, establishing agriculture as one of the area's earliest industries.

The organization reports that fertile soils, access to fresh water, and proximity to major markets helped make Long Island one of New York State's most significant agricultural regions. The Farm Bureau notes that farmers produced a wide range of crops and agricultural products, including vegetables, potatoes, fruits, poultry, livestock and shellfish.

Historical records published by the Town of Brookhaven show that early residents were primarily engaged in farming, fishing and whaling. The town's historical records further indicate that additional industries developed during the nineteenth century, but agriculture remained an important part of the local economy.

Transportation became an increasingly important factor in the region's development. According to the Town of Brookhaven's historical overview, the arrival of the Long Island Rail Road during the mid-19th century made travel and the movement of goods faster and easier. Historical records of Long Island transportation show that rail service reached the eastern end of



Angelina Zingariello/Herald

While the landscape and industries of Long Island have changed over the years, the East End holds onto its farming roots. Every spring, the Waterdrinker Family Farm & Garden in Manorville plants over a million tulips for the annual Tulip Festival.

the island in 1844, creating stronger links between rural communities and larger markets.

By the late 19th century, however, parts of Nassau County's rural landscape were undergoing dramatic change as wealthy industrialists purchased North Shore farmland to build lavish country estates, creating the famed Gold Coast.

Even as the North Shore evolved, farming remained a dominant force across central Long Island. Throughout the 19th century and into the first half of the 20th century, the Island ranked among the nation's leading potato-producing regions.

Farming remained a dominant force across central Long Island. Throughout the 19th century and into the first half of the 20th cen-

ry, the Island ranked among the nation's leading potato-producing regions. Thousands of acres were planted with potatoes, supporting a thriving agricultural economy and supplying markets throughout the Northeast.

While much of eastern Suffolk County remained rural during this period, signs of long-term change were emerging. Historical information published by the Town of Brookhaven states that the 20th century witnessed the town's expansion from an agrarian community into a more diversified economy.

The transition had not yet fully occurred between 1860 and 1942, but the transportation networks and market connections established during those years

helped shape the conditions under which later development would occur.

Manorville itself retained strong agricultural roots. Historical accounts of the hamlet describe it as a farming community for many years, reflecting the broader agricultural character that defined much of central and eastern Suffolk County during the late 19th and early 20th centuries.

That era began to fade after World War II. As returning veterans fueled an unprecedented demand for housing, farmland rapidly disappeared beneath subdivisions, highways and commercial development. The transformation was perhaps most evident in Levittown, where beginning in 1947 more than 4,000 acres of former potato fields were converted into what became the nation's most iconic suburban development, symbolizing the shift from an agricultural landscape to the suburban Long Island recognized today.

AMERICA

250



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2



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4



5



6

Landmarks define Long Island's history

By **BRIAN KACHARABA, ALYSSA R. GRIFFIN & LAYLA EASON**

of the Herald

Across Long Island, history is not just preserved — it is built into the landmarks that still stand in its villages, harbors, downtowns, and shorelines, where centuries of American life are reflected in manor houses, churches, libraries, museums, cross-roads, and memorials.

Together, these sites form a living timeline of the nation's past, showing how Long Island evolved alongside the United States over more than 300 years.

One of the earliest stories begins in Bay Shore at Sagtikos Manor, one of Suffolk County's oldest surviving structures. Built around 1697 by Stephanus Van Cortlandt, New York City's first native-born mayor, the manor grew from a colonial estate into one of the region's most enduring landmarks.

During the American Revolution, British forces occupied the property, placing it directly within the war's contested landscape. In the early years of the republic, the manor is also associated with President George Washington, who stayed there for one night during his 1790 tour of Long Island, further linking the site to the nation's founding era and its first presidential administration.

In Massapequa, Old Grace Church, established in 1844 on land donated by General Thomas Floyd-Jones, preserves nearly two centuries of community life and remains a lasting symbol of the area's early settlement era. Nearby, the Elbert Floyd-Jones Servants Cottage,

built around 1870, survives as one of the few remnants of Massapequa's grand estate period, offering a rare glimpse into daily life on Long Island's 19th-century South Shore estates.

The Phillips House Museum in Rockville Centre, built in 1882 and once home to village founder James Phillips, reflects the community's late-19th-century growth driven by commerce and transportation. Saved from demolition in the 1970s and restored during the Bicentennial era, it now stands as one of New York's premier small historic museums.

Long Island's rise to national prominence is reflected at Sagamore Hill in Oyster Bay, built between 1884 and 1885 for Theodore Roosevelt. The Queen Anne-style home served as both his family residence and Summer White House, where policy and diplomacy shaped the Progressive Era. Today, it remains a National Historic Site and one of the country's most significant presidential homes.

The growth of suburban Long Island is traced to Pearsall's Corners, later Lynbrook, where a 19th-century cross-roads centered on the Pearsall family store evolved into a stagecoach and railroad hub. With the arrival of the South Side Railroad, the community expanded rapidly and adopted the name Lynbrook in 1894, marking its transformation from rural hamlet to suburban village.

In Massapequa, the Delancey Floyd-Jones Free Library, built in 1896, became the community's first public library and remained its only one for more than 50 years. Now preserved within the Massapequa Historical Society Historic Complex, it reflects the rise

of civic institutions across Long Island.

On the South Shore, Long Beach reflects early 20th-century coastal planning. The home at 226 W. Penn Street, built in 1909 as part of William H. Reynolds' resort vision, is one of the city's earliest surviving structures. Now the Long Beach Historical Museum, it preserves the story of a barrier island community that grew from seasonal destination to year-round city.

The North Shore Historical Museum in Glen Cove occupies the former 1907 Justices Court Building, a State and National Register landmark that preserves the legacy of the Gold Coast era. In nearby Sea Cliff, the Village Museum—founded in 1979 and housed in a former Methodist church—continues that preservation effort through extensive archives of photographs, artifacts, and village records.

In Freeport, history spans multiple eras. A historic marker at Babylon Turnpike and Lakeview Avenue commemorates Washington's passage through Long Island during his 1790 tour, linking the village to the nation's earliest years. Nearby, the World War II memorial honors local service members who fought in the nation's defining 20th-century conflict, while the Vietnam War memorial stone at the Freeport Memorial Library stands as a tribute to those who gave their lives in service.

As America approaches its 250th anniversary, these landmarks underscore a simple truth: history is not confined to textbooks. It continues to live in the buildings, streets, and communities that shaped Long Island — and helped

shape the nation itself.

Photo 1 - Sagtikos Manor in Bay Shore, built around 1697, stands as one of Suffolk County's oldest surviving homes and a rare link to Long Island's colonial, Revolutionary War, and early presidential history.

Brian Kacharaba/Herald

Photo 2 - The World War II memorial plaque in Freeport honors residents who served and sacrificed during the conflict.

Layla Eason/Herald

Photo 3 - Sagamore Hill in Oyster Bay, the longtime home of President Theodore Roosevelt, reflects Long Island's role in American leadership history and served as his residence and "Summer White House" during his presidency.

Library of Congress Prints and Photographs

Photo 4 - A historic marker at Babylon Turnpike and Lakeview Avenue in Freeport commemorates President George Washington's passage through the area during his 1790 tour of Long Island.

Layla Eason/Herald

Photo 5 - The Old Grace Church in Massapequa traces its roots to 1844, where community members gathered to establish an Episcopal church closer to home rather than traveling to Hempstead for worship.

Alyssa R. Griffin/Herald

Photo 6 - Built in 1882, the Victorian home now housing the Phillips House Museum was once owned by sea captain and village founder James Phillips, whose family played a key role in the early development of Rockville Centre as a growing center of commerce and banking.

Alyssa R. Griffin/Herald



America at its 300th anniversary



LEAH RAMAI (HUNTER)

By Leah Ramai (Hunter)
Sewanhaka High School freshman
Photo: Credit: Courtesy Sewanhaka High School

Reader, three centuries is a long time.

A ridiculous amount of possibilities could generally happen. Robots mating and artificial intelligence becoming the structure of everything.

America at 300. It's long enough for your name to become dust. Long enough for every person you have ever loved to disappear. Long enough for your bedroom to become a room nobody remembers belonged to you. Long enough for the sound of your laughter to vanish from the earth entirely.

And perhaps, before you continue reading, I ask something of you. Look at your mother. Look at the shine in her eyes. The bliss, the warmth in her hugs. Look at your father. His tired eyes of making income and he doesn't get a minute to himself. Not as parents. Not as permanent figures suspended safely in the background of your life. Look at them as people. As living things, imagine the lines of their faces softened by time until even memory struggles to hold them together.

Imagine the sound of their voices becoming some-

thing distant. Imagine reaching for a memory and discovering it has begun to fade. That it simply doesn't exist anymore. Where do these memories go? Certainly not in the future. Horrifying, isn't it? Yet this is not fantasy. This is not horror fiction. This is reality moving exactly as it always has, because time does not wait for anyone whatsoever.

When people speak of America 300 years from now, they speak of progress. They speak of technology, discovery, innovation, and futures polished bright enough to distract themselves from the darkness beneath them. The good and positives. Yet I find myself haunted by something far quieter. Far more patient. The casualties time leaves behind.

How many voices will history never bother to remember? How many political figures will be jacks of spades in newspapers and magazines. How many poets will spend entire lifetimes filling notebooks only for their words to disappear without ceremony?

How many artists will devote themselves to beauty only for time to consume their work without even acknowledging it existed? Somewhere tonight, a child is creating something absolutely extraordinary. Somewhere, a story capable of changing a life is being written for the very first time. And somewhere else, another story dies before it is ever born. Reader that should terrify you. Not because it is unlikely. Because it is ordinary for dreams to never be pursued.

That is what makes humanity sacred. Not permanence. Not survival. Not the illusion that anything was

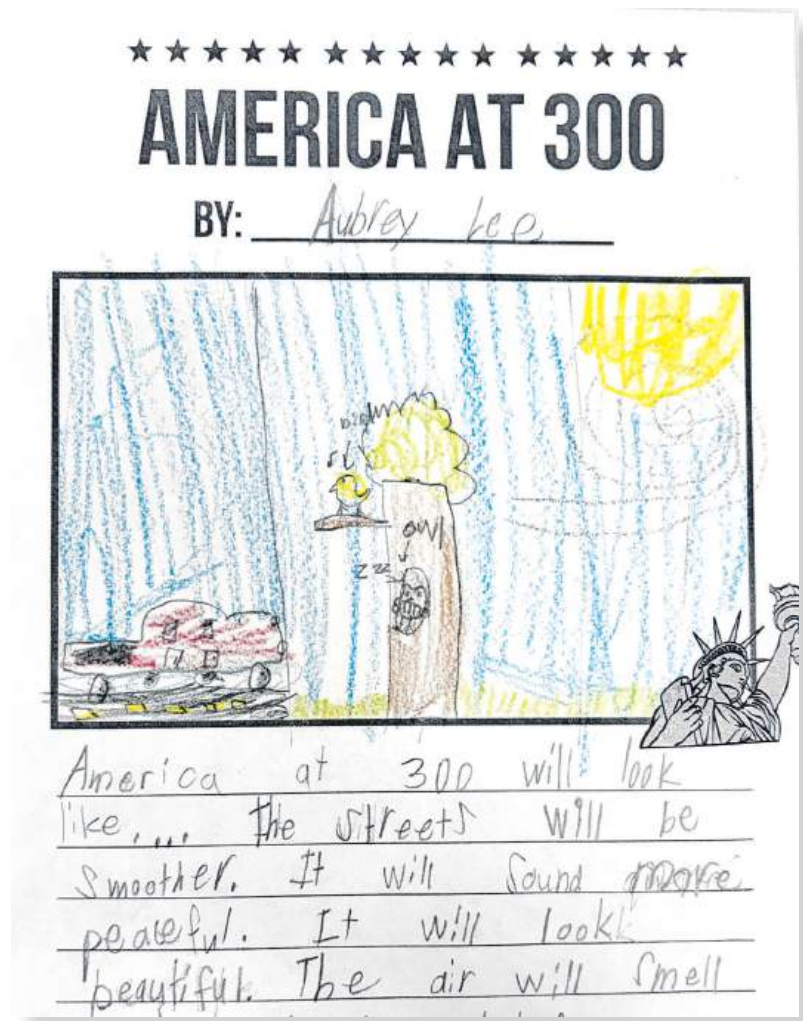
ever promised forever. If life stretched endlessly before us, love would become weightless. If grief did not exist, devotion would mean nothing. If death never arrived, neither would urgency, nor wonder, nor the desperate and beautiful need to create something before time steals the opportunity away.

It isn't the fear of leaving, but leaving behind something utterly unfathomable, Humanity. Edgar Allan Poe understood this. Mary Shelley understood this. Beneath every graveyard, every ghost, every monster stitched together from pieces of the dead, there lingers the same unbearable realization. Existence is precious because it ends.

America, 300 years from now, will not be measured by what it builds. It will be measured by what it remembers. By whether someone still believes stories matter. By whether a child still stays awake long after midnight scribbling poems in a notebook because their heart feels too large for silence, deeply madly in love. Love, will you still feel the same flutter in your heart.

It's chronically insane, isn't it reader? To have to ask if a feeling would still sit in your anatomy because of how the world can change. By whether humanity still possesses the courage to create despite knowing everything eventually disappears. Knowing you have a purpose, but genuinely? It will end one day. Because the greatest horror has never been death. It has always been reaching the end of a life without leaving behind proof that you were here at all.

Look into the future



Aubrey L. Hewlett Elementary School



Ava K. Hewlett Elementary School

AMERICA 250

Long Island's own Walt Whitman helped give America its voice

By JORDAN VALLONE

jvallone@lherald.com

It is nearly impossible to discuss American literary history without mentioning Walt Whitman. Often called “America’s poet,” Whitman left a lasting mark as a writer, journalist and teacher, with a legacy deeply woven into both the nation’s history and Long Island’s own.

Born in what is now Huntington Station in 1819, Whitman came from a family whose Long Island roots stretched back to the 17th century. Though the family moved to Brooklyn when he was young, the island remained part of his foundation. His formal schooling ended at 11, but his education continued in print shops, newsrooms and city streets, where he developed a lifelong appetite for language, politics and the lives of ordinary people.

As a teenager and young adult, Whitman worked as a printer, teacher and journalist across Long Island and New York City. When he returned to Huntington, he founded *The Long-Islander*, a local newspaper that is still being published.

His formative years placed Whitman in close contact with people from every corner of American life: laborers, commuters, families, readers, voters and strangers passing through the world

around him. That broad human canvas helped shape the ideals that came to define his poetry — a sweeping appreciation for everyday Americans.

Whitman carried those influences into “*Leaves of Grass*,” the collection he first published in 1855 and continued revising until his death in 1892. What began as a slim, unconventional volume grew into a sweeping body of work that challenged literary traditions and helped redefine what American poetry could sound like.

Much of Whitman’s work opens a window onto everyday American life, but “*Song of Myself*” may be his most expansive expression of that vision. In it, the speaker stretches beyond the individual, seeing himself reflected in all people and all things — a voice that is deeply personal and collective.

The poem stands apart for its bold embrace of the body, its deep connection to the natural world and its insistence on elevating the ordinary individual.

“Born here of parents born here from parents the same, and their parents the same,”

You cannot really understand America... without ‘Leaves of Grass.’

MARY BERENSON
Art historian



Courtesy Library of Congress, Prints & Photographs Division, Gottscho-Schleisner Collection [LC-USZC2-4855]

Walt Whitman, one of America’s most renowned poets, taught at a summer school in Woodbury in 1840. The school building, erected in 1807, was acquired by Alexander M. White around 1927, who moved it to his estate in Oyster Bay Cove. The desk from the schoolhouse once used by Whitman is now at his birthplace, a historic site, in Huntington Station.

Whitman writes — a line that captures the layered, generational nature of belonging. It suggests how roots are formed not only through family, but through the places people claim as home. For Whitman, one of those places was Long Island.

Today, the Walt Whitman Birthplace Association maintains the New York state historic site Whitman was born in. Open to the public for tours, the home provides Long Islanders with insight into his early childhood, which influenced his work. Tours run daily in the summertime, and between Wednesdays and Sundays after Labor Day.

On the grounds of his original home is also an Interpretive Center, which opened in 1997, further allowing the birthplace association to build a tourist destination and regional hub for arts and literature, that offers unique, interdisciplinary programs.

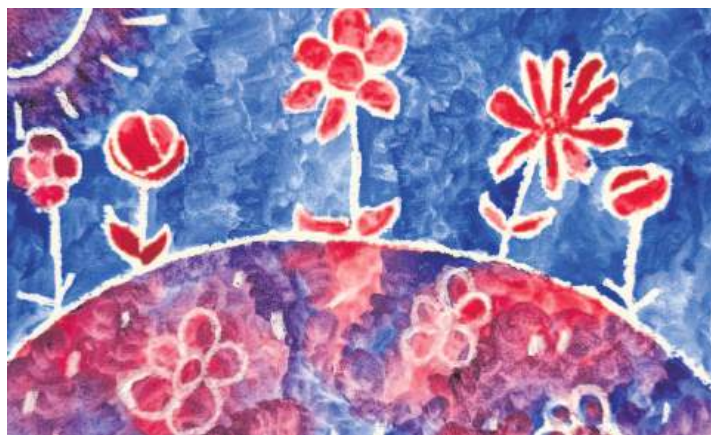
“You cannot really understand America without Walt Whitman, without ‘*Leaves of Grass*’...” art historian Mary Berenson once wrote of the work, according to Whitman’s profile on Goodreads, a networking site for readers. “He has expressed that civilization, ‘up to date,’ as he would say, and no student of the philosophy of history can do without him.”

STEPPING OUT



Photos courtesy LICM

Young artists created colorful works during last summer's ArtVentures. This year, the program is expanded into four categories and families can enjoy similar creative experiences.



Bright colors and creative techniques come together in the watercolor project, one of the hands-on activities Kids can experiment how colors react to elements, and other colors.

More than art Cool off with an 'Artventure'

By Stacy Driks

Long Island Children's Museum invites families to put down the screens this summer, pick up a paintbrush and discover the many ways to create art.

With the launch of Summer ArtVentures [July 7], the museum expands its arts programming into a season-long celebration of imagination, hands-on learning and creative exploration four days a week.

Whether it's experimenting with watercolor, building collages, sculpting with clay or creating artwork inspired by professionals, every visit offers something new.

The lineup grew from a pilot series the museum introduced last summer. After seeing children return week after week and hearing families ask for more opportunities to create, museum educators decided it was time to think bigger.

"We had such a positive reaction, people were asking if we could do them on other days and if we could offer more arts programming," says Jeanmarie Walsh Mansfield, the museum's director of visual arts and community initiatives. "We found families kept coming back, and kids were building on what they learned from one week to the next."

That enthusiasm inspired a full calendar of art experiences running throughout July and August, with activities designed to appeal to toddlers, school-age children, teens and even adults.

Unlike traditional art classes, participants aren't divided by age. Instead, everyone creates together in the same space, allowing each person to work at a level that's comfortable while learning from one another.

"It's sort of like an old-school classroom," Mansfield says. "Kids of all ages learn with and from each other."

Each Tuesday, the museum hosts Imagine That! Summer ArtVentures Workshops, where participants explore a different artistic medium or technique. One week may focus on collage, while another introduces mosaics, sculpture or animation. Before children begin creating, participants are introduced to artists whose work connects to that week's project.

Some come from centuries ago, like Italian painter Giuseppe Arcimboldo, whose portraits famously transformed fruits, vegetables and other everyday objects into imaginative faces. Others are contemporary artists such as Octavio Ocampo, whose optical illusion paintings encourage viewers to look beyond first impressions.

"I want kids to learn that art can be much more than they think art is," Mansfield says. "Art can be everywhere and made from anything. All you need is your creativity, your imagination and a willingness to experiment."

Fridays offer Watercolor Wonder Pop-Ups, rotating through different galleries with new watercolor techniques and themes each week. One session explores the effects of salt on watercolor paint, while another teaches children how oil pastels and watercolor interact to create surprising results. Other activities draw inspiration from nature, encouraging families to experiment with flowers, color and texture.



What program is best for you?

- **Tuesday:** Imagine That ArtVentures workshops run from July 7 to Aug. 25, 1-3 p.m. Fee: \$4 for children three and up.
- **Friday:** Watercolor Pop-Up run from July 10 to Aug. 28, 11 a.m.-1 p.m. Free with museum admission.
- **Saturday:** Amethyst Playground Pop-Up runs from July 11 to Aug. 1, noon-2 p.m. Free with museum admission.
- **Monday:** Squish Studio runs from July 27 to July 31, 11 a.m.-2 p.m. Free with museum admission.

know screens can increase anxiety, but when children are creating with their hands, they're engaged, they're present and they're learning."

Perhaps most importantly, art teaches children that mistakes aren't something to fear.

"You fail sometimes," Mansfield says. "You make something and it doesn't come out the way you wanted. That's an important life skill — mistakes are learning opportunities and that you can pivot and try something different."

And the experience sparks curiosity. Rather than providing step-by-step instructions with one "correct" outcome, educators encourage children to ask questions, explore materials and decide for themselves what they want to create.

"There's no wrong way to make art," Mansfield says. "I want kids to push their boundaries and realize they're artists."

And this is only the beginning.

Museum leadership plans to further expand programming beyond the summer, with additional workshops during school breaks and perhaps a future art festival that celebrates creativity throughout the museum.

Until then, paint, sculpt, squish and create all summer — one colorful adventure at a time.

For schedules, admission and registration information, visit licm.org.



Hope shows her art project inspired by Kelly Olshan's "Amethyst Playground" exhibit.

encouraging families to experiment with flowers, color and texture.

On Saturdays, Amethyst Playground Pop-Up connects directly to the current Artists' Corner exhibition by Kelly Olshan. Families transform leftover materials from the artist's creative process into colorful magnets, demonstrating how everyday objects can become works of art.

For children who love getting their hands dirty, Squish Studio, running July 27 through 31, offers an entire week devoted to clay. Young artists can experiment with different tools, create personal sculptures and contribute to a collaborative creature that grows throughout the week.

Clay holds a special place for Mansfield.

"I've been wanting to do clay-based workshops for a long time," she says. "Kids really respond to it. It's intuitive, it's hands-on, and it helps develop fine motor skills while encouraging creativity."

But the aim is for visitors leave with more than artwork to hang on the refrigerator.

Creating art helps children build confidence, develop critical-thinking skills and become more comfortable taking creative risks, Mansfield explains. Working alongside others also teaches collaboration, communication and problem-solving.

"Art making reduces anxiety," she says. "It can be meditative. We know screens can increase anxiety, but when children are creating with their hands, they're engaged, they're present and they're learning."

Perhaps most importantly, art teaches children that mistakes aren't something to fear.

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Fireworks with the South Shore Symphony

Still craving more fireworks? Rockville Centre's annual celebration is just the ticket! Head to Pette and Barasch Fields for a festive evening with the South Shore Symphony, capped off by a spectacular Grucci fireworks display. It's a beloved summertime tradition that brings together everyone for a rousing spectacle. Music Director Adam Glaser passes the baton to conductor Eileen Murphy who leads the orchestra in a program of Broadway hits, movie themes, pop hits, and patriotic standards. Selections include American Salute by Morton Gould, Suite from Hamilton by Lin-Manuel Miranda, Rimsky-Korsakov's Procession of Nobles, Sousa's Washington Post March and John William's Raiders March. The orchestra begins performing at 7:30 p.m., the fireworks begin at 9:15 and the orchestra continues after. Hosted by the Village of Rockville Centre and the Rockville Centre Guild for the Arts, this free event has been a favorite for more than 30 years. Admission is free and is open to everyone. Rain date is July 12.

Saturday, July 11, 7 p.m. Pette and Barasch Fields, 244 S. Park Ave, Rockville Centre. For more information, visit rvcny.us.



The Bronx Wanderers

What do you get when a father, his two sons, and two high school classmates come together to create a show? A wildly entertaining mix of hilarious personal stories, a powerhouse playlist spanning every genre and decade, and one unforgettable family's journey through life and music. Meet The Bronx Wanderers — a high-energy musical experience that's been bringing audiences to their feet for over 20 years. With a unique blend of rock 'n' roll nostalgia, modern hits, and dynamic storytelling, this band has mastered the art of connecting with fans of all ages in one sweeping, musical tour de force. They're still having the time of their lives — and by the end of the show, you will be too.

Sunday, July 12, 7:30 p.m. Tickets available at ticketmaster.com or

YOUR
NEIGHBORHOOD

CALENDAR

JUL
9**On Exhibit**

Nassau County Museum of Art joins in the celebration of America's 250th anniversary.

Its landmark exhibition explores how Long Island has reflected and shaped the story of American art. From Revolutionary-era portraiture and folk art to nineteenth-century landscapes, Impressionism, and the bold innovations of Abstract Expressionism and Pop Art, the exhibition highlights how every major art movement found expression here. From Brooklyn to Montauk, Long Island's natural beauty, coastal light, and close connection to New York City inspired generations of artists and gave rise to thriving art colonies and postwar creative communities. Featuring paintings, decorative arts, and historical objects displayed together in immersive settings, the exhibit celebrates the region's enduring influence and its rich artistic legacy. On view through July 12.

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

JUL
11**Gold Coast Business Association Health & Wellness Expo**

The Gold Coast Business Association hosts its first Health & Wellness Expo, bringing together health and wellness exhibitors, live demonstrations, workshops and community resources. The family-friendly event will also feature interactive booths, giveaways and networking opportunities.

- **Where:** Glenwood Landing American Legion, 190 Glen Head Road, Glen Head
- **Time:** 11 a.m.-5 p.m.
- **Contact:** goldcoastbusinessassociationli@gmail.com

JUL
12**Summer grooves**

Morgan Park Summer Music Festival welcomes all to a lively Earth,

Wind & Fire tribute. Enjoy an evening of classic Earth, Wind & Fire hits performed by Marvin Floyd and D'Votion.

- **Where:** Morgan Park, Germaine St.
- **Time:** 7:30 p.m.
- **Contact:** (516) 671-0017

JUL
17**Wild Child**

This is not a typical tribute or pretend concert act. Wild Child relies on recapturing the original: sound, feel, mood, dynamics and delivery of the Doors music. In true Doors fashion there are no: wigs, props, costumes, or phony banter between songs. It's about the music and its delivery. Wild Child lead singer Dave Brock's Doors tribute debuted with a triple sellout at the Whisky a-Go-Go. Since the band debuted, the act has been touring and playing at sold out national act venues and festivals around the world. Wild Child became the mold that "tribute bands" aspired to become, as they flooded the market in the 1990s with good and bad impersonations of famous artists. In 2010 Ray Manzarek and Robby Krieger of The Doors, invited Dave to tour with them as their vocalist on their concert engagements. This was perhaps the best compliment Dave has ever received from anyone for his work. Being selected by these two Rock 'n Roll Hall of Fame musicians was a huge honor; the ultimate compliment of his talents and speaks volumes for his credibility as a Doors style frontman and vocalist. Fans and critics alike praise Wild Child performances as the closest thing to a real 1960s Doors concert and live Doors experience.

- **Where:** The Paramount, 370 New York Ave., Huntington
- **Time:** 8 p.m.
- **Contact:** ticketmaster.com or paramountny.com

Four Seasons In Music

Sands Point Preserve's historic mansions and waterfront grounds are the backdrop for the latest edition of its unique chamber music series at Hempstead House, themed "Summer's Day." The concert celebrates heritage, resilience, and the ways music carries culture forward, bringing together Indigenous voices and new musical visions. Works by Dawn Avery, Jessie Montgomery, Jessica Meyer, Rebecca Clarke, Charles Yang, and George Gershwin join the lyricism of Brahms and Mozart and the folk-inspired spirit of Antonín Dvořák. duoJalal ensemble-in-residence featuring Kathryn Lockwood, viola and Yousif Sheronick, percussion, with violinists Debbie Buck and Min-Young Kim, cellist Caroline Stinson and Alan Kay, on clarinet, perform. With wine reception following. \$61, \$50 members.

- **Where:** 127 Middle Neck Road, Sands Point
- **Time:** 3 p.m.
- **Contact:** sandspointpre-serveconservancy.org or call (516) 571-7901

JUL
15**Knitting/Crocheting Club**

Meet up with other knitters or crocheters at Glen Cove Public Library on Fridays. Whether you're new to knitting or you've been doing it for years, it's always more fun with friends! Start a new project or bring a current one. Participants should bring their own needles and yarn.

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

Book club

The Holocaust Memorial & Tolerance Center of Nassau County hosts a discussion of "The German Girl" by Armando Lucas Correa. Led by Scholar-in-Residence Dr. Linda Burghardt, the program explores themes of exile, identity and intergenerational connections through the story of a Jewish girl fleeing Nazi Germany aboard the St. Louis and her family's later search for answers.

- **Where:** 100 Crescent Beach Road
- **Time:** 1 p.m.
- **Contact:** hmtcli.org or (516) 571-8040

Hempstead House Tour

See the grand rooms inside the massive 50,000-square-foot Tudor-style mansion at Sands Point Preserve, the former summer residence of Howard Gould (1912-1917) and later Daniel and Florence Guggenheim (1917-1930). For adults, but children 5+ are allowed. \$10 per person.

- **Where:** 127 Middle Neck Road, Sands Point
- **Time:** Noon and 1:30 p.m., also July 19
- **Contact:** sandspointpre-serveconservancy.org or call (516) 571-7901

JUL
16**Zoning Board of Appeals meets**

The Glen Cove Zoning Board of Appeals holds its regularly scheduled meeting to review applications and hear matters related to zoning variances and land-use issues within the city.

- **Where:** Glen Cove City Hall, 9 Glen St.
- **Time:** 7:30 p.m.
- **Contact:** (516) 676-2000

JUL
19**Summer sounds**

The Morgan Park Summer Music Festival continues with Real Diamond, a tribute band celebrating the music of Neil Diamond.

- **Where:** Morgan Memorial Park, Germaine Street, Glen Cove
- **Time:** 7 p.m.
- **Contact:** (516) 671-0017

JUL
28**HMTC's 17th Annual Golf Outing**

The Holocaust Memorial and Tolerance Center of Nassau County hosts its 17th Annual Golf Outing. Proceeds support education and advocacy programs that combat antisemitism and all forms of discrimination.

- **Where:** Meadow Brook Club, 500 Cedar Swamp Road, Jericho
- **Time:** 7 a.m.
- **Contact:** (516) 571-8040

AUG
1**Glen Cove High School Class of 1976 50-Year Reunion**

Members of Glen Cove High School's Class of 1976 are invited to reconnect and celebrate 50 years since graduation at a reunion gathering featuring an evening of memories, conversation and camaraderie.

- **Where:** The Metropolitan, Pratt Blvd., Glen Cove
- **Time:** 7 p.m.-12 a.m.
- **Contact:** ibelitore@gmail.com or Montauk41@hotmail.com

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.



Tim Baker/Herald photos

Families packed into Eisenhower Park to honor America's semiquincentennial during Nassau County's annual Celebrate America Fireworks & Drone Show.

Nassau celebrates America's 250th birthday

Thousands of residents gathered at Eisenhower Park on July 2 for Nassau County's annual Celebrate America Fireworks & Drone Show, kicking off Independence Day festivities and commemorating America's 250th anniversary. Families and friends filled Parking Field No. 6 with lawn chairs and blankets to enjoy an evening of patriotic entertainment, including live performances by Glenn Strange, Chicken Head and Let Freedom Rock. The free celebration concluded with a fireworks and drone show that lit up the night sky in honor of the nation's semiquincentennial. The event was presented by Nassau County and TD Bank and drew crowds from across Long Island for an evening of music, community and patriotic pride.

—Jordan Vallone



Patriotic colors were on display around the Harry Chapin Lakeside Threatre. Lisa Marie, of Staten Island, with Walter Canteel, of Floral Park.



Riley Tran, 7, Melorin Gelaskani, 7, Mia Keating, 7, and Penlope Pipitone, 7, friends from Levittown, enjoyed the festivities.



PUBLIC NOTICES

LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT.
NASSAU COUNTY.
LOAN FUNDER LLC,
SERIES 32475, Pltf vs.
CAMVA EQUITIES LLC,
et al, Defts. Index
#612742/2023.

Pursuant to judgment of foreclosure and sale entered May 29, 2026, I will sell at public auction on the North Side steps of the Nassau Supreme Court, 100 Supreme Court Drive, Mineola, NY on July 20, 2026 at 2:00 p.m. premises k/a 63 Dosoris Way, Glen Cove, NY a/k/a Section 23, Block 3, Lot 423. Approximate amount of judgment is \$843,834.35 plus costs and interest. Sold subject to terms and conditions of filed judgment and terms of sale. JAMES EZRATTY, Referee. DEUTSCH & SCHNEIDER, LLP, Attys. for Pltf., 79-37 Myrtle Avenue, Glendale, NY 11385. File No. LF-435 - #10302 160772

LEGAL NOTICE
NOTICE OF SALE
SUPREME COURT
NASSAU COUNTY
JPMORGAN CHASE
BANK, N.A., Plaintiff
against
DAVID O. THOMPSON
A/K/A DAVID
THOMPSON, et al
Defendant(s)
Attorney for Plaintiff(s)
Stern & Eisenberg, P.C.,
20 Commerce Drive,
Suite 230, Cranford, NJ
07016 and 1131 Route
55, Suite 1,
Lagrangeville, NY
12540.

Pursuant to a Judgment of Foreclosure and Sale entered May 19, 2026, I will sell at public auction to the highest bidder at North Side Steps of the Nassau County Supreme Court at 100 Supreme Court Drive, Mineola, NY 11501 on August 5, 2026 at 2:00PM.

Premises known as 24 Jackson Street, Glen Cove, NY 11542-1734. Sec 31 Block 42 Lot 20. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the City of Glen Cove, County of Nassau and State of New York. Approximate Amount of Judgment is \$415,676.38 plus interest, fees, and costs. Premises will be sold subject to provisions of filed Judgment Index No 600620/2024. The foreclosure sale will be conducted in accordance with 10th Judicial District's Covid-19 Policies and foreclosure auction rules. The Referee shall enforce any rules in place regarding facial coverings and social distancing. If proper social distancing cannot be maintained or there are other health or safety concerns, then the Court Appointed Referee shall cancel the foreclosure auction. Foreclosure Auctions will be held "Rain or Shine." Matthew Vishnick, Esq., Referee
File # NY202200000294-1 161009

LEGAL NOTICE
NOTICE OF FILING OF
PHASE 2 OF AN
ENVIRONMENTAL
MANAGEMENT AND
CONSTRUCTION PLAN
Notice is hereby given that on or about July 10, 2026, New York Transco LLC (NYT) and the New York Power Authority (NYPA, with NYT, the Applicant) will file Phase 2 of the Propel NY Energy's (the Project) Environmental Management and Construction Plan (EM&CP) with the New York State Public

Service Commission (NYSPSC) in accordance with Article VII of the New York State Public Service Law. Project Description and EM&CP Overview
The Project is an innovative electric transmission solution that is needed to increase the State's bulk electric transmission capacity between Long Island and the rest of the State, which will bolster system reliability and resiliency and create new pathways to deliver energy to New York homes and businesses. The Project includes installing approximately 89.6 miles of new underground and submarine transmission lines, and new and upgraded substations carefully routed to minimize temporary impacts on surrounding communities and the environment. This Phase of the EM&CP outlines construction activities for specific portions of Propel NY Energy involving horizontal directional drilling (HDD) at key landfill locations (see below) to support future submarine cable installation. -Shore Road (Town of Oyster Bay) landfill location -Hudson Park and Beach parking lot (City of New Rochelle) landfill location
For more information on the EM&CP process and the Project, please visit www.PropelNYEnergy.com. Availability of the EM&CP for Public Review
This phase of the EM&CP will be available for public review online via the Department of Public

Service (DPS) Document and Matter Management System (DMM): <https://dps.ny.gov> (search by case number 24-T-0446). It is also available at the following locations:
-Libraries: Gold Coast and New Rochelle
-Town and City Halls: Oyster Bay and New Rochelle
Requests for Additional Information
Any person seeking additional information regarding a specific geographic area or subject matter addressed in this Phase 2 EM&CP may submit a request to the Applicant using the contact information provided below.
Shannon Baxevanis
Director of Communications and Public Affairs
New York Transco
info@propelnyenergy.com
1-800-347-9071 (toll free)
Public Comment Period
Any person wishing to comment on this Phase 2 EM&CP or raise objections may file written comments with the Secretary to the NYSPSC (contact information below) within 30 days of the filing. Comments on any subsequent revisions to this Phase 2 EM&CP may be filed within 15 days of service of those revisions by electronic means.
NYSPSC Contact Information
Secretary to the Commission New York State Public Service Commission
Three Empire State Plaza
Albany, NY 12223
Email: secretary@dps.ny.gov
DPS DMM Website: <https://dps.ny.gov>
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OPINIONS

The administration just won't let up on deportation

There was an especially poignant happening on Long Island recently, amid the Trump administration's campaign against immigrants, when honor student Sara Lopez Garcia returned — virtually — for graduation ceremonies at Suffolk County Community College and gave a video presentation.



**KARL
GROSSMAN**

A year earlier, Immigration and Customs Enforcement agents had raided Garcia's home in Mastic and arrested her.

As Bart Jones reported in Newsday, Garcia, who had a 3.9 GPA, "told the crowd ... that while she

joined in celebrating their new degrees, including hers, the day was bittersweet, as she was forced to watch from 2,500 miles away in South America."

"This day brings really difficult memories for me," Garcia, dressed in graduation regalia, said from Colombia. Of her arrest, she added, "It was one of the moments of my life when I felt fear. I was so scared, and everything was uncertain. I didn't know what would happen to me, to my family, to my future."

She was sent to an ICE detention facility in Louisiana. She had been brought to the United States by her mother, who was also arrested, and has no criminal record.

Jones wrote that SCCC English Professor Cynthia Eaton had nominated Garcia to speak at graduation because "she was a model of determination in the face of adversity." Said Eaton: "She is a good thinker. She's a good learner. She's a good person ... Everybody on our campus knew Sara's smile. They all loved Sara. She was like a magnet ... upbeat, positive."

Jim Morgo, ex-chief deputy Suffolk County executive, a former vice chair of the college's board of trustees and a teacher, said that Garcia "is the perfect example of everything that's wrong with mass deportation. There's no distinguishing the honor students from the rapist."

On Long Island, as is the case in the rest of the nation, there's opposition to President Trump's deportation program. For months there have been protests. The Town of East Hampton and, before that, East Hampton Village passed laws blocking their participation with ICE.

The town and village actions were

followed by laws enacted by New York state that prohibit "local governments, state and local police, and state and local corrections" from entering into "agreements with the federal government that allow for state and local enforcement personnel and facilities to be used for civil immigration enforcement purposes" — and that also ban "state, local and federal officers from wearing face covering while interacting with the public."

But Tom Homan, the ex-director of ICE who was given the title of "border czar" by Trump, has vowed that if New York passed "this ridiculous legislation," ICE would "flood the zone. You're going to see more ICE agents than you ever seen before."

And in a party-line vote in the U.S. Senate, Republicans passed \$70 billion in new funding for ICE and the U.S. Border Patrol, in addition to \$150 billion the agencies received last year.

Meanwhile, Greg Bovino, the former Border Patrol chief who was removed in January after Renee Good and Alex Pretti were killed by federal immigration agents in Minneapolis, has announced that he is running for president, and said, "My one and only priority is deporting the 106 million illegal

immigrants who are here."

The website Mediaite commented that this is one-third of the nation's population, and "the true number of illegal immigrants peaked at 14 million in 2023, according to Pew [Research Center]."

Back to earth and Long Island, the Bridgehampton Museum recently held an exhibition titled, "What We Carry: Memory & Migration." "Rooted in themes central to the East End and beyond, *What We Carry* underscores how migration stories are embedded in local history while resonating on a global scale," the museum wrote, and was co-curated by Jeremy Dennis, a Shinnecock Native American; Mark Wilson, who has roots in Australia; and Darius Yekta, who has an Iranian and Greek background.

The exhibition was scheduled to be followed by presentations by East Hampton attorney Lenny Ackerman, the author of "Leibisch's Journey," a book about his father's escape from the horrors of the Russian Revolution through Europe to the U.S., and Tara Rider, a Stony Brook University professor of history, to speak about her book "Journey of Hope: The Irish in New York."

Karl Grossman has been an investigative reporter in a variety of media for more than 50 years. He is a professor of journalism at the State University of New York at Old Westbury.

Staying ahead of microplastics

If you've been following the news lately, you've probably seen headlines about microplastics — tiny plastic fragments and fibers showing up in the human body. It's a topic that understandably raises questions, and as the CEO of the Suffolk County



**JEFF
SZABO**

Water Authority, which serves more than 1.2 million people on Long Island, I'm focused on addressing this issue proactively and making sure our customers know where things stand.

Microplastics are everywhere in the modern environment. They've

been found in oceans, in rain, in the food we eat and in some water supplies. The health effects are not yet fully understood, and the science is still developing.

There are currently no federal regulatory limits for microplastics in drinking water. But the concern is real enough that the U.S. Environmental Protection Agency is considering requiring public water systems to test for them

under the upcoming Unregulated Contaminant Monitoring Rule — a program the EPA uses every five years to study emerging threats before setting any standards. That's a significant signal that the federal government is taking this seriously, and so are we.

SCWA didn't wait to be told to act. At the end of 2025, we completed one of the first voluntary microplastics assessments of a groundwater-based public water system in the United States. We tested source water, treatment effluents and finished drinking water across a wide range of wells and treatment

locations — including some of our shallowest wells, which would be the most vulnerable to surface contamination.

The results were reassuring. The vast majority of samples showed no detectable microplastics. Where particles were found, levels were extremely low: typically, just one to five particles per sample, with no pattern suggesting widespread presence in the aquifer or any introduction through our treatment process. Our average was just 3.6 particles per liter. To put that in perspective, a peer-reviewed study found an average

of 325 plastic particles per liter in bottled water. Long Island tap water, drawn from a protected underground aquifer, performed dramatically better.

We also applied strict quality-control procedures throughout the testing to confirm that our sampling and analysis process itself wasn't introducing contamination. Those controls showed zero or near-zero particle counts, validating the accuracy of our findings. Sixty percent of our analyzed samples showed equal or fewer microplastics per liter than the blanks themselves.

We didn't do this study because a regulation required it. We did it because our customers deserve clear and accurate information about their drinking water, and because staying ahead of emerging issues is what responsible water management looks like. Waiting for mandates is the easy path. Understanding the science before you're told to is how you actually protect people.

We're not alone in that commitment. The Long Island Commission for Aquifer Protection has partnered with the United States Geological Survey to

Our customers deserve accurate information about their drinking water.

study microplastics in the aquifer and examine how they might enter our groundwater system, including through stormwater recharge basins. That kind of regional, scientific collaboration is exactly what this issue calls for.

And that brings me to a broader point. Microplastics are not solely a drinking water problem. Just as we've seen with PFAS — so-called "forever chemicals" — and other contaminants in recent years, drinking water is one of several possible exposure pathways — not the only one. Food packaging, synthetic textiles, household dust and consumer products are all sources. A serious, evidence-based response to microplastics must account for all these vectors, not single out one source while ignoring the others.

SCWA will continue to monitor the science, follow developments in regulatory guidance, and evaluate whether additional or expanded testing is appropriate as analytical methods improve. What I can tell you today is this: The water coming from your tap has been tested, the levels of microplastics found are extremely low, and we are not waiting for a crisis to take the issue seriously.

Jeff Szabo is chief executive officer of the Suffolk County Water Authority.

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HERALD EDITORIAL

Investing in libraries pays dividends all year

Summer has a way of reminding us about the simple pleasures in life. For many, that means relaxing on the beach with a good book, spending time with family or finding fun ways to stay cool during the hottest days of the year.

But while a great novel may be the perfect beach companion, the local public library offers so much more than books. It is one of the smartest and most valuable investments any community can make.

Libraries have evolved far beyond quiet reading rooms lined with shelves full of books. They are vibrant community centers that welcome residents of every age and every background. They're places where curiosity is encouraged, lifelong learning is celebrated and neighbors come together at author readings, musical performances and movie screenings.

Summer is one of the busiest times of the year for libraries. Children who might otherwise lose valuable academic skills during the school break can take part in summer reading programs intended to keep their minds engaged while making learning fun.

Teens can explore new interests through workshops, volunteer opportunities and technology programs. Adults can attend lectures, career-development seminars, financial-literacy classes and cultural events. Seniors can take part in social gatherings, edu-

cational presentations and wellness activities that help combat isolation while strengthening community connections.

Libraries are free public spaces open to everyone. They provide safe, air-conditioned environments in which families can spend time together, students can study, remote workers can focus and anyone can simply enjoy a quiet place to read, learn or reflect.

These services don't disappear when summer ends. Throughout the year, libraries host civic meetings, support groups, educational workshops, cultural performances, technology training, tax-preparation assistance, job search resources and countless other programs that strengthen the social fabric of our communities. They serve as gathering places where ideas are exchanged, friendships are formed and local organizations find a home.

Elected officials deserve recognition when they prioritize funding for public libraries. Public investments often bring to mind roads, bridges or major construction projects, and those investments certainly matter. But investments in libraries produce returns that cannot always be measured in dollars. Whether funding is for the renovation of a community room to expand programs and services or a much larger capital project that overhauls the entire building, libraries aim to improve educational outcomes, encour-

age civic engagement, reduce social isolation, create stronger, more connected communities, and make their facilities more welcoming, accessible and functional for everyone who walks through their doors.

These projects also reflect a broader truth: Investments in libraries are investments in people. Every renovated classroom, meeting space or children's area creates opportunities for learning, connection and growth that extend well beyond the life of the construction project itself.

At a time when many people worry about loneliness, educational gaps and divisions in society, libraries quietly address each of those challenges every day. They remain one of the few places where everyone is welcome, regardless of age, income or background, and where the only requirement for entry is a willingness to learn.

As summer unfolds, residents should take full advantage of everything their local libraries have to offer. Borrow that next beach read. Sign a child up for a reading challenge. Attend a lecture, explore a new hobby, join a community group or simply spend an afternoon discovering something new.

Every library card opened, every book borrowed and every program attended is a reminder that one of the greatest investments we can make is in institutions that educate, inspire and bring us together.

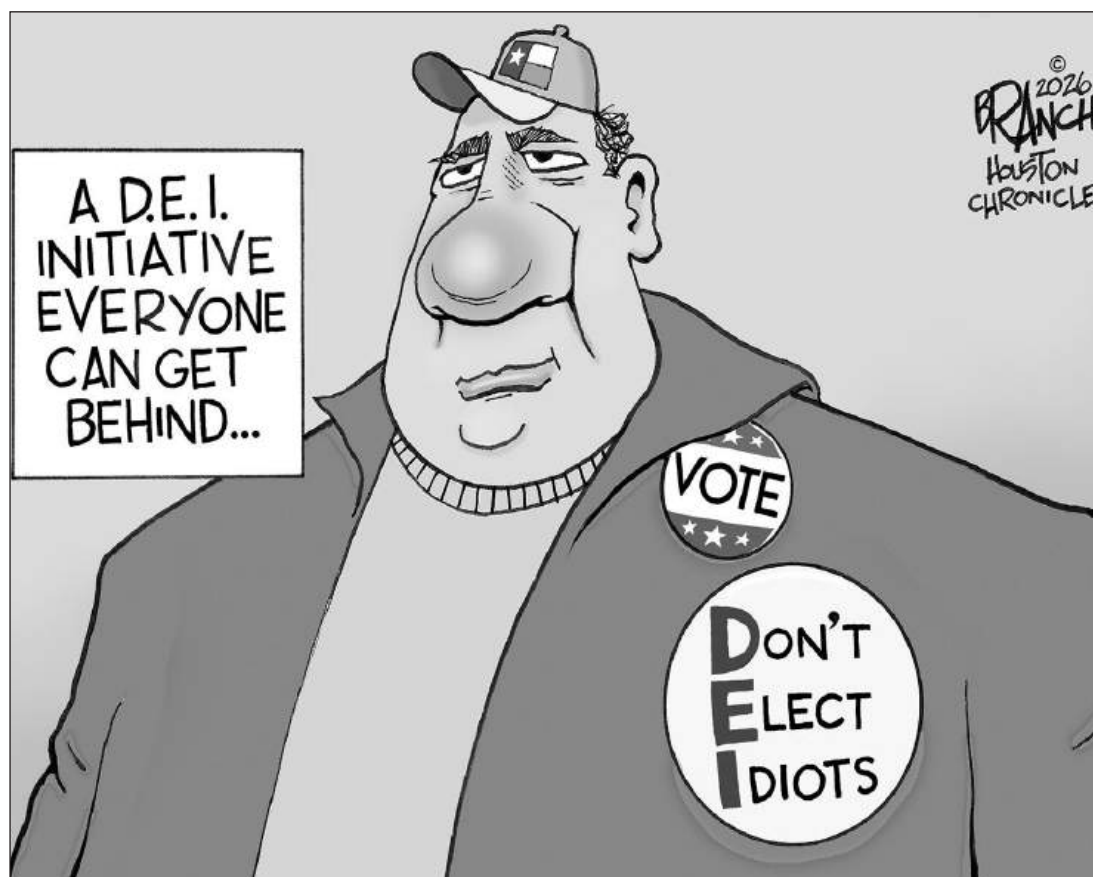
LETTERS

Scott's column should be required college reading

To the Editor:

Re Robert A. Scott's column, "What it means to be a college graduate," in the June 24-30 issue: At a time when some are questioning the value of a college education, Dr. Scott offers a thoughtful perspective on this important issue. Drawing on his own experiences at Bucknell University as well as research that demonstrates the many positive outcomes of college, he makes a strong case for post-secondary education.

At its best, Scott notes, college can not only improve students' writing and speaking skills and boost graduates' earning power, but also foster personal growth and enhance one's outlook on the world. "College is, or should be," he writes, "as much about character development and active citizenship as it is about preparation for careers and advancement in commerce."



OPINIONS

Biofuels can help decarbonize L.I.'s school bus fleet

As the deadline for school districts to begin purchasing zero-emission school buses loomed, state lawmakers rightfully hit the brakes by delaying the mandate for five years.

The reasons are as clear as they are daunting: the electric grid isn't ready, charging infrastructure remains scarce compared with ambitious state targets, and the upfront cost of a single electric bus can be triple that of a traditional one.



ROCCO J. LACERTOSA

For Long Island school districts already grappling with a high tax burden and unique cost-of-living challenges, this represents yet another significant financial strain that would fall squarely on local taxpayers.

State leaders should be lauded for recognizing these realities. But as officials continue to debate these and other changes to the state's climate law, we can't fall into an either-or trap, just as we can't let the perfect be the enemy of the good.

New York already has a solution that has been in use for decades, and is easily deployed: renewable liquid fuels.

Transitioning the existing school bus fleets to renewable diesel can reduce greenhouse gas emissions by up to 86 percent immediately. Unlike electric buses, which require specialized chargers and rely on our dangerously thin electric grid, renewable diesel works in the engines we already own. It requires no costly equipment overhauls, no new infrastructure, and performs reliably in cold New York winters.

While the state waits years for the grid to catch up, municipal leaders are already proving that renewable liquid fuels — biodegradable fuel manufactured domestically from vegetable oils, animal fats and recycled restaurant grease — can deliver significantly carbon reduction today without breaking the bank.

New York City is leading the way, having transitioned its fleet of garbage trucks, emergency vehicles and other heavy-duty machines to renewable diesel in 2024, a move expected to prevent 162 million pounds of carbon dioxide

from entering our air annually. Officials aim to complete the conversion of all city-owned vehicles this summer.

New York became the first state in the Northeast to offer the fuel to state agencies, authorities, schools, municipalities and nonprofits in 26 counties, including Nassau and Suffolk. Still, too few are availing themselves of this resource.

And while much of today's conversation centers on delays in transportation electrification, concerns about the pace and practicality of electrification are also growing in the homes and buildings sectors, as well as budget-strapped public facilities — especially our schools.

Consider a high school in Brooklyn where administrators recently replaced traditional heating oil with the renewable fuel alternative, making it the first school in New York City to convert to a heating system running entirely on biofuels. This historic transition to cleaner renewable fuels proves that giving schools and other institutions the flexibility they need to adopt a range of clean-energy solutions — not just electrification — is how the

state can continue to make meaningful climate progress while keeping energy reliable and at a manageable price point.

This common-sense approach is what New Yorkers are demanding as they navigate a punishing economy. With affordability continuing to be top of mind and the state grid operator warning of a razor-thin reliability margin that leaves Long Island particularly vulnerable to blackouts, a pragmatic, cost-effective approach to making environmental progress today is the smart approach for the region's school districts and the taxpayers and families who support them.

The debate in Albany often presents a false choice between a costly mandate and a climate delay. But a true all-of-the-above approach to energy options being advanced by Gov. Kathy Hochul and some legislators can find an effective middle ground when the right tools are brought into the mix.

The grid will catch up eventually, but our environment and hardworking Long Islanders can't afford to wait. It's time to choose the solutions that work today.

Rocco J. Lacertosa is CEO of the Hauppauge-based New York State Energy Coalition.

Renewable diesel fuel works in the school bus engines we already own.

LETTERS

Scott's column should be required reading for every new college student, especially those entering with the misguided notion that college is little more than a quick ticket to a job. While finding a career that's a good fit should certainly be part of everyone's college years, students should also use this time to learn about themselves, to engage ideas, to come to grips with life's complexities, and to develop a deeper understanding of the world that's waiting for them after graduation.

Colleges themselves would also do well to pay attention to Scott's advice. Too many schools present themselves as career factories, highlighting their programs' "real world" skill development while paying only minimal attention to the transformative experiences that a college education can (and should) provide. Graduating thoughtful, knowledgeable and insightful human beings — people capable of seeing life's big picture and acting on behalf of the greater good — should be a primary goal of higher education.

Given the cost of college, as well as our collective anxiety about the future of America's workforce, I can understand many students' wish to choose a major that will help them make their way. But preparing for a career needn't preclude being open to activities and experiences, both in and out of the classroom, that will invite students to stretch intellectually, socially and emotionally. There are indeed many valuable lessons to be learned here; students should not miss out on them.

RICHARD J. CONWAY
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Closed	Average Price	Median Price	Median Days On Market	Rented	Median Rent	
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Glen Cove

					
44	\$983,511	\$825,000	44	101	\$3,245
Closed	Average Price	Median Price	Median Days On Market	Rented	Median Rent
<i>From 2025</i>	<i>-29%</i>	<i>-10.5%</i>	<i>-5.5%</i>	<i>+22%</i>	<i>+6.5%</i>
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