



**'I Love Lucy'
comes to life**
Page 3



**Who will win
the election?**
Page 12



**Breast cancer
walk at Connolly**
Page 23



Photos courtesy Glen Cove City School District

Celebrating school spirit at Homecoming

The Glen Cove High School cheerleaders performed a spirited routine during the Homecoming game on Oct 10, energizing the crowd with school pride. At right, students of all ages lined up for face painting as part of the fun. More photos, Page 10.



Trump frees George Santos from prison

By **ROKSANA AMID**
ramid@liherald.com

President Trump’s decision to commute the seven-year federal prison sentence of former U.S. Rep. George Santos has reignited a storm of outrage across Long Island, where the scandal surrounding the disgraced congressman first erupted.

Santos, 37, had been serving time at the Federal Correctional Institution, Fairton’s Satellite Camp in New Jersey after pleading guilty last year to wire fraud and aggravated identity theft. Sentenced in April to over seven years behind bars, he admitted to deceiving donors and stealing the identities of 11 people — including his own relatives — to make illegal campaign contributions. Trump ordered his immediate release, claiming the former lawmaker had been treated unfairly and that others had committed worse acts but received lighter punishment.

The decision drew swift con-

demnation from Long Island residents and officials who had long pushed for Santos to be held accountable. Casey Sabella, a community organizer in Glen Cove, which Santos represented before being expelled from Congress, said the clemency undermines years of work

by constituents to restore trust in government.

George Santos might be pardoned, but we will never forget his lies.

CASEY SABELLA
Glen Cove

“George Santos might be pardoned, but we will never forget his lies,” Sabella said. “Long Island has never been more united for good than when we were fighting against George. We deserve better leadership — leaders who prioritize us, not themselves.”

Sabella helped lead local efforts to expose Santos’s false claims about his background and finances following his 2022 election. She organized protests and petitions demanding his resignation, helping to galvanize a bipartisan movement calling for his removal from office.

Santos had repeatedly plead-

CONTINUED ON PAGE 5

RE-ELECT



"I am proud of my time as a councilwoman, and I am eager to continue with all the progress made so far. I am a long time Glen Cove resident, a mom, business owner, friend, volunteer and more. I love this city. I will continue to work hard for all of Glen Cove and am not done."

DANIELLE FUGAZY SCAGLIOLA

GLEN COVE CITY COUNCIL

EXPERIENCE:

- Financial Journalist for 20+ years
- President of the Glen Cove Education Foundation
- Active Board Member of the Business Improvement District
- Liaison to the GC Youth Bureau & the Glen Cove School District
- Business owner in Glen Cove
- Longtime softball coach
- Longtime PTA member

IN THE LAST 2 YEARS:

- Instrumental in helping to get the North Shore Village Theater construction up & running to create a unique experience to our Glen Cove community
- Continued working with LIRR to make commutes more convenient for Oyster Bay riders
- Advocated for upgrades to our streets & sidewalks. Worked to create a more appealing environment in our downtown
- Worked with the BID and Beautification office to display student artwork and senior graduation banners downtown
- Donated \$100,000 to the Glen Cove Schools through the Glen Cove Education Foundation



Paid for by friends of Danielle Fugazy Scagliola

WORKING HARD FOR ALL OF GLEN COVE

Elect **JOHN PERRONE** Glen Cove City COUNCILMAN

Putting Glen Cove First!

John Perrone has spent a lifetime in Glen Cove — raising his family here, supporting our youth programs, and serving our community with dedication and integrity. With more than 40 years of experience as an insurance executive and small business owner, John knows how to identify risks, manage budgets and make informed decisions that protect families and strengthen our city.



As a former Councilman and longtime member of the Planning and Zoning Boards — John has the experience to cut through bureaucracy, fix outdated codes, and bring fairness, consistency, and common sense back to City Hall.

John's vision is simple but powerful — plan wisely, spend responsibly, and always put Glen Cove families first. He believes our best days are still ahead — and with steady leadership and a clear plan, Glen Cove can remain a community we are all proud to call home.

Paid for by Candidate

John's Priorities for Glen Cove

- ★ **Strengthen Financial Stability**
John will work to create new and reliable revenue sources that reduce the burden on taxpayers while securing Glen Cove's long-term financial health.
- ★ **Modernize City Services**
He will bring the Building Department into the 21st century with streamlined processes, improved technology, and faster, more efficient service for residents and businesses.
- ★ **Expand Code Enforcement**
From property upkeep to building compliance, John will ensure fair and consistent enforcement that protects our neighborhoods and enhances quality of life.

- ★ **Innovative Housing Solutions**
John will explore smart, community-focused housing options that respect Glen Cove's character while meeting the needs of families, seniors, and young professionals.
- ★ **Support First Responders & City Workers**
He will stand with our police, fire, EMS, harbor patrol, and all City employees—ensuring safe, fair workplaces and the resources they need to serve our community effectively.

JOHN PERRONE WILL BRING A COMMON-SENSE APPROACH TO CITY HALL!

It's time to put Glen Cove first — and **ELECT JOHN PERRONE**
VOTE NOVEMBER 4TH • TEAM GLEN COVE

Fundraiser brings Lucy and Ricky to life

3

By ROKSANA AMID

ramid@liherald.com

The laughter and nostalgia of classic television will take center stage in Glen Cove this November when the Slayer Players Theatre Company performs Classic TV Live! Lucy Is "With Child" at the North Country Reform Temple, 86 Crescent Beach Road. Performances are scheduled for November 8, 9, 15 and 16 and will serve as a fundraiser for the temple. Tickets for the dinner-and-show are \$75 per guest, the brunch-and-show is \$65, and show-only admission is \$25.

The Slayer Players Theatre Company was founded in November 2016 with the goal of bringing "murder, mystery and mayhem" to local audiences. The group's founder contacted actor Fred DiMenna, who became the troupe's manager and treasurer. Their first show, Murder at the Banquet, debuted on April Fool's Day 2017 at the View Grill in Glen Cove. The response was so strong that a third performance had to be added. Since then, the troupe has performed throughout the North Shore, including at the Sea Cliff Yacht Club, and has expanded to include holiday shows and nostalgic TV reenactments.

"We started as just a murder-mystery group, and now we've branched off," DiMenna said. "We still do the murder mysteries, but we do custom-written ones where we write it specific for the venue. And then we also do holiday shows, like It's a Wonderful Life last year and A Christmas Carol the year before."

The cast features Christine Montick as Lucy Ricardo, Fred DiMenna as Ricky Ricardo, Donna Herman as Ethel Mertz, and Steven Frese as Fred Mertz. Additional performers include Dawn Edison, Gail Carlin, Tanya Panasayuk, Mariana Rosas, John Robinson, Rob Cammarata, Bruce Chalnack, Richard Biondi, Warren Koedding, Paul Tuthill, Jeanine DiMenna, and Peter Budraitis. Edison is also responsible for costumes, many of which are sourced from local yard sales and donations to recreate the fashion of the 1950s.

The company's "Classic TV Live!" series began as a way to celebrate the golden age of television. Past productions have included The Honeymooners and The Twilight Zone, which became audience favorites. "These are shows from the golden era of TV that people our age are really fond of," DiMenna said. "When we were kids, we were watching stuff that was 25 years old like it was still new. We didn't realize how old it was."

This season's choice, I Love Lucy, had long been on the group's wish list. "We've done The Honeymooners and Twilight Zone. This time we decided to do I Love Lucy, and it's been requested previously, but we never had the people in place," DiMenna explained. "Now we have the perfect cast for it because we have, number one, we have Lucy — which is the key."

That Lucy is played by Christine Montick, who joined the troupe after



Clockwise from top left: Steven Frese as Fred Mertz, Fred DiMenna as Ricky Ricardo, Christine Montick as Lucy Ricardo, and Donna Herman as Ethel Mertz star in the Slayer Players' upcoming production of Classic TV Live! Lucy Is "With Child."



Dr. Eve Lupenko Ferrante, left, as Alice Cramden and Patrick Marone as Ralph Cramden discussed the concept of dishonesty in a reenactment of the "The Honeymooners" at the View Grill in 2022.

first participating as a planted audience member during one of the group's interactive mysteries. The production also stars Donna Herman as Ethel Mertz, Steven Frese as Fred Mertz, and DiMenna himself as Ricky Ricardo.

The group will perform two episodes from I Love Lucy's groundbreaking second season: Ricky Has Labor Pains and Lucy Goes to the Hospital. The storylines mirror Lucille Ball's real-life pregnancy, which was written into the show

despite strong objections from the network's sponsors at the time. "Pregnancy was a dirty word in those days," DiMenna said. "People didn't get pregnant — you couldn't say the word on TV. They had to use 'with child' or something like that."

DiMenna explained that Desi Arnaz fought to keep the storyline, convincing sponsors that audiences would embrace it. His instincts proved right. "70 percent of America watched that show,"



Photos courtesy Slayer Players

Fred DiMenna portrays Ebenezer Scrooge in a past Slayer Players production of A Christmas Carol, bringing the classic Dickens character to life with a mix of humor and heart.

DiMenna said. "Eisenhower's inauguration the next day actually had lower ratings. More people watched Lucy being pregnant than the president being inaugurated."

The Slayer Players' 90-minute production will re-create the charm of 1950s television, complete with projected commercials from the era and a video presentation narrated by John Canning. The video will include clips from Lucy Is Enceinte, the episode where Lucy reveals her pregnancy using the Spanish word "enceinte" to avoid censorship.

Dawn Edison, who oversees costumes, has helped assemble the 1950s wardrobe on a limited budget by hunting for pieces at local yard sales. DiMenna credited her attention to detail for helping the production come to life. "She's been responsible for picking up a lot of this stuff," he said. "We're on a limited budget, but we're trying to put a good set together."

The Classic TV Live! series has become one of the troupe's most anticipated traditions, offering audiences both nostalgia and laughter while supporting community causes. DiMenna said the collaboration among cast members is what makes each show memorable. "I don't consider myself the director, but I am," he said with a laugh. "I consider us all to be directors because everybody's chipping in — and that's what makes it so much fun."

The performance promises to combine humor, history, and heart, revisiting a defining moment in television when Lucille Ball and Desi Arnaz changed what was possible on screen. For ticket reservations or more information, contact the North Country Reform Temple.



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Peace of Mind

In the midst of abundance such as we have never known, why are so many people unhappy? It may be that pursuing happiness is too vague a concept. Instead, we recommend pursuing peace of mind. Peace of mind can be found by eliminating those situations or circumstances that are preventing you from achieving it. Impossible, you say? Not if you are determined to find a way. Someone once said, "Tell me what it is that you want that you can't have, and I'll ask you what it is you aren't willing to do."

Recently, a client contacted me for advice on a family matter. She was the executor of an estate where the decedent had been in a second marriage and the two families were bickering over an old motorcycle, some personal effects and a relatively small amount of money. She wanted out as executor but her brothers wanted to fight. I asked her brothers whether they wanted peace of mind or to be right, since they couldn't have both. They finally relented.

Too many people want the thing but are un-

willing to pay the price. You want out of the relationship or situation but the other side is asking too much? Pay the price and get on with your life, it's worth it. It doesn't have to be fair, it just has to get done. Emerson said "Do the thing and you will have the power."

Many of the issues we see people grappling with involve fighting something or someone in a way that resembles Don Quixote tilting at the windmill. They are fighting all by themselves. We say "stop fighting". Let it go.

We also meet a great many worriers. Worried about everything all the time. Perhaps it is no more than a bad habit. Why do we say that? Whenever we solved a client's worry, they immediately started worrying about something else! Churchill recounted a dying friend telling him, "You know, Winston, I had a lot of troubles in my life. Most of which never happened."

Finally, from the Canadian thinker, Brian Tracy, "Set peace of mind as your highest goal, and organize your life around it"

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CRIME WATCH

ARRESTS

- A 32-year-old Cambria Heights man was arrested Oct. 17 on Carleton Avenue in Central Islip for a Petit Larceny that previously occurred in Glen Cove.
- A 39-year-old Glen Cove woman was arrested Oct. 17 for Aggravated Unlicensed Operation in the 3rd degree, No License, No Lights, No Insurance, and Suspended Registration on Glen Street.
- A 33-year-old Glen Cove man was arrested Oct. 16 for Aggravated Unlicensed Operation in the 2nd degree, Operating a Vehicle with Unsafe Tires, No Inspection, No Side Mirror, and Unlicensed Operation on Cottage Row.
- A 45-year-old Hempstead man was arrested Oct. 15 for Aggravated Unlicensed Operation in the 2nd degree, No License, and Illegal Tint on Kennedy Heights.
- A 35-year-old Glen Cove man was arrested Oct. 14 for Criminal Contempt in the 2nd degree on Janet Lane.
- A 19-year-old Glen Cove man was arrested Oct. 10 for Criminal Possession of a Firearm, Criminal Possession of a Weapon in the 2nd degree, Criminal Possession of a Loaded Firearm, and Reckless Endangerment in the 1st degree on Bridge Street.
- A 29-year-old Glen Cove man was arrested Oct. 8 for two counts of Petit Larceny on Bridge Street.
- A 31-year-old Glen Cove woman was arrested Oct. 8 for Harassment in the 2nd degree and Endangering the Welfare of a Child on Sunset Avenue.
- A 61-year-old Glen Cove woman was arrested on Oct. 5 and charged with second-degree aggravated harassment, fourth-degree criminal possession of a weapon, and second-degree menacing on Brewster Street.
- A 53-year-old Glen Cove woman was arrested on Oct. 4 and charged with second-degree assault, fourth-degree criminal possession of a weapon, and endangering the welfare of a child on Sea Cliff Avenue.
- A 36-year-old Glen Cove man was arrested on Oct. 4 and charged with fourth-degree criminal possession of a weapon and second-degree menacing in Village Square.
- A 33-year-old Glen Cove man was arrested on Oct. 2 and charged with trespassing and two Glen Cove warrants for petit larceny on Cedar Swamp Road.
- A 28-year-old Glen Cove man was arrested on Sept. 28 and charged with seventh-degree criminal possession of a controlled substance on Landing Road.
- A 33-year-old Glen Cove man was arrested on Sept. 27 and charged with second-degree aggravated unlicensed operation of a motor vehicle, circumvention of an interlock device, unlicensed operation, and no or inadequate lights on Brewster Street.
- A 45-year-old Glen Cove man was arrested on Sept. 27 and charged with multiple Glen Cove warrants for city ordinances in Village Square.
- A 44-year-old Freeport man was arrested on Sept. 27 and charged with seventh-degree criminal possession of a controlled substance on Putnam Avenue.
- A 33-year-old Glen Cove man was arrested on Sept. 25 and charged with first-degree criminal contempt and second-degree harassment on Garden Place.
- A 37-year-old Glen Cove woman was arrested on Sept. 25 and charged with two counts of seventh-degree criminal possession of a controlled substance and a Glen Cove warrant for the same charge on Garvies Point Road.
- A 26-year-old Glen Cove man was arrested on Sept. 25 and charged with second-degree assault and fourth-degree criminal possession of a weapon on Hazel 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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Roksana Amid/Herald

Casey Sabella, far right, an organizer with the group Courage for America, delivered petitions from constituents of the 3rd Congressional District to a staffer outside the Washington office of U.S. Rep. George Santos in 2023. Sabella and others called on Santos to resign during a trip to Capitol Hill.

Trump says Santos's 7-year sentence was unfair

CONTINUED FROM PAGE 1

ed for clemency, publishing a letter to Trump in the South Shore Press thanking him for his leadership and asking for “the opportunity to return to my family, my friends, and my community.” In the letter, Santos acknowledged his crimes and took responsibility for his actions, but argued that his punishment was excessive, and that he had been “lost in the system.”

According to reports, Santos learned about the commutation from fellow inmates watching television. In a later interview, he said he was unaware that he might still face legal jeopardy in New York despite the commutation of his federal sentence.

Santos described his time behind bars as harsh and demeaning. “The first night was tough. No one truly prepares for something like this,” he said, likening the experience to being sent to “a camp you really don’t want to be at.” He said he spent 41 days in isolation because of death threats, confined to a cell smaller than 6 by 9 feet, allowed outdoors for only an hour each weekday. He recalled standing in the rain during those brief reprieves just to escape the cell. “It’s a really dirty environment,” he added, noting that he was allowed three showers and given three books a week.

While Santos’s supporters, including U.S. Rep. Marjorie Taylor Greene, of Georgia, praised the decision as an example of judicial fairness, others said it sent the wrong message about political corruption and accountability.

Nassau County District Attorney Anne Donnelly, whose office helped investigate Santos, reaffirmed her commitment to pursuing justice. “Since first learning of George Santos’ actions, I have been at the forefront of bringing him to justice,” Donnelly said in a state-

ment. “I am proud of the work my office has done and the conviction achieved in partnership with the U.S. Attorney’s office. While the office cannot comment on ongoing investigations, suffice it to say that I remain focused on prosecuting political corruption wherever it exists, regardless of political affiliation.”

Former Sea Cliff Mayor Edward Lieberman, a criminal defense attorney and former prosecutor, said Trump’s action sets a troubling precedent. “Now youth can see that crime does pay, and that lying, stealing and cheating go unpunished,” Lieberman said. “That is the tragic legacy of this situation with Mr. Santos.”

Lieberman, who said he was insulted when Santos’s fabrications about his Jewish heritage and Holocaust references first came to light, added that Trump’s commutation reflects a broader erosion of accountability. “This demonstrates to young people that it’s okay to commit crimes, lie, cheat and steal — and get away with it,” he said.

Navy veteran Richard Osthoff, of Howell, New Jersey, who accused Santos of stealing thousands from a fundraiser for his dying service dog in 2016, told the Herald that the clemency decision felt like a betrayal. “His job was scamming people and stealing money that he didn’t earn,” Osthoff said. “I thought there was some modicum of justice for my case, seeing him go to jail. Three months for everything he did, all the people he scammed — that’s nowhere near enough time. It’s disgusting.”

Osthoff added that Santos’s release reopens old wounds for his many victims. “Everybody that George Santos victimized over the years is now a victim of the president,” he said.

Additional reporting by Luke Feeney.

Vote the Panzenbeck Team



Keep the Momentum Going in Glen Cove!

- Freezing Taxes/Fiscal Stability!
- Public Safety!
- Improving Our City!

RE-ELECT KEVIN MACCARONE

RE-ELECT GRADY FARNAN

RE-ELECT MICHAEL KTISTAKIS

ELECT DANIEL GRABOWSKI

ELECT ELLEN PANTAZAKOS

ELECT JAMES GREENBERG

Paid for by Glen Cove Republican Committee

Glen Cove City Council Democrats

Carla Anastasio

Age: 45

Why are you running for City Council at this time?

Glen Cove is the city that welcomed my parents from Italy. Where my father served as President of the Sons of Italy and Sunday's were spent at St. Rocco. Now, my husband and I are raising our young children in my favorite place: the home my father built.

For more than 15 years, my career has focused on public health while working in government. Locally, I'm entering my second year as Co-President of Deasy Elementary PTA and actively volunteer with the local food pantry, Nosh. I'm running



for City Council because I'm rooted in Glen Cove's rich history and deeply invested in its future.

Where do you stand on developers coming to the city to build residential properties?

We need to ensure that future developments are smart and evaluated responsibly. This means looking at proposals

for their long-term impact on municipal resources, water availability, and emergency services among others. We can foster growth without allowing overdevelopment by putting the community needs and benefit first when exploring development and providing tax relief.

What types of businesses do you think would be good for downtown and how would you attract them?

Based on feedback from Glen Covers, residents would like a place to purchase clothing and shoes, an additional supermarket, and activity spaces for our youth.

Danielle Fugazy Scagliola

Age: 48
Career: Financial Journalism

Why are you running for City Council at this time?

I am making a positive difference in Glen Cove, and I want to see the initiatives I started through to fruition. During this term, I started the process of getting a live performance theater built in downtown Glen Cove. North Shore Village Theater has signed a 10-year lease, and the theater is currently under construction.

I want to continue to work with the LIRR to improve train service for Oyster Bay line riders. I successfully advocated for



a westbound express train and a direct westbound train during peak hours.

Where do you stand on developers coming to the city to build residential properties?

There are roughly 13 developments in the pipeline right now. I have pushed back against many of the recent development plans that have

been brought to the city. I supported one project because it will clean up a superfund site, and it will give people the opportunity of affordable ownership, which is appealing. We must be cautious about how we build.

What types of businesses do you think would be good for downtown, and how would you attract them?

You need to create unique experiences to encourage people to leave their homes today. That's why I am working to get a theater open in our downtown—live theater isn't something you can buy on Amazon.

Cathryn Harris-Marchesi

Age: 54
Career: Attorney

Why are you running for City Council at this time?

I believe that local government is more important than ever, as we face serious cuts from important federal programs. We have a responsibility to the people of Glen Cove to fill in the gaps for cuts to programs that affect our city such as food, healthcare, senior services, infrastructure and housing.

Where do you stand on developers coming to the city to build residential properties?

Any building of residential



properties needs to make sense in terms of the City's infrastructure, public transportation, affordability, and revenue that it will generate for Glen Cove. We have to stop giving away our property and agreeing to Pilots that cost the residents of Glen Cove, while providing overly generous tax breaks to developers.

What types of businesses do

you think would be good for downtown, and how would you attract them?

There is definitely a gap regarding businesses in Glen Cove for people looking to purchase clothing, shoes and essentials. I would help improve public transportation to the downtown area and make repair of our parking garages a priority. I would also facilitate dialogue between businesses and the City regarding commercial space and advertising.

Theresa Moschetta

Age: 66
Career: Corporate Insurance Risk Manager

Why are you running for City Council at this time?

My goal is to move our city away from the status quo toward a more proactive government, responsive to the needs of residents and businesses alike, with a council and mayor committed to collaboration. To start, we need a full-time Building Department Director, and increased code enforcement resources.

Where do you stand on developers coming to the city to



build residential properties?

What I don't want is short-sighted leadership rushing into one-sided development deals out of desperation to fill budget shortfalls. Glen Cove should be a model city for residential living, with all options available to us. But for now, let's take a pause on building more properties while we devise a long-term growth plan with a thoughtful

approach to smart, balanced development across Glen Cove's demographics.

What types of businesses do you think would be good for downtown and how would you attract them?

A bold step would be to hire an experienced Urban Designer/Economic Development Manager in city hall to pursue public/private opportunities needed to revitalize downtown. Successful cities have dedicated staff who build community engagement and manage ongoing place management. Not the CDA. We need to do things differently. We need new, fresh ideas that comes from new leadership.

John Perrone

Age: 68
Career: Insurance Executive

Why are you running for City Council at this time?

I've been involved in our city for close to 40 years from youth and civic organizations, to zoning planning, to the city council. I'm running simply because I care; I am concerned about the city we are leaving to our future residents - our children's children. In 2019, our city turned a corner towards a brighter future. We have to constantly look forward and be proactive in our actions.

Where do you stand on developers coming to the city to



build residential properties?

Regarding residential properties, I am in favor of the development of single family homes because they build residential neighborhoods. Developers and builders often promise a "utopia" but more times than not, tend to cause stress to our city and emergency services.

What types of businesses do

you think would be good for downtown and how would you attract them?

We need to develop a marketing strategy to promote Glen Cove, perhaps setting up a commission with our bid, chamber and CDA with local brokers to actively market our city. Make the process streamlined and fast. We should explore easier parking, with opening the lower level entrance on the school street side for access parking. Create a city of food establishments, like cafes, and meeting places; a place you want to come to revisit.

John Frank Zozzaro

Age: 53
Career: Restaurant Owner

Why are you running for City Council at this time?

I'm proud to serve Glen Cove. I'm focused on many common sense approaches to progress, towards safety, and moving the city forward.

Where do you stand on developers coming to the city to build residential properties?

I believe we've built enough apartments. Now we need to ensure we have clean, local jobs instead.

What types of businesses do



you think would be good for downtown and how would you attract them?

We need to energize downtown with more food, a music venue and an art walk, so crowds of people stay and return to our downtown. I would look to streamline the permitting process for small businesses to come to our wonderful downtown and look for ways

to improve parking spaces downtown. .

Glen Cove City Council Republicans

Grady M. Farnan

Age: 64

Career: Special Assistant on Insurance for Municipal Transactions at Nassau County Government

Why are you running for City Council at this time?

As a life long resident of Glen Cove, I have a deep love and appreciation for my hometown - which is a core value of my pride and purpose for this years' re-election to the City Council. I believe in the diversity of the city and want to continue to use my active listening and problem solving skills to maintain a balance of rooted pride and preserve



the history of Glen Cove with progress and modernization the city needs to thrive in the current climate.

Where do you stand on developers coming to the city to build residential properties?

Developers have the right to file an application to build residential properties. We will need to maintain and follow

our development plan, do productive research and study all the necessary steps to ensure we as a city meet all the necessary needs of those plans and not burden the city with high density projects that could be counterproductive.

What types of businesses do you think would be good for downtown and how would you attract them?

The types of businesses I would attract would be productive. Working with the Chamber of Commerce to explore positive businesses for the downtown area will be my key to making this successful.

Daniel Grabowski

Age: 32

Career: Attorney

Why are you running for City Council at this time?

I'm running because we cannot afford to reverse course. We need thoughtful, solutions-oriented leadership that builds on this progress. As a parent and attorney, I care deeply about preserving what makes Glen Cove special - it's history, diversity, and sense of community, while ensuring it remains a vibrant place to live and work for the next generation.

Where do you stand on developers coming to the city to build residential properties?



build residential properties?

Every development proposal is unique, and must be reviewed carefully and individually. While we can't adopt a blanket opposition to residential development, we also can't approve projects just for the sake of growth. We must prioritize smart, sustainable developments that fit the needs and character of Glen Cove.

What types of businesses do you think would be good for downtown, and how would you attract them?

We must continue supporting them while also encouraging new businesses that add to the vibrancy of the area. While the free market should largely guide what types of businesses come in, provided they comply with zoning laws, I believe we'd benefit from more restaurants, cafés, and family friendly spaces that can drive foot traffic and bring people downtown after hours, similar to other revitalized downtowns on Long Island and follow our development plan; do productive research and study all the necessary steps to ensure that we as a city can meet the needs of these plans

James M. Greenberg

Age: 52

Career: Attorney-Family & Immigration Law

Why are you running for City Council at this time?

As President of Glen Cove Jr. Soccer, I've spent years fighting for better fields, safer equipment, and the kind of facilities our kids can be proud of. Now, I'm ready to take that same energy and commitment to the City Council - to keep Glen Cove moving forward. I want to make sure every resident, from our youngest athletes to our senior citizens, benefits from the progress we've made and the opportunities still ahead.



Where do you stand on developers coming to the city to build residential properties?

I will always be in favor of more commercial development as that drives economic growth, however, we need to make sure residential units do not overwhelm our infrastructure, that we do the necessary research and examination of the developer's application to

ensure the density of the project is appropriate for Glen Cove.

What types of businesses do you think would be good for downtown, and how would you attract them?

Glen Cove already has a wonderful gift shop and a strong restaurant scene - what we need now is variety that keeps people downtown before and after they dine. That means attracting boutique retail like clothing, home décor, or specialty shops; family-friendly destinations such as a bookstore, toy store, or gaming spot; and entertainment options like a small music or comedy venue.

Michael Ktistakis

Age: 53

Career: Property Maintenance and Landscapes

Why are you running for City Council at this time?

Being a life long resident of Glen Cove, the City that has given everything to me and my family, I'm obligated to give back. In my first term, I worked closely on keeping my promises I set out 24 months ago from controlling density, supporting our youth, parks & recreation, senior programs, and forging stronger relationships between Glen Cove's local businesses and its government.



Where do you stand on developers coming to the city to build residential properties?

As a past member of the Glen Cove Zoning Board of Appeals, I worked closely on limiting high density projects while promoting smart growth without stressing our fragile infrastructures. As Glen Cove progresses we have an obligation to our residents and our merchants

to work with our city's smart growth comprehensive plan, but simultaneously not burdening our green space footprint and our community's way of life.

What types of businesses do you think would be good for downtown and how would you attract them?

As a 34 year Glen Cove-based business owner, it's my passion to see everyone succeed in their dreams. For the past 2 years, I worked closely with our local chambers to promote success in our community. Along with our Downtown BID we can attain endless possibilities. New Marketing technology has made some progress promoting local businesses but nothing beats foot traffic and accessible parking.

Kevin P. Maccarone

Age: 35

Career: Attorney at Law

Why are you running for City Council at this time?

I'm seeking reelection at this time for the purpose of ensuring that the City continues on its recent path of overhauling and revitalizing our infrastructure as our residents have recently seen with our recreation facilities, parks and beaches; providing a wide range of activities/opportunities for our residents and youth to participate in; and by doing so in a fiscally responsible manner that doesn't put the financial burden on our tax payers.



Where do you stand on developers coming to the city to build residential properties?

My well-established record on the issue of over development in our City speaks for itself. During my three terms in office, I have never supported projects proposing densely populated residential developments. It is important for the City's Officials to identify

qualified individuals who share similar values to serve.

What types of businesses do you think would be good for downtown and how would you attract them?

Most neighboring downtown areas on the North Shore don't cater to the younger generations. A widespread misconception is that the City and its officials have the authority to demand a property owner agree to terms with a specific type of business, which we don't.

Ellen Pantazakos

Age: 50

Career: Real Estate Investor/Property Manager

Why are you running for City Council at this time?

As a lifelong resident, I care deeply about where Glen Cove is headed. I want to ensure that our growth reflects the values of the people who live here, balancing progress with preservation, ensuring transparency in government, and protecting the unique character that makes Glen Cove special. I believe residents deserve a strong voice in City Hall, one that puts people before politics, listens with intention, and works collabora-



tively to find real solutions.

Where do you stand on developers coming to the city to build residential properties?

Development must be guided by thoughtful planning and genuine community input. I'm not opposed to development, but I am strongly opposed to overdevelopment that overwhelms our resources or alters

the fabric of our neighborhoods.

What types of businesses do you think would be good for downtown and how would you attract them?

I envision a downtown that's vibrant, walkable, and welcoming, a hub of locally owned shops, cafes, restaurants, art galleries, small offices, and family-friendly venues. To attract and support them, we need to streamline the permitting process, offer targeted grants, enhance streetscapes and signage, and actively promoting Glen Cove as a great place to live, visit, and invest.

Aloise, a prosecutor, hopes to become D.A.

By LUKE FEENEY

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Nicole Aloise, a Democrat running for Nassau County district attorney, is focusing her campaigning on public safety, community investment, and experience forged in courtrooms.

"I firmly believe in the job of a prosecutor," she said. "It's all I've done in my career."

Aloise, 41, has worked as a prosecutor for 16 years in both Nassau and Queens, most recently as a senior assistant district attorney in the Queens Homicide Bureau. She began her legal career in 2008 after graduating from St. John's University School of Law. While in Queens, she secured more than 20 violent felony convictions and helped establish case law by making use of NYPD body camera footage for the first time in a trial in New York City.

Aloise moved with her family from Astoria to Garden City in 2019. From 2019 to 2023, she prosecuted homicides and violent felonies as senior litigation counsel in the Nassau D.A.'s office. She returned to Queens for a brief period before stepping down in 2024 to launch her campaign.

Despite its staff of hundreds, one of the largest D.A.'s offices in the country, it has fallen behind, Aloise said. "The office now being run," she said, "is not appropriate for a 2025 D.A.'s office."



Charles Shaw/Herald

Nicole Aloise is the challenger in the race for Nassau County district attorney.

She criticized what she called a lack of courtroom experience in the office's current leadership, and said that has led to high staff turnover. The issues that are central to her platform include strengthening the county's Hate Crimes Bureau, especially when it comes to antisemitic and anti-Asian attacks; sup-

porting a statewide "death by dealer" law to hold drug suppliers accountable in fatal overdoses; and increasing funding for youth, mental health and violence prevention programs.

Aloise has also pledged to pursue tougher prosecutions in drunken-driving cases, and expanding cooperation

HERALD ROUNDTABLE

DISTRICT ATTORNEY

with local police departments. "I've got the best experience to be in this job," she said, "because I won't be asking anybody to do something I myself personally haven't done, and I will know what resources and guidelines to put into place to make sure they're successful."

Like the Republican incumbent, Anne Donnelly, Aloise has criticized New York's 2020 discovery and bail reform laws. "It absolutely makes our job harder," she said. "I've been outspoken about these laws since prior to their inception."

But, she noted, she successfully worked under the same rules in Queens, and argued that the county badly needs an upgraded functioning discovery system. "They have one in Queens," she added. "They have one in Suffolk."

"I won't run a stagnant office," Aloise said. "I've got the passion, I've got the energy and I've got the vision to make the Nassau's district attorney's office one of the premier offices in the country — because we have the resources, if used correctly."

'It's been my life's work,' Anne Donnelly says

By LUKE FEENEY

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For Nassau County District Attorney Anne Donnelly, pursuing justice and supporting crime victims isn't just a job — it's a passion.

"It's been my life's work," she said. "I have worked in every bureau in the office. I have been a boss, a supervisor, and I'm very passionate about what we do."

Donnelly, 61, a Republican and a long-time prosecutor, defeated former State Sen. Todd Kaminsky in 2021 to become district attorney — the fourth consecutive woman to hold the office. A Garden City resident who graduated from Fordham Law School in 1989, she is seeking a second term on a platform of public safety, gang enforcement and law enforcement support.

Since taking office in 2022, Donnelly has created three county law enforcement units. The Firearms Suppression and Intelligence Unit, focuses on illegal gun sales and weapons trafficking. "We've had an uptick of guns being taken off the street, and I wanted to know why," she said. The Pharmaceutical Diversion and Cybercrimes Unit targets opioid diversion by medical professionals and prosecutes cybercrimes, including dark web activity. The Hate



Tim Baker/Herald

Nassau County District Attorney Anne Donnelly is seeking a second term as the county's top prosecutor.

Crimes Unit is tasked with investigating bias-motivated violence and boosting community outreach, training and reporting.

"There's always going to be crime," Donnelly said. "The important aspect of maintaining or keeping Nassau safe

is to target the crimes that we see increases in." She has been an outspoken critic of New York state's bail reform and Clean Slate laws, which she described "problematic," and argued they allow repeat offenders back onto the streets.

She also raised concerns about the state's discovery reform law, passed in 2020, which requires prosecutors to quickly share evidence with defense attorneys. Under the law, prosecutors originally had 20 to 35 days after a defendant's arraignment, depending on pre-trial custody, to provide all evidence — with a possible 30-day extension.

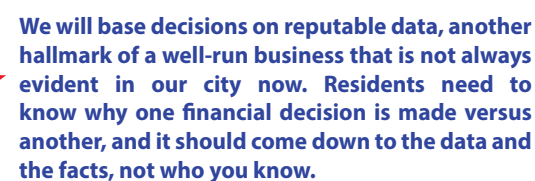
"It's not like we're trying to hide anything from them," Donnelly said. "Getting all the information within the window is the challenge." A 2025 amendment now allows cases to proceed if prosecutors show "good faith and due diligence" in providing evidence.

On the subject of the 2019 bail reform law, which eliminated cash bail for many non-violent offenses, she pointed to aggravated animal abuse and DWI as examples of "violent and dangerous" offenses that don't meet the law's definition of violence.

With nearly 250 attorneys and a staff of more than 450, the Nassau County district attorney's office is one of the largest in the country. Donnelly said that her management experience stands in contrast to her challenger in next month's election, Democrat Nicole Aloise. "She's a very nice person, but has never managed one person," Donnelly said. "I don't think she's the person for it. I think I am."



Re-Elect **JOHN**
A ZOZZARO



HERALD SCHOOLS



Glen Cove High School defeated Valley Stream Central 38-22.

Photos courtesy Glen Cove City School District

Glen Cove celebrates homecoming win

Glen Cove High School celebrated Homecoming with a spirited day of events that united students, families, and the community. The Big Red Football Team defeated Valley Stream Central 38-22 on, Oct. 10, marking a proud moment for the school.

Festivities began with football players and cheerleaders visiting the district’s elementary schools, where young students greeted them with handmade signs and pom-poms. Later, a lively pep rally featured introductions of the Homecoming Court, fall athletes, and high-energy performances by the cheerleaders, kickline, and drumline.

The High School PTSA sponsored a carnival, made possible by support

from the Glen Cove Education Foundation and Angelina Stanco Stone. The traditional Homecoming parade followed, with students, PTA members, and the City of Glen Cove Cheer Program marching alongside the Glen Cove Board of Education and district administrators.

Throughout the game, the Glen Cove High School Band, under the direction of Brittney Frank Rifkind, energized the crowd with its outstanding music. During halftime, the band, cheerleaders, and kickline performed dynamic routines before the announcement of Homecoming Queen Valentina Canales and King Joseph Leftwich.

–Roksana Amid



Students stood with the Glen Cove High School mascot, showcasing their Big Red pride during Homecoming celebrations.



The Glen Cove High School kickline dazzles the crowd with a high-energy performance during the Homecoming celebration.



A parade of school spirit happened on streets surrounding the high school.

Long Island Cares names new regional CEO

By JOSEPH D'ALESSANDRO
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Katherine Fritz became the new regional president and CEO of the Harry Chapin Regional Food Bank, a Long Island Cares nonprofit that benefits people dealing with food insecurity, on Oct. 8.

Fritz has over 30 years of experience working for nonprofits. She joined LIC in 2019, just before the coronavirus pandemic began, which left many Long Islanders dealing with food insecurity.

"During that really crazy time period, I had to help the organization move forward quickly with fundraising and communicating with our donors about how money was being spent," she said.

Fritz told the Herald that her leadership will prioritize patience, understanding and stability while pursuing the group's goal of eliminate hunger on Long Island. "The mission of the organization is always going to be at the forefront of everything I do," she said.

Before Fritz's appointment, she was the organization's vice president for development and communications. Her predecessor, Paule Pachter, retired earlier this year after serving for 17 years.

Marketing Director Kim Crawford has known Fritz from her beginnings at LIC. "She has a passion and a kindness that she is able to balance with her leadership, which is why she has such an incredible team now," Crawford said. "I think we are going to be able to help a lot more people."

Crawford estimated that Fritz, as a fundraiser, managed to bring in \$8 million for the organization in five years, which was "a testament to how hard she works, how she builds her team and stewards our donors," Crawford said.

"After a nationwide search, the Board of Directors of Long Island Cares found its next leader down the hall from the boardroom," board President David Herold stated in a news release. "She will lead us in meeting the ever-increasing need ahead, which is what the battle against the challenging climate surrounding food insecurity requires."

"We believe that with her steady hand on the tiller, our mission will be advanced and the future of the people we serve will be brighter," Herold added.

Fritz's major goals include increased collaboration among more than 300 LIC food pantries, schools and community centers, supporting advocacy efforts and addressing the root causes of hunger — all while making LIC's 2025-30 financial plans into realities.

"We're in another critical time for food banking with the current government shutdown, in addition to the federal cuts that have already been enacted," she said. "We need to focus on ensuring that we can provide appropriate food to the people in the community that are really needing assistance right now."

Heading into the holiday season, LHC plans to provide healthy food for people of all cultural backgrounds and dietary restrictions in Long Island's



Courtesy Peter Crescenti

Katherine Fritz is the new president and CEO of the Harry Chapin Regional Food Bank.

diverse communities.

"There's so many ways for people to help support their neighbors," Fritz said.

To volunteer, donate or find food, visit LICares.org.

GLEN COVE HERALD — October 23, 2025

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Sea Cliff native Colin Bell is the challenger

By ROKSANA AMID

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Colin Bell, a lifelong Sea Cliff resident and long-time public servant, says his two decades of government experience have prepared him to “get things done” for Nassau County’s 11th Legislative District.

Bell, 46, began his municipal career in 2003 with the Town of Oyster Bay’s Workforce Development Program, helping unemployed residents secure training and job placement with federal funding. He later rose to deputy commissioner of the town’s Department of Intergovernmental Affairs, and is now deputy commissioner of environmental resources. “I’ve administered more than \$100 million in federal and state aid without ever dropping a ball,” Bell said. “There’s not much in municipal government that I haven’t had exposure to.”

Bell said his decision to run stems from a deep connection to the North Shore community where he was born and raised. “Sea Cliff is a diamond in the rough,” he said. “I want to preserve its small-town character and protect the quality of life that makes it special.”

He cited his opposition to a proposed battery-energy-storage facility in nearby Glenwood Landing as a catalyst for entering the race. “That was a dangerous proposal,” he said, faulting current leadership for failing to resist such projects earlier in the process. He criticized the state’s RAPID Act — which allows energy-infrastructure siting decisions to bypass local zoning — for lacking transparency and local input. If elected, Bell said, he would encourage every municipality in Nassau County to develop its own zoning codes for battery storage facilities “closest to the people,” ensuring that local conditions and safety concerns are reflected in the law.

Throughout the discussion with reporters at a Herald roundtable, Bell repeatedly tied economic progress



Tim Baker/Herald

Colin Bell said his decision to run stems from a deep connection to the North Shore community where he was born and raised.

to infrastructure investment. He pointed to his role in securing an \$8.7 million state Downtown Revitalization grant for Hicksville, emphasizing that “a thriving economy starts with safe, attractive downtowns where businesses want to be.”

Environmental issues also dominate his campaign agenda. Representing a district that “hugs Hempstead Harbor,” Bell said he regularly hears complaints about

HERALD ROUNDTABLE

LEGISLATIVE DISTRICT 11

water quality, stormwater runoff and communities without sewer systems. He supports expanding those systems, installing stormwater filtration devices and advancing “green infrastructure,” such as rain gardens and bioswales. He also wants to expand shellfish restoration to protect local waters.

In the wake of recent coastal flooding, Bell said that Nassau County must prepare for rising sea levels. He favors updated building codes to require higher base elevations for homes in flood zones, raising critical roads and widening drainage pipes — measures he helped implement after Superstorm Sandy through the Governor’s Office of Storm Recovery.

“We have to face the reality of rising seas,” he said, explaining that municipalities must plan for long-term resiliency through zoning updates and hazard-mitigation investments.

He added that while he supports green infrastructure, he opposes energy proposals like the Propel NY Energy transmission line and the Glenwood Landing battery project in their current forms, citing transparency and safety concerns.

Ultimately, Bell said, voters should choose him because of his proven record in government. “In 20 years, I’ve learned how government works and how to get things done,” he said. “I think that experience is valuable for the people of this district.”

Incumbent DeRiggi-Whitton seeks 8th term

By ROKSANA AMID

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Delia DeRiggi-Whitton, 57, of Glen Cove, is seeking her eighth term in the Nassau County Legislature, and emphasizing her record of community projects, transparency and environmental protection. A graduate of Hofstra University and a former senior claims adjuster for State Farm, DeRiggi-Whitton began her public service on the Glen Cove City Council before being elected to the Legislature in 2011.

Now completing her second year as minority leader, she said she finds her role “very rewarding” and believes the Democratic caucus’s unity has been key in moving projects forward. “We’re really unified, which you have to be,” she said, “because in order for us to get any projects moving forward or anything else, we all had to stick together.”

At a roundtable with Herald reporters DeRiggi-Whitton said she hoped to continue the progress on several major infrastructure projects on the North Shore, including Shore Road and Crescent Beach in Glen Cove. Crescent Beach, she said, recently received a positive evaluation from the Board of Health, and the long-planned Shore Road project, stretching through Sea Cliff and Prospect Avenue, will soon begin with flood mitigation measures. The work, she said, will take several years to complete.

She also noted that funding has been secured for another Shore Road project, in Port Washington. “The tale of Shore Roads has been throughout my career,” she said, recalling her first term, when Shore Road in Bayville collapsed during Superstorm Sandy.

On the issue of battery energy storage systems, DeRiggi-Whitton said she wrote a letter to state offi-



Will Sheeline/Herald

Legislator Delia DeRiggi-Whitton says the Democratic caucus’s unity has been key in moving projects forward.

cials in support of a moratorium, and continues to call for transparency from state officials. She said she has heard conflicting information about the proposed facility at Glenwood Landing, and believes residents deserve clarity. “If they want to put the battery storage units there, they should tell us that that’s what’s happening,” she said.

She voiced concerns about safety, citing an incident

in California in which a lithium battery fire forced the evacuation of an eight-mile radius. “I’m all for green energy,” DeRiggi-Whitton said, “but I don’t think that the lithium battery storage unit is tested enough to put in such a highly densely populated area.” She also raised financial concerns, noting that ratepayers would likely bear the costs of system upgrades.

“Our rates are gonna go up significantly,” she said. “And most of the benefit, from what I’m understanding, is going across Hempstead Harbor into an A.I. factory.”

DeRiggi-Whitton also discussed immigration enforcement, citing an incident near the Glen Street train station in which federal agents operated without notifying the city police. “The communication has to get much, much better,” she said, adding that recent agreements between the county and federal immigration authorities could expose Nassau to financial risks if problems occur in county detention facilities. “Something goes wrong, and we’re gonna get sued,” she said.

While she said she maintains cordial relationships with Republican legislators, DeRiggi-Whitton criticized County Executive Bruce Blakeman for holding up funding for Democratic-led districts. “Basically what he’s doing is he’s holding up money that helps local districts,” she said, noting that Republican legislators have had dozens of grants approved while Democrats have been left out. “He’s taking the credit for it.”

Environmental issues remain central to her platform. DeRiggi-Whitton said that improvements at Scudder Pond and Crescent Beach have significantly reduced contaminants flowing into Hempstead Harbor, but added that the Republican majority has not advanced environmental legislation proposed by her caucus, including a bill that would lower nitrogen in fertilizers.



VOTERS GUIDE 2025

LOCAL ELECTIONS

Candidate profiles, ballot information and more inside!



GLEN COVE MAYOR

Pamela Panzenbeck, the Republican incumbent Glen Cove mayor, is seeking a third term with a focus on continuing the city's fiscal recovery, upgrading infrastructure, and expanding housing opportunities for residents.

A lifelong Glen Cove resident, Panzenbeck built her career as a business and computer education teacher in the Levittown school district, where she worked for 34 years. Politics, she often jokes, "was never part of my plan." Yet after years of civic involvement and encouragement from friends, she entered local government — first on the City Council and later as mayor, in 2022.

When she took office, the city faced what she describes as a daunting financial and infrastructure crisis. "We had a tremendous deficit. Morgan Park was deteriorated. The city stadium had been neglected for years," she said. Since then, her administration has repaired retaining walls, updated parks, replaced aging equipment, and overhauled Glen Cove's water systems, including adding new wells



Pamela Panzenbeck
Party: Republican

and filtration technology.

On the issues:
She highlights the city's financial turnaround as a major accomplishment. Under her leadership, Glen Cove achieved three consecutive budgets without tax increases, one modest rise in 2025 and an upgraded Moody's credit rating to Baa1. The city was also removed from the state comptroller's fiscal-stress list for the first time since 2017.

She says her approach to leadership is pragmatic and results-driven, emphasizing teamwork among department heads and a hands-on presence at local events. She credits collaboration with the City Council and local organizations for helping to secure grants, improve public spaces and strengthen city services. Looking ahead, Panzenbeck says she wants to expand affordable and mixed-income housing, particularly for seniors and veterans, and continue addressing flooding and road repair through infrastructure planning.

Glen Cove City Councilwoman Marsha Silverman, a Democrat, is running for mayor on a platform centered around transparency, fiscal responsibility, and a renewed focus on customer service in city government.

First elected to the City Council in 2017, she has built a reputation as a watchdog for Glen Cove taxpayers, often using her 30 years of experience in financial analytics to scrutinize city budgets and advocate for long-term fiscal health. She has served as the City Council liaison to the Finance Committee and was instrumental in creating it, ensuring public access to financial information and data-driven decision-making.

On the issues:
Silverman has positioned herself as an advocate for efficiency and accountability, arguing that city operations should "run with a customer service mindset." She has called for improved communication between residents and City Hall, stronger



Marsha Silverman
Party: Democrat

oversight of city contracts, and modernized systems to make government more accessible.

She has also been outspoken about infrastructure priorities, affordable housing, and environmental preservation — particularly protecting the city's waterfront and addressing flooding issues that affect residents.

Silverman opposes budgets that she says rely too heavily on optimistic revenue projections or one-time federal funds. She was the lone dissenting vote on Glen Cove's 2025 budget, warning it could lead to future shortfalls if development revenues fail to materialize. Her campaign is focused on more transparency and citizen involvement in government. "Public service is about trust," she has said. "We need leadership that listens, responds, and delivers real results for residents." She has a bachelor's in economics from Haverford College and an MBA in finance from NYU's Stern School of Business.



LEGISLATIVE DISTRICT 11

Colin Bell, the Republican candidate for Nassau County Legislature in District 11, is running on a platform focused on job creation, economic development, and efficient government. A lifelong Sea Cliff resident, Bell has spent two decades in public administration, helping to grow local economies and secure more than \$100 million in funding for workforce training, infrastructure, and small-business support.

Bell began his career as an Employment Specialist for the Town of Oyster Bay, where he worked directly with unemployed and underemployed residents to connect them with career training, job placement, and support services. His early efforts to expand workforce programs helped bring significant federal resources into Nassau County, enabling residents to gain new skills and compete in a shifting economy.

As Deputy Commissioner in the Town of Oyster Bay, Bell led major recovery and redevelopment initiatives following



Colin Bell
Party: Republican

Superstorm Sandy, overseeing \$39 million in federal relief funding for infrastructure improvements. He also helped secure an \$8.7 million Downtown Revitalization Initiative grant to transform Hicksville into a more vibrant commercial and residential center.

On the issues:
Bell emphasizes fiscal responsibility and practical leadership. He has managed numerous state and federal initiatives, including the Workforce Innovation and Opportunity Act and the Community Development Block Grant Program, channeling millions into job creation, housing stability, and infrastructure upgrades. His oversight of American Rescue Plan funding brought \$24 million to small businesses and local improvement projects, while his management of emergency rental assistance distributed more than \$10 million to residents impacted by the pandemic.

Delia DeRiggi-Whitton, the Democratic incumbent legislator representing Nassau County's 11th District, is seeking re-election on a platform focused on fiscal accountability, public health, and environmental protection.

A lifelong Glen Cove resident, DeRiggi-Whitton first entered public service as a Glen Cove City Council member before being elected to the Nassau County Legislature in 2011. Her district includes Glen Cove, Sea Cliff, Port Washington, and parts of Roslyn and Glen Head. Prior to her political career, she spent more than a decade in the private sector as a senior claims adjuster for State Farm Insurance, experience she credits with strengthening her focus on efficiency and problem-solving.

Over the past decade, DeRiggi-Whitton has built a reputation as an advocate for clean water initiatives and responsible infrastructure investment. She has been a leading voice in efforts



Delia DeRiggi-Whitton
Party: Democrat

to reopen Crescent Beach, expand sewer access in Sea Cliff, and modernize stormwater systems to prevent coastal pollution. Public health has remained another priority, with initiatives supporting opioid awareness, Narcan training programs, and fentanyl test-strip distribution throughout the county.

On the issues:
As the current Minority Leader of the Nassau County Legislature, DeRiggi-Whitton emphasizes bipartisan collaboration while maintaining oversight of county spending. She has pushed for transparent budgeting, stronger auditing procedures, and independent contract review to ensure taxpayer funds are used efficiently. Her record includes supporting funding for first responders, youth recreation programs, and senior services, as well as advocating for equitable distribution of federal aid across Nassau's communities.



ELECTION '25

NASSAU COUNTY EXECUTIVE

On the issues:

Republican Nassau County Executive Bruce Blakeman is seeking a second term, emphasizing public safety, fiscal stability and preserving suburban character as the foundation of his administration. He said Nassau remains the safest large county in America, citing expanded law enforcement ranks, a stable budget and seven Wall Street bond-rating upgrades as evidence of sound fiscal management. Blakeman has repeatedly highlighted that county taxes have not increased during his tenure and that Nassau's average property value has risen, which he sees as evidence of prosperity and stability.

A central point of pride for Blakeman has been Nassau's partnership with U.S. Immigration and Customs Enforcement — the first of its kind in the country — which dedicates jail space and cross-trained detectives to assist federal agents. He said the agreement improves safety and has strong support among Hispanic residents who want "safe



Bruce Blakeman
Party: Republican

neighborhoods and strong schools." On crime prevention, Blakeman defended his creation of a volunteer emergency database, which critics have called a militia, describing it instead as a vetted roster of former police and military members who could be mobilized.

Blakeman continues to challenge the state's takeover of Nassau University Medical Center, calling it "illegal" and harmful to residents who rely on it as a safety-

net hospital. He contends the move is part of a broader state plan to reduce local control and diminish services. On housing, he opposes state-mandated density requirements, arguing that Nassau is already one of the nation's most developed suburban counties and that zoning decisions should remain local.

Overall, Blakeman's campaign message centers on fiscal prudence, public safety and protecting Nassau's suburban quality of life.

On the issues:

Democratic Nassau County Legislator Seth Koslow, of Merrick, is running for county executive on a platform centered on transparency, fiscal accountability and restoring public trust in local government.

A former Queens assistant district attorney and small business owner, Koslow said his decision to run was motivated by frustration over what he views as secrecy and mismanagement under the current administration. He cited ongoing problems at Nassau University Medical Center and the county jail as examples of a government unwilling to answer questions or plan for the future.

Koslow criticized County Executive Bruce Blakeman's creation of a civilian militia, saying it undermines law enforcement and creates liability, and argued that Nassau's shortage of detectives poses a more urgent safety threat. On fiscal issues, he said the county must better track its spending, cut



**Seth
Koslow**
Party: Democrat

waste and redirect
resources toward
infrastructure, housing
and public services.

He supports using county-owned properties for new mixed-use housing and simplifying the permit process for small businesses to boost local revenue without raising taxes. Koslow also said he would end Nassau's cooperation agreement with federal immigration authorities, arguing it strains community relations and overextends county

resources.

On social policy, he has rejected measures like the county's bans on transgender athletes and public masking as divisive distractions from more pressing issues of affordability and public safety. His approach, he said, would emphasize collaboration with state and regional leaders, community input on major development projects such as the Nassau Hub, and long-term planning to keep future generations living and working on Long Island.



ELECTION '25

NASSAU COUNTY COMPTROLLER

Elaine Phillips, the Republican Nassau County Comptroller, is seeking re-election on a platform centered on fiscal responsibility, government efficiency, and taxpayer protection. Since taking office in 2022, she has focused on modernizing Nassau County's financial systems, strengthening oversight of county spending, and ensuring residents receive measurable value for their tax dollars.

A former New York State senator representing the 7th District, Phillips previously served as mayor of Flower Hill, where she managed local budgets and enacted cost-saving reforms. Before entering public office, she built a successful career in finance with senior roles at J.P. Morgan, Goldman Sachs, and MetLife, bringing private-sector expertise to government operations.

As comptroller, Phillips has prioritized accountability and transparency in county finances. Her office has recovered millions in outstanding



Elaine Phillips
Party: Republican

payments owed to Nassau County, identified inefficiencies in procurement and contract management, and implemented updated auditing procedures to prevent waste and fraud. She has also emphasized modernization, leading efforts to digitize accounting systems.

On the issues:

Phillips has focused on strengthening fiscal stability, monitoring contract performance, and scrutinizing the

county's partnerships with major public entities such as the MTA. She has also overseen audits addressing delayed payments to small businesses and service providers, ensuring timely reimbursements and greater financial clarity. Phillips points to her background in both finance and local government as key to her pragmatic approach to fiscal management. She has emphasized long-term planning, responsible borrowing, and efficiency-driven reforms designed to safeguard public resources.

Wayne Wink, the Democratic candidate for Nassau County Comptroller, is running on a platform centered on transparency, fiscal integrity, and restoring independence to the county's chief financial office. With more than two decades of public service, he brings extensive legislative and administrative experience to the race.

A resident of Roslyn, Wink began his career in local government on the North Hempstead Town Board, where he served from 2003 to 2007. He was later elected to the Nassau County Legislature, representing the 10th District from 2007 to 2014, which includes parts of Great Neck, East Hills, Roslyn, and Manhasset. During his tenure, he developed a reputation for fiscal diligence and constituent advocacy, focusing on responsible budgeting and government accountability.

In 2014, Wink was elected North Hempstead Town Clerk, a position he held until 2021. In that role, he oversaw



Wayne Wink
Party: Democrat

modernization of the town's recordkeeping and licensing systems, implemented digital accessibility initiatives, and ensured compliance with open government and transparency laws. His administrative experience as clerk further solidified his focus on efficiency.

On the issues:

Wink has framed his campaign for comptroller around independence and transparency. He emphasizes the need for

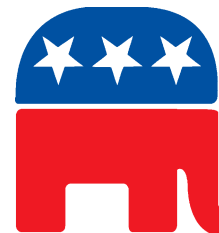
unbiased financial oversight, ensuring that county contracts, audits, and expenditures are handled with integrity and free from political influence. His platform includes expanding digital access to county financial data, improving internal controls, and strengthening collaboration with local municipalities to enhance fiscal efficiency. Wink holds a bachelor's degree from Union College and a law degree from St. John's University School of Law.



GENERAL ELECTION CANDIDATES



November 04, 2025
NASSAU COUNTY
BOARD OF ELECTIONS



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Proposal Number One, An Amendment

Amendment to Allow Olympic Sports Complex In Essex County on State Forest Preserve Land. Allows skiing and related trail facilities on state forest preserve land. The site is 1,039 acres. Requires State to add 2,500 acres of new forest land in Adirondack Park. A yes vote authorizes new ski trails and related facilities in the Adirondack forest preserve. A no vote does not authorize this use.

Propuesta Número Uno, Una Enmienda

Enmienda para Permitir Complejo Olímpico de Deportes En el Condado de Essex en Tierra de Reserva Forestal Estatal. Permite el esquí e instalaciones relacionadas de pistas en tierra de reserva forestal estatal. El sitio es de 1,039 acres. Requiere que el Estado añada 2,500 acres de nueva tierra forestal en el Parque Adirondack. Un voto afirmativo autoriza nuevas pistas de esquí e instalaciones relacionadas en la reserva forestal Adirondack. Un voto negativo no autoriza este uso.

County Executive

Ejecutivo del Condado

DEM, MOD

☐ Seth I. Koslow

REP, CON

☐ Bruce A. Blakeman

Vote for One (1)

District Attorney

Fiscal del Distrito

DEM, MOD

☐ Nicole Aloise

REP, CON

☐ Anne T. Donnelly

Vote for One (1)

Comptroller

Controlador del Condado

DEM, MOD

☐ Wayne H. Wink, Jr.

REP, CON

☐ Elaine R. Phillips

Vote for One (1)

County Clerk

Secretario

DEM, MOD

☐ Joynette E. Williams

REP, CON

☐ Maureen C. O'Connell

Vote for One (1)

Glen Cove Mayor

Alcalde

DEM, MOD

☐ Marsha F. Silverman

REP, CON

☐ Pamela D. Panzenbeck

Vote for One (1)

Glen

Council

DEM, R

☐ Dan

☐ Dan

☐ John

☐ Kevin

☐ Ther

☐ Gra

Coun

Legisla

DEM

☐ Deli

Justi

Juez de

DEM, RE

☐ Paul

☐ Mark

☐ Marg

☐ Josep

Surre

Juez del

DEM, RE

☐ Davi



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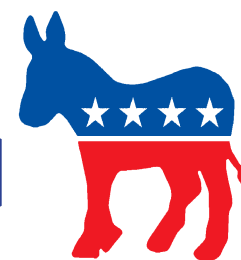
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ELECTION '25



actual ballot, but a composite of several sample ballots so as to reflect all the districts within the communities covered
dition of the Herald. Complete reporting on candidates running in districts covered by the Herald may be found at
under the Elections '25 tab. For election results after the polls close Tuesday night, go to LIHerald.com

17

GLEN COVE HERALD — October 23, 2025

Glen Cove Council Member

Member Vote for Six (6)
REP, CON, MOD

Michelle Fugazy Scagliola
Michael A. Grabowski
John Frank Zozzaro
John P. Maccarone
Meresa Moschetta
Dy M. Farnan

- ☐ John L. Perrone
- ☐ Michael I. Ktistakis
- ☐ Carla Anastasio
- ☐ James M. Greenberg
- ☐ Cathryn Harris-Marchesi
- ☐ Ellen Pantazakos

County Legislator

Jefe del Condado Distrito 11 District 11
Vote for One (1)

Ma M. DeRiggi Whitton

- REP, CON
☐ Colin J. Bell

Justice of the Supreme Court

Jefe de la Corte Suprema Vote for Eight (8)
REP, CON

Kenny
Mark A. Cuthbertson
Margaret C. Reilly
John C. Pastoressa

- ☐ Steven A. Pilewski
- ☐ James W. Malone
- ☐ Carl J. Copertino
- ☐ Bronwyn M. Black-Kelly

Probate Court Judge

Jefe del Tribunal Sucesorio Vote for One (1)
REP, CON

John P. Sullivan

County Court Judge

Jefe de la corte de distrito Vote for Four (4)
DEM, REP, CON

- ☐ Nancy Nicotra Bednar
- ☐ Donald X. Clavin, Jr.

- ☐ Robert G. Bogle
- ☐ Howard E. Sturim

Family Court Judge

Jefe del Tribunal de Familia Vote for One (1)
REP, CON

- ☐ Robert E. Pipia

District Court Judge

Jefe del Tribunal de Distrito 4 Dist. 4
Vote for One (1)
DEM, REP, CON

- ☐ James A. Saladino

VOTE!

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2025 JUDICIAL CANDIDATES

County Court Judge

Nancy Nicotra Bednar

Cross endorsed by Democratic, Republican and Conservative parties

Age: 54

Legal career: Nancy Nicotra Bednar is a lifelong Nassau County resident raised in Elmont. She lives in Rockville Centre.

A 1993 Notre Dame graduate with a bachelor's in English, she graduated from the Benjamin N. Cardozo School of Law in New York City in 1996. She has over 25 years of legal experience working with the Innocence Project to her leadership roles in the Nassau County Attorney's Office and state courts.

In 2003, Bednar became a deputy bureau chief for the General Litigation Bureau in the County Attorney's office until 2008. Then a senior principal law clerk for Appellate Division-Second Department. She is now a principal law clerk in the County Supreme Court.

Robert G. Bogle

Cross endorsed by Democratic, Republican and Conservative parties

Age: 68

Legal career: Bogle has served as a New York judge for over 40 years and began his term after election in 2015. He also serves as a supervising judge of the Village Courts in the county.

He received his law degree from Hofstra University in 1982 after receiving his bachelor's degree in political science from Niagara University in 1979.

Bogle has received awards such as the Magistrate of the Year Award from the State of New York in 2006 and the Frank J. Santagata Memorial Award from the Nassau County Magistrates Association in 2008.

A lifelong resident of Valley Stream, he and his wife, Kathleen, have two children. He is a Knights of Columbus member.

Donald X. Clavin Jr.

Cross endorsed by Democratic, Republican and Conservative parties

Age: 56

Legal career: Donald X. Clavin Jr. is the former Town of Hempstead Supervisor who served almost 3 terms from 2020-2025. He stepped down in August. Clavin was the Town of Hempstead Receiver of Taxes from 2001-2019.

Previously Clavin worked as a trial attorney and as deputy county attorney in Nassau County's Attorney's office. Clavin holds a law degree from Hofstra University and a bachelor's in history from Canisius College.

Clavin lives in Garden City with his wife and two children. He has stated "tax relief" as his top priority. He also helped develop the town's 2019 and proposed 2020 budgets, including tax cuts. He has also hosted public information forums.

Robert E. Pipia

Cross endorsed by Democratic, Republican and Conservative parties

Age: 61

Legal career: Robert E. Pipia is a judge on the Nassau County District Court in the 10th Judicial District of New York. He was first elected in 2014.

Before that, Pipia was the executive assistant to then Town of Hempstead Supervisor's Office. This followed his work as deputy town attorney for the town's Attorney's Office where he served as the Americans with Disabilities Act compliance coordinator.

He earned a bachelor's degree in accounting from SUNY Albany in 1987, and earned his law degree from Hofstra University in 1992. He was licensed in New York in 1993.

Born in Queens and raised in Elmont, he attended the Henry Viscardi School.

Howard E. Sturim

Cross endorsed by Democratic, Republican and Conservative parties

Age: 66

Legal career: Howard E. Sturim is a New York Judge in the Supreme Court of Nassau County and has served for 10 years. His career began as an assistant district attorney for the Nassau County District Attorney's office from 1991 to 2004. He prosecuted misdemeanor and felony cases then became head of the Arson Unit and Major Offenses Unit.

He then became a principal law clerk for the state Court of Claims to Alan L. Honorof before his term as New York Judge began in 2016.

Sturim earned his bachelor's degree from the New York Institute of Technology in 1987 before receiving his law degree from Hofstra University in 1990 in the Maurice A. Deane School of Law.

Court Judge, 2nd District

Maria Boulதாகის

Cross endorsed by Democratic, Republican and Conservative parties

Age: 39

Legal career: Maria Boulதாகის is a candidate for district court judge in Nassau County's 2nd District. She was admitted to the New York State Bar in 2012 and is registered with the New York State Unified Court System. She earned her law degree from the Maurice A. Deane School of Law at Hofstra University.

Boulதாகის has served as a law clerk for three New York State Supreme Court justices, and she also held the position of deputy county attorney in Nassau County from 2022 to 2023.

Court Judge, 3rd District

Karen L. Moroney

Cross endorsed by Democratic, Republican and Conservative parties

Age: 55

Legal career: Karen L. Moroney serves as a judge in the Nassau County District Court, first elected in 2007, she was re-elected in 2013 and is currently serving a five-year term that expires at the end of this year.

Since 2017, she has also served as principal law clerk to Justice Sharon M.J. Gianelli of the Nassau County Supreme Court, and previously held similar roles for three other county Supreme Court justices. Her legal experience includes work as an attorney for the state Supreme Court and as an assistant district attorney in Queens County from 1992 to 1999.

Moroney earned her law degree from St. John's University School of Law and was admitted to the bar in 1992. She is also admitted to practice before multiple federal courts.

Diana Hedayati

Cross endorsed by Democratic, Republican and Conservative parties

Age: 41

Legal career: Diana Hedayati is an attorney based in Plainview and a candidate for district Court judge in Nassau County's 3rd District. She was admitted to the New York State Bar in 2010 by the Appellate Division, First Judicial Department and is currently registered with the New York State Unified Court System.

Hedayati graduated from Pace University School of Law. Her professional background includes over a decade of legal experience in the public sector, with a focus on administrative and regulatory law.

Court Judge, 4th District

James A. Saladino

Cross endorsed by Democratic, Republican and Conservative parties

Age: 60

Legal career: James A. Saladino is a district court judge in Nassau County, appointed in March of this year. He has over 30 years of legal experience, including service as a judge, law clerk, prosecutor and private practitioner.

From 2019 to 2024, he served as a district court judge in Suffolk County, presiding over criminal and civil matters. Before that, he spent eight years as a principal law clerk in the New York State Supreme Court and practiced law as a partner at Saladino & Hartill, LLP. Earlier in his career, he was an assistant district Attorney in Suffolk County from 1991 to 2002.

Saladino earned his law degree from St. John's University School of Law and a B.A. from Boston University. He was admitted to the New York State Bar in 1991.



2025 JUDICIAL CANDIDATES

10th Judicial District

Bronwyn Black-Kelly

Cross endorsed by Democratic, Republican and Conservative parties

Age: 65
Legal career: Bronwyn Black-Kelly has served as a Suffolk County District Court judge since 2023, following a long career in both public service and private practice. From 1990 to 2022, she was a partner at the Law Offices of Black & Black, a general practice firm. Earlier in her career, she worked as an assistant district attorney in the Suffolk County District Attorney’s Office from 1985 to 1989.
Black-Kelly earned her law degree from Hofstra University School of Law in 1985, and her bachelor’s degree from Fairfield University in 1981. She was admitted to the state bar in 1986, and is also admitted to practice before the U.S. District Court for the Eastern District of New York and the U.S. Supreme Court. She is a member of both the Suffolk County and New York State bar associations.

Carl Copertino

Cross endorsed by Democratic, Republican and Conservative parties

Age: 69
Legal career: Judge Carl Copertino currently presides over family cases in the Family Court of Suffolk County and has served as a New York judge for 13 years. Previously, he spent five years as an attorney with the New York City Transit Authority. He received his law degree from Fordham University School of Law in 1981. He was admitted to the New York State bar in 1981.

Mark Cuthbertson

Endorsed by Republican and Democratic parties

Age: 59
Legal career: Mark Cuthbertson, a lifelong Huntington resident, focused his legal career on commercial real estate, municipal litigation, and the representation of municipalities and not-for-profit cemeteries.
Admitted to practice in New York and Connecticut, Cuthbertson earned his Juris Doctor, cum laude, from Albany Law School of Union University. There, he served as the executive editor of the Symposium for the Albany Law Review. He holds a Bachelor of Science degree from Villanova University.
In addition to his legal practice, Cuthbertson has served on the Huntington Town Board since 1998, where he has worked to reduce and stabilize taxes while advancing environmental protection and smart growth initiatives. He sponsored legislation preserving hillside areas and open space throughout the town.

Paul Kenny

Cross endorsed by Democratic, Republican and Conservative parties

Age: 64
Legal career: Paul Kenny, a Glen Head resident, began his career in 1986 as a court attorney in the New York City Criminal Court and later joined a general practice firm in Queens. He served as co-counsel to the State Court Officer’s Association. From 1992 to 2007, he worked in the Kings County Supreme Court Law Department, as a court attorney-referee for matrimonial matters, and from 2000 as the deputy chief court attorney.
He was appointed chief clerk of the Appellate Term, Second Department in 2007 and edited the Election Law Handbook for more than a decade.
He serves on the Franklin H. Williams Judicial Commission, is an instructor at Lehman College, an adjunct professor at the NYC College of Technology and lectures at the Appellate Division, Second Department and State Judicial Institute on election law.

James Malone

Endorsed by Democratic, Republican and Conservative parties

Age: 59
Legal career: Since 2018, James Malone has been a District Court Judge. From 2014-2017, he was a principal law clerk for State Supreme Court Justice William Condon. He received his undergraduate degree from Clarkson University in 1983 and a law degree from Touro College, Jacob D. Fuchsberg Law Center in 2005.

Matthew McDonough

Endorsed by the Conservative party

Age: 36
Legal career: Matthew McDonough, of Massapequa, has been admitted to practice law in New York since 2019. He is also admitted to the District of Columbia, the U.S. District Courts for the Eastern and Southern districts of New York, the U.S. Tax Court, and the U.S. Court of Appeals for the 2nd Circuit.
McDonough, a graduate of the City University of New York School of Law at Queens College, he earned his Juris Doctor before serving a clerkship with the State Supreme Court.
In 2020, he opened his private practice in Babylon, focusing on municipal and public sector law. He works often with local governments, businesses and residents on municipal policy, taxation and regulatory compliance.

Joseph Pastoressa

Cross endorsed by Democratic, Republican and Conservative parties

Age: 66
Legal career: Justice Joseph C. Pastoressa has served on the state Supreme Court in Suffolk County since 2012. Before that, he was an acting Supreme Court justice from 2004 to 2011, while also serving as a Court of Claims judge. Earlier in his career, Pastoressa worked in private practice, and later as a principal law clerk for a justice on the state Appellate Division, a Court of Claims judge and a state Supreme Court justice.
He earned his bachelor’s degree from St. John’s University, and graduated cum laude from Brooklyn Law School.

Steven Pilewski

Cross endorsed by Democratic, Republican and Conservative parties

Age: 69
Legal career: Steven A. Pilewski is a longtime member of the state’s court system, with more than two decades of experience in judicial chambers. From 2000 to 2022, he served as principal law clerk to Justice Guy J. Mangano Jr. in the state Supreme Court in Kings County. Before that, he worked as a principal appellate law clerk for the Appellate Term of the 2nd Department from 1995 to 2000.
Pilewski earned his law degree from Touro College in 1994, and received a bachelor’s degree from St. John’s University in 1989. He has been a member of the Suffolk County Bar Association since 1999.

Margaret Reilly

Endorsed by Republican, Conservative, and Democratic parties

Age: 61
Legal career: Margaret Reilly has served as a Nassau County Surrogate’s Court judge since 2016. She was previously a Nassau County Supreme Court Justice from 2012 to 2015, an acting justice from 2007 to 2012, and a twice-elected County District Court judge from 1998 to 2011.
Earlier in her career, Reilly practiced law as a deputy Nassau County attorney, the Stewart Manor village prosecutor and a senior associate at Mulholland Minion & Roe and the Law Office of Vincent D. McNamara. She has lectured at Hofstra and Touro law schools, co-chaired the Nassau County Courts’ Women in the Courts Committee, and served as an adjunct professor in trial advocacy at St. John’s.



ELECTION '25

NASSAU COUNTY CLERK

Maureen O’Connell, Nassau County Clerk since 2006, is seeking re-election to continue her work modernizing the office and expanding services for seniors and non-English-speaking residents. With over 30 years in public service, O’Connell brings experience as both a registered nurse and attorney, having previously served in the New York State Assembly and as Deputy Mayor of East Williston.



Maureen O’Connell
Party: Republican

state’s earliest Supreme Court e-filing systems and integrated digital connections with state and local agencies. She has also prioritized digitizing historical documents, making decades-old records more accessible for residents, particularly seniors who often need to retrieve property information. In an effort to protect homeowners, O’Connell launched a Property Fraud Alert Program, allowing property owners

to receive email notifications if deeds or mortgages are filed in their name, helping to prevent fraud. If re-elected, she plans to continue digitizing older records and expand parking at the Mineola office. She also intends to further adapt services for residents who speak languages other than English, building on the existing language line currently in place. A lifelong Nassau County resident, O’Connell lives in East Williston and teaches nursing at SUNY Farmingdale.

On the issues: During her nearly two decades as clerk, O’Connell has overseen a major transformation of the office’s operations. Under her leadership, millions of backlogged documents were processed, and the office transitioned to a fully digitized system for court and land records. This modernization has allowed residents and attorneys to file and access official documents online, reducing the need for in-person visits. O’Connell implemented one of the

Joylette E. Williams, a longtime educator and community leader, is running for Nassau County Clerk with a platform focused on modernization, accessibility, and administrative efficiency. A county resident since 1993, Williams has spent over two decades in public service and education, currently serving as a professor of English at Nassau Community College and a two-term member of the Hempstead School Board. Williams holds a Ph.D.



Joylette E. Williams
Party: Democrat

Hempstead Industrial Development Agency. Williams is also actively involved in civic organizations, including the NAACP, the Chamber of Commerce, the Lions Club, and the National Coalition of 100 Black Women, among others.

On the issues: If elected, Williams plans to prioritize the digitization of county records, improve online access to public documents, and expand

the use of the clerk’s mobile outreach van to underserved communities. She also proposes extending office hours one day a week to better serve working residents and increasing language accessibility for non-English-speaking residents. Williams advocates for reducing or waiving fees on property transactions for groups such as seniors, veterans, first responders, and first-time homebuyers, citing Nassau’s fees as higher than neighboring counties. Her public service includes prior roles as a Village of Hempstead trustee and current board member of the Town of

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ELECTION '25

NASSAU COUNTY DISTRICT ATTORNEY

Anne Donnelly, a Republican and prosecutor for over 30 years, defeated former State Sen. Todd Kaminsky in 2021 to become Nassau County’s top prosecutor; becoming the fourth consecutive woman to do so. Donnelly, 61, is campaigning on her record as a career prosecutor who has prioritized public safety, gang enforcement and support for law enforcement. She is a Garden City resident and took office in 2022. Upon taking office she assembled a team of prosecutors and law enforcement officials—including a former police commissioner—to focus on violent crime, narcotics, and unsolved cold cases. Donnelly also assisted in the Gilgo Beach serial killer investigation and helped close multiple cold cases from the 1960s and 1970s. Donnelly has said her administration prioritizes justice for vulnerable populations, including animals, and has prosecuted abusers under animal cruelty laws.



Anne Donnelly
Party: Republican

On the issues: To address gun violence and online drug trafficking, she created a Firearm Suppression Unit and a Cyber Crimes and Pharmaceutical Unit. Her office has also expanded education programs in schools and invested in hate crime prevention efforts. Donnelly has been an outspoken critic of New York’s “Cashless Bail” and “Clean Slate” laws, which she argues put repeat violent offenders back on the streets. She has called for their repeal while voicing continued support for police. Before her election, Donnelly served 32 years in the Nassau County District Attorney’s Office, most recently as deputy bureau chief of the Organized Crime and Rackets Bureau. Her cases included murder-for-hire schemes, narcotics rings, and a counterfeit electronics bust that led to the largest asset forfeiture in county history. Donnelly holds degrees from Fordham University and Fordham Law School.

Nicole Aloise, a Democrat and candidate for Nassau County District Attorney, is mounting a campaign centered on addressing crime in the county, community investment and public safety. Aloise, 41, brings 16 years of experience as a prosecutor in both Nassau and Queens counties, including recent work as a senior assistant district attorney in the Queens Homicide Bureau. She began her career in 2008 after earning her law degree from St. John’s University. In Queens, she helped secure more than 20 violent felony convictions and made case law by introducing the first NYPD body camera footage used in a New York City trial. From 2019 to 2023, she served in the Nassau County District Attorney’s Office as senior litigation counsel, prosecuting violent felonies and homicide cases. She returned to Queens in 2023 and continued her work until stepping down in 2024 to



Nicole Aloise
Party: Democrat

run for district attorney. **On the issues:** Her platform includes strengthening the county’s Hate Crimes Bureau to better address attacks on Jewish and Asian communities, supporting the creation of a “death by dealer” statute to hold drug traffickers accountable in fatal overdose cases, and boosting funding for mental health, youth and violence prevention programs. Aloise has also pledged to crack down on DWI cases through the county’s Vehicular Crimes Bureau and continue partnering with local police departments to improve public safety. She lives in Garden City with her family, serves on her school’s PTA, coaches youth soccer and teaches legal ethics as an adjunct professor at Molloy University.

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SPONSORED CONTENT

CN Guidance Breaking Down Barriers

Making Mental Health & Substance Use Services More Accessible for Long Islanders

By Oliva Sims

For many Long Islanders, accessing help for mental health or substance use challenges can feel overwhelming and discouraging. Long wait times, high costs, and stigma often leave individuals and families without the support they urgently need, sometimes at the very moment a crisis arises.

CN Guidance & Counseling Services is working to change that, breaking down barriers and creating a system where care is not only available but accessible, when and where it matters most.

Barriers to Care

Across Long Island, behavioral health services are stretched thin, leaving many residents struggling to get the care they need. Clinics are often overwhelmed, resulting in long waitlists for intake appointments that can stretch for weeks. For those seeking ongoing therapy, high co-pays or out-of-pocket costs make regular treatment financially unsustainable. People with complex needs, particularly those managing both mental health and substance use conditions, often hear that their situation is “too complex” for a single program, forcing them to navigate multiple providers or go without care altogether.

Dana Pope, a CN Guidance client, knows the frustration firsthand.

“The wait time to get therapy is the biggest problem. Just waiting for intake, it can feel endless. I’ve seen friends have to stop treatment altogether because the out-of-pocket costs were just too much,” she says.

Lived Experience at the Center

CN Guidance also recruits, trains, and relies on staff with lived experience to guide and support clients. Kathie Lombardi, a certified recovery peer advocate, has been abstinent from substances for 35 years. She recalls how difficult it was to find care when she was pregnant and struggling with substance use.

“No one would take me. Programs weren’t set up for pregnant women or for people with both mental health and substance use needs. I felt shut out,” she says.

That experience drives her work today.

“At CN Guidance, we never say no. If insurance is a barrier, we work on



CN Guidance Mobile Recovery Unit



CN Guidance upcoming crisis center construction site.

a sliding scale. If someone doesn’t have ID, we help them get it. And if someone has both mental health and substance use needs, we make sure they have a team, a clinician and a peer, so they don’t feel like they’re being turned away,” Kathie says.

Open access hours have been a major shift for the community.

“When I tell people they can just walk in and be guaranteed to talk to someone that day, it’s huge. It gives people hope,” she adds.

Kathie has also trained more than 7,000 Long Islanders in how to save lives through administering opioid overdose reversal drugs (OORD), such as naloxone. While overdose numbers remain high, she notes that fatalities are finally decreasing.

“Education works. It saves lives,” she says.

Programs That Open Doors

CN Guidance tackles barriers to care through a range of programs designed to meet people where they are. At the Hicksville clinic, open access hours are offered twice a

week, allowing individuals to walk in without an appointment and be seen the same day. This immediate access can be a lifeline for those facing urgent mental health or substance use challenges.

Outreach efforts focus on populations who often face additional obstacles, including veterans, people experiencing homelessness, and others who may fall through the cracks. Kathie is also a key member of CN Guidance’s “clinic on wheels,” called the Mobile Recovery Unit (MRU), which drives across Long Island to substance use hot spots in many high needs areas, providing on-the-spot substance use and mental health care to those who might not be able to come to their clinic]

CN Guidance also provides care coordination programs such as Critical Time Intervention (CTI) and Health Home Care Management,

helping clients navigate transitions between housing, hospitals, or recovery programs. These initiatives prevent gaps in treatment, reduce the risk of relapse, and ensure clients maintain consistent, personalized support.

By combining immediate access, targeted outreach, and coordinated care, CN Guidance is creating a safety net that adapts to the needs of every individual.

For Dana, the difference came when all her care was consolidated under one roof.

“When I got case coordination, therapy, and psychiatry all through CN Guidance, everything changed. My team works together and shares notes. There’s no phone tag. They build a plan catered just for me, and that should be given to everybody,” she says.

Building a Future of Accessible Care

With open access hours, coordinated treatment, mobile services and peer support, CN Guidance is steadily removing the obstacles that keep people from recovery. The agency’s work is reshaping behavioral health care across Long Island, making sure that people are met with help instead of hurdles.

Later this fall, CN Guidance will take another major step forward with the launch of a Community Crisis Center, a welcoming, community-based alternative to the emergency room. Open 24/7 year-round, the center will provide urgent mental health and substance use care for both adults and children in crisis and their families. Individuals can walk in or be brought in by family, friends, police, or mobile crisis teams. With onsite nursing, peer support, evaluation, treatment, and discharge-aftercare planning, the center will offer immediate, compassionate stabilization care while easing the strain on local emergency departments.

To learn more about CN Guidance & Counseling Services and its programs, visit cnguidance.org.

cn guidance
and
counseling
SERVICES
HOPE STARTS HERE



Walk Raises \$1,767 for breast cancer

October 23, 2025 – GLEN COVE HERALD

Connolly School's 9th Annual Breast Cancer Awareness Walk-A-Thon on Oct. 16 brought together students, families, and community members in a powerful show of unity and compassion, raising \$1,767 for Glen Cove Cares and the American Cancer Society. Organized by Susan Stanco, Nancy Gorman, and the Connolly Student Council, the event featured a pink-themed walk led by the Glen Cove Police and Fire Departments, a spirited performance of "Fight Song," and a check presentation celebrating the students' achievements. Principal James Grosane and Allison Hernandez joined the event, with Hernandez's story adding heartfelt meaning to the day. Connolly's 36 Student Council members ran a Pink Lemonade Stand and sold handmade bracelets, bows, and socks, with students like Julie Steinhauser, Damon Anand, and Isabella Martens leading creative fundraising efforts. The day reflected the school's enduring commitment to community service and breast cancer awareness, honoring those affected while inspiring hope for a cure.

—Roksana Amid



Photos courtesy Glen Cove City Schools

Connolly School students gathered in a sea of pink, holding balloons to celebrate unity and hope during the 9th Annual Breast Cancer Awareness Walk-A-Thon.



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Connolly School students led the way holding a bright pink "Connolly Cares" banner, showing their school spirit and support for breast cancer awareness.



Connolly School Student Council members proudly presented an oversized check for \$1,767 — the total raised during the school's 9th Annual Breast Cancer Awareness Walk-A-Thon — supporting Glen Cove Cares and the American Cancer Society.

STEPPING OUT



Spooky Ghosts



Meatball Mummy Bites



Monster Mouths



Melted Witch Punch

Scare up a Halloween soirée

Get your ghou on with a tricky treat of a bash

By Karen Bloom

The big day of tricks — and treats — is fast approaching. It's the perfect excuse to let your spooky side shine. Whether you're hosting little ghouls or adults who love a good fright, transform your home into a playful (or slightly spooky) party lair. Think mad scientist candy tables, "frightfully" delicious bites, bubbling mocktails, and enough treats to satisfy every sweet tooth.

Costumes optional, fun required. Not everyone wants to go all out with a full costume — and that's fine! A Halloween Disguise Table lets guests add just a touch of whimsy. From goofy glasses and wacky hats to plastic fangs and spinning bow ties, everyone can join the fun, one accessory at a time.

Go for some spooky eats and magical drinks. Turn everyday foods into Halloween delights with cookie cutters, clever renaming, or inventive presentation. Sandwiches become tombstones, cookies turn into ghosts, you get the idea. Drinks? Pour them into vintage bottles and jugs and label them "magic potions" for an instant wow factor.

With a little imagination, your Halloween gathering can be a playful mix of tricks, treats and memorable moments — no matter your age.

Try these tricked-out goodies for tasty spooking.

Spooky Ghosts

These friendly ghosts are sweetly spooky.

- 4 large egg whites, at room temperature
- 1/2 teaspoon cream of tartar
- 1 cup extra-fine Baker's Special Sugar
- Chocolate mini chips, for eyes

Preheat the oven to 200°F, with a rack in the center. Line a baking sheet with parchment paper. Prepare a pastry bag with a 1/2" plain tip. Place the room-temperature egg whites into the bowl of a mixer. Add the cream of tartar. Beat on slow speed until the cream of tartar is dissolved and the egg whites are foamy.

Slowly increase the speed of the mixer. When

the volume of the eggs has doubled and they begin to look opaque, sprinkle in about half the sugar. Continue to beat until the whites are glossy and getting stiff. Add the remaining sugar and mix until it's evenly distributed and the whites hold a stiff peak.

Transfer the meringue to the pastry bag and, holding the bag perpendicular to the baking sheet, pipe, with even pressure, about 2"-high mounds of meringue.

Carefully press two chocolate mini chips into each meringue ghost, to make eyes.

Bake the meringues for approximately 60 to 90 minutes, or until they're dry and crisp to the touch.

Turn off the oven, open the door a couple of inches, and leave the meringues in the oven to finish drying several hours, or even overnight.

Remove the ghosts from the completely cold oven, and store them loosely covered. They should keep for several days at cool/dry room temperature. Yield: 20 to 24 ghosts.

Meatball Mummy Bites

Take a bite out of these mummies if you dare.

- 1 can (8 ounces) refrigerated crescent rolls
- 20 meatballs, pre-made
- Ketchup or mustard
- Marinara sauce, as desired

Heat oven to 375°F. Line work surface with cooking parchment paper. On parchment-lined surface, unroll dough and press perforations to seal; cut into 4 rectangles.

With knife or pizza cutter, cut each rectangle lengthwise into 10 pieces, making a total of 40 pieces of dough.

Wrap 2 pieces of dough around each meatball to look like "bandages," stretching dough slightly to cover meatballs.

Separate "bandages" near one end to show meatball "face." On ungreased large cookie sheet, place wrapped meatballs.

Bake 13 to 17 minutes or until dough is light golden brown and meatballs are hot. With ketchup and mustard, draw "eyes" on mummy

bites. Serve with warm marinara sauce.

Monster Mouths

A spooky treat you'll want to sink your teeth into.

- 1 roll (16.5 oz) refrigerated peanut butter cookies
- 3/4 cup hazelnut spread with cocoa
- 1 cup miniature marshmallows

Preheat oven to 350°F. Shape dough into 16 balls. On ungreased cookie sheet, place balls 3 inches apart.

Bake 15 to 17 minutes or until light golden brown. Cool 2 minutes; remove from cookie sheet to cooling rack. Cool completely, about 20 minutes.

Spread hazelnut spread on bottom of each cookie; cut each cookie crosswise in half. For each "mouth," press 4 to 5 marshmallows into hazelnut spread along rounded edge of 1 cookie half. Top with second cookie half, bottom side down; gently press together.

Melted Witch Punch

Take a sip and you'll be feeling "witchy."

- 6 cups water
- 1 cup white sugar
- 1 (6 ounce) package lime-flavored gelatin mix
- 1 (46 fluid ounce) can pineapple juice
- 2 quarts orange juice
- 1/2 cup lemon juice
- 2 (2 liter) bottles chilled lemon-lime soda

Mix water, sugar, and gelatin mix in a large saucepan and bring to a boil; reduce heat to medium and cook at a boil, whisking frequently, until gelatin and sugar have dissolved, about 3 minutes. Stir pineapple juice, orange juice, and lemon juice into gelatin mixture and transfer into resealable plastic bags. Place in freezer until slushy, about 4 hours.

Pour mixture into a large punch bowl and stir in lemon-lime soda; float a black plastic witch hat atop the punch.



Ruthie Foster

Ruthie Foster is eager to share tunes from her new CD, "Mileage." Renowned for her ability to weave together a tapestry of diverse musical influences ranging from gospel and blues to folk and soul, Foster's musical odyssey has taken her from singing in churches in rural Texas to earning multiple Grammy nominations, gracing the stage with the Allman Brothers, and collaborating with Susan Tedeschi and Derek Trucks. With her milestone 10th studio album, Foster continues to tell stories that reflect her personal triumphs, losses and the universal human experience. Born into a family steeped in gospel tradition, she initially shied away from the spotlight, preferring to play guitar, piano and write songs for others. Now, many albums later, she stands as a testament to the power of authenticity and resilience in music.

Friday, Oct. 24, 8 p.m. \$43, \$38, \$33. Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington. Tickets available at landmarkonmainstreet.org or (516) 767-6444.



Little Feat

One of America's most distinctive and longest-running rock bands, Little Feat is back in a big way with a revitalized lineup and a stellar new album — its first of original material in over a decade. The venerable band is touring in support of "Strike Up the Band," their first new studio album reliant on new material since 2012's Rooster Rag. It's Little Feat's triumphant return to rock 'n roll with plenty of swampy Southern soul. The band builds on a deep, over 50-year history of elite musicianship and brilliant, idiosyncratic songwriting that transcends boundaries. California rock, funk, folk, jazz, country and rockabilly mixed with New Orleans swamp boogie has kept audiences grooving for decades.

Saturday, Oct. 25, 8 p.m. \$141.25, \$120.25, \$99.75, \$77.75, \$66.25. The Paramount, 370 New York Ave., Huntington. Tickets available at ticketmaster.com or paramountry.com.

YOUR NEIGHBORHOOD

CALENDAR

OCT 25

Downtown BID Halloween Parade and Festival
Celebrate Halloween at the Downtown Business Improvement District's annual Halloween Parade and Festival. Enjoy festive fun, costume contests, family activities, and local vendors throughout downtown Glen Cove. Ideal for all ages.

- **Where:** Glen and School Streets
- **Time:** 1-3:30 p.m.
- **Contact:** (516) 759-6970

Deep Roots Farmers Market
Shop fresh and local at the Deep Roots Farmers Market! Enjoy a vibrant selection of Long Island-grown produce, artisanal goods, fresh baked items, handmade crafts, and more. The market also features live music, family-friendly activities, and community vendors. Come support local farmers and makers, rain or shine!

- **Where:** 100 Garvies Point Road
- **Time:** 9 a.m.-1 p.m.

Halloween Pet Parade
Visit Nassau County Museum of Art for a parade of beloved costumed friends around the museum's grounds. The event includes food, family art making, and more. Awards will be given for the most creative and inventive costumes! \$25 per family, \$20 members.

- **Where:** 1 Museum Drive, Roslyn Harbor
- **Time:** 3 p.m.
- **Contact:** nassaumuseum.org or (516) 484-9337

Halloween Spooktacular Fall 5K
Experience autumn at its absolute best — on foot through the historic Olmsted-designed landscape of Planting Fields! Get ready to lace up and hit the scenic trails at Planting Fields amid the vibrant colors of the season at the 5th Annual Fall 5K, a fall tradition for all ages and fitness levels. Whether you're a dedicated runner, a casual stroller, or simply looking to soak up the foliage, this event is the perfect way to enjoy the great outdoors. Costumes encouraged! Whether spooky, silly, or spectacular, come dressed to impress! Cast your vote for the most festive participant at the Planting Fields Foundation info booth. \$45 in advance, \$50 day of race; Fun run \$25 in advance, \$30 day of race.

- **Where:** 1395 Planting Fields Road, Oyster Bay
- **Time:** Registration opens 7:30 a.m., Race/walk begins at 8:30 a.m., Kids fun run (1/2 mile) at 9:30 a.m.
- **Contact:** plantingfields.org or call (516) 922-9210



NOV 8

Orchestre National de France
Music Director Cristian Măcelaru leads the Orchestre National de France on its first U.S. tour in nearly 10 years, performing with Grammy-winning pianist Daniil Trifonov. Their brief three-concert tour, with a stop at Tilles Center, culminates in a much-anticipated return to Carnegie Hall. Founded in 1934 and prized as France's leading orchestra, the Orchestre National first toured in North America in 1948. Joined by the pianist-extraordinaire (whose career has taken him far and wide, to Paris, throughout France, and to the most prestigious classical music venues in the world), the Orchestre National de France, the orchestra performs repertoires that lie at the core of its identity: Maurice Ravel (to commemorate the 150th anniversary of his birth), Elsa Barraine and Camille Saint-Saëns. Their brilliant repertoire features Saint-Saëns's Piano Concerto No. 2 in G Minor, along with Elsa Barraine's Symphony No. 2 and two works by Ravel — Concerto in G and Daphnis et Chloe Suite No. 2 — with Trifonov as soloist on both of the program's concerti. Under the baton of Cristian Măcelaru, this masterful program stuns in the musical story it provides, bringing the listener on a picturesque journey from start to finish. The programming of Elsa Barraine's Symphony No. 2 with its gumptous string lines that compliment the playfulness of the work's structure sits beautifully in the program with Ravel's Daphnis & Chloé. The two piano concertos bring different stylistic characters to the stage, with Saint-Saëns offering late romantic era lushness and Ravel offering the lavish fancy. Hearing these two works performed by Trifonov, a performer with a dedication to perfecting concerto repertoire for piano, is iconic.

- **Where:** Tilles Center, LIU Post campus, 720 Northern Blvd., Brookville
- **Time:** 7 p.m.
- **Contact:** ticketmaster.com or tillescenter.org or (516) 299-3100

Fall Foliage Walking Tour
Explore Sands Point Preserve's natural environment on a guided tour. Examine the preserve's unique physical features and wildlife, as well as critical conservation issues and helpful practices to create a healthy, sustainable environment. Environmental educator Hildur Palsdottir engages everyone in hands-on nature discovery activities as participants observe the changing season. Meet at Castle Gould's Clock Tower.15, \$10 members; children \$5, free for members.

- **Where:** 127 Middle Neck Road, Sands Point
- **Time:** 10-11:30 a.m.
- **Contact:** sandspointpreserveconservancy.org or call (516) 571-7901

Halloween Ball
Step back in time to the Golden Age of the 1920s at Sands Point Preserve's Hempstead House. Experience the extravagance, relish in self-indulgence, give in to desire. But beware. As you eat, drink, and dance the night away, darkness lurks beneath the surface. Around every corner, the ghosts of Gatsby linger, haunted by their pasts. Watch their dramas unfold and bear witness to long-buried

secrets coming back into the light. Costumes are encouraged but not required. In the absence of a costume, cocktail attire is requested. \$225.

- **Where:** 127 Middle Neck Road, Sands Point
- **Time:** 8-11 p.m.
- **Contact:** sandspointpreserveconservancy.org or call (516) 571-7901

OCT 26

Art Talk
Join American realist painter Susan Cushing at Nassau County Museum of Art for a look at her process. Cushing's highly stylized narrative landscapes are inspired by the decade of the 1970's and reminiscent of the lifestyle photographs of Slim Aarons and the post-modern environmental style of Alex Katz and David Hockney. Susan's paintings are evocative of the world of casual elegance as she beautifully captures the colors and themes of entertainment and play on canvas. Limited seating. Registration required. \$20, \$15 seniors, members free.

- **Where:** 1 Museum Drive, Roslyn Harbor
- **Time:** 3 p.m.
- **Contact:** nassaumuseum.org or (516) 484-9337

OCT 28

Council Meeting
The City of Glen Cove holds its next meeting at City Hall.

- **Where:** 9 Glen St.
- **Time:** 7:30-8:30 p.m.
- **Contact:** (516) 676-2000

OCT 30

Beautification Commission fundraiser
The Glen Cove Beautification Commission welcomes all to its inaugural fundraiser at The Metropolitan Restaurant & Bar. Enjoy a variety of tasty bites, wine, beer, and cocktails, all while supporting volunteer-led projects aimed at enhancing the beauty of Glen Cove. Tickets are \$125 per person, with opportunities for sponsorships and donations.

- **Where:** 3 Pratt Blvd., Glen Cove
- **Time:** 6 p.m.
- **Contact:** (516) 676-4402

NOV 1

Art explorations
Converse, collaborate and create with kids at Family Saturdays at Nassau County Museum of Art. Get inspired by the art and objects in the galleries and

then join educators at the Manes Center to explore and discover different materials to create your own original artwork. Kids and adults connect while talking about and making art together. A new project is featured every week. \$20 adult, \$10 child. For ages 2-14. Registration required. \$20, \$10 child; members free.

- **Where:** 1 Museum Drive, Roslyn Harbor
- **Time:** Noon-3 p.m.
- **Contact:** nassaumuseum.org or (516) 484-9337

NOV 5

Film Screening
Holocaust Memorial & Tolerance Center of Nassau County invites all to a special screening of Tatami, followed by a panel discussion and dessert reception. This extraordinary film, directed by Zar Amir and starring Arienne Mandi, delivers a gripping portrayal of integrity under pressure, human resilience, and the strength to stand up for what's right. \$30, \$10 students.

- **Where:** Manhasset Cinemas, 430 Plandome Road, Manhasset
- **Time:** 7 p.m.
- **Contact:** hmtcli.org or (516) 571-8040

NOV 11

Veteran's Day Tribute
The City of Glen Cove and VFW Post 347 welcome all to honor and remember the brave men and women who served our country at Glen Cove Public Library.

- **Where:** 4 Glen Cove Ave.
- **Time:** 11 a.m.
- **Contact:** (516) 676-2000

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.

BY THE NUMBERS

How not to break the bank keeping winter's chill away

As winter approaches, many Long Island families are bracing for higher heating bills — a growing concern as energy costs remain unpredictable. For many, saving on heat isn't just about comfort or convenience; it's about protecting household budgets during months

when utility expenses can climb sharply. Experts say now is the time to prepare. When homeowners make small changes before the cold really sets in, they can see real savings throughout the season, said energy experts. Before sharing your money or personal in-

formation, talk to someone you trust, such as a family member or friend. Scammers often pressure you to act quickly—sometimes with threats. Slow down, verify the story, search online or consult an expert. Five things to know:

1 Cooking

Every time you open the oven door, heat escapes and energy is wasted. Try to rely on the oven window and interior light instead of “peeking.” Microwaves are another great alternative — they use up to 80 percent less electricity than conventional ovens and cook food faster. Slow cookers, air fryers, and toaster ovens can also be energy-efficient options for smaller meals.

2 Refrigerators and Freezers

Refrigerators and freezers are among the biggest energy users in the home, running 24 hours a day. When replacing old models, look for the ENERGY STAR® label. These appliances are about 20 percent more

efficient than new conventional units and up to 40 percent better than older models sold before 2001.

Keeping the refrigerator full — but not overcrowded — helps regulate temperature efficiently. Check that seals around the doors are tight and clean coils regularly to prevent overworking the compressor.

3 Laundry

Hang-drying clothes, even part-time, can significantly cut energy use. If using a dryer, clean the lint filter after every load to maintain efficiency. About 90 percent of a washing machine's energy goes toward heating water, so using cold water for most loads can save substantially. Today's detergents are for-

mulated to clean well in cold cycles, making hot water necessary only for heavily soiled items.

4 Hot Water Savings

Water heaters are typically the second-largest energy users in a household, right behind heating systems. Fix leaky faucets promptly — a small drip can waste a bathtub's worth of hot water each month.

Setting the heater temperature to 120 degrees is sufficient for most homes and prevents scalding. If the water heater feels warm to the touch, consider wrapping it in an insulation blanket. Homes with older tanks may also benefit from insulating hot water pipes to reduce standby heat loss.

5 Roof and Insulation

A well-insulated roof is critical for keeping heat inside. According to Instant Roofer, homeowners should watch for “ice dams” — ridges of ice that form along roof edges, often caused by escaping heat that melts snow unevenly.

Ensure attic access doors are sealed with weatherstripping and that insulation levels meet or exceed building code recommendations. Adding or upgrading attic insulation can reduce heat loss by as much as 25 percent.

Source: PSEG Long Island (pseg-lincoln.com) and Instant Roofer (instant-roofer.com).

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1319736

HERALD WRAPPING PAPER DESIGN CONTEST

ATTENTION STUDENTS:
THE HERALD IS HOLDING
A CONTEST TO DESIGN
HOLIDAY WRAPPING PAPER
THE WINNING DESIGNS WILL BE
PRINTED AS HOLIDAY GIFT WRAP IN
12/4/25 & 12/11/25 ISSUES OF YOUR
HERALD COMMUNITY NEWSPAPER

CONTEST RULES:

Who can enter: There will be 2 categories:

Students in grades k-5. Students in 6-12

One entry per student

Deadline: Entries must be received by 5 p.m.

Friday, November 14, 2025

Requirements: All entries should have the student's name, age, address, telephone number, email, grade and school printed on the back. Design can be reflective of all religious holidays. Entries will not be returned.

Mail or hand-deliver to:

Wrapping Paper Contest

Herald Community Newspapers

2 Endo Boulevard, Garden City, NY 11530 OR

Scan and email to: ekimbrell@liherald.com

(No Photos of Artwork Will Be Accepted).

Winners will be notified by email or phone by November 21



For more information contact Ethan Kimbrell at
ekimbrell@liherald.com or 516.569.4000 x 313

1318491

NEWS BRIEFS

Learn how to vote for upcoming election

Early voting for the upcoming general election in Nassau County will take place from Saturday, Oct. 25, through Sunday, Nov. 2. All polling sites are accessible to voters with physical disabilities, and any eligible voter residing in the county may vote at any early voting location during the designated days and hours. Voters who cast a ballot during early voting will not be permitted to vote again on Election Day.

Voting hours are scheduled as follows: Oct. 25 and 26 from 9 a.m. to 6 p.m.; Oct. 27 from 7 a.m. to 6 p.m.; Oct. 28 and 29 from 10 a.m. to 7 p.m., with the Board of Elections remaining open until 8 p.m. on those two days; and Oct. 30 through Nov. 2 from 9 a.m. to 6 p.m. On Election Day, Nov. 4, voters must go to their assigned polling place to cast a ballot.

Early voting sites across the county include Temple Beth Am in Merrick, the Freeport Recreation Center, Massapequa Town Hall South, St. Frances de Chantal Church in Wantagh, the West Hempstead Public Library, and the Yes We Can Community Center in Westbury, among others. A complete list of early voting locations is available at NassauVotes.com or by calling (516) 571-8683.

Voters who wish to register for the

general election must do so by Oct. 25, 2025. Registration applications submitted by mail must be received by the Nassau County Board of Elections by that date, and in-person registration is available at the board's offices or participating state agencies through Oct. 25. To learn how to apply to vote, visit Elections.NY.gov.

Any registered voter may also apply for an early mail ballot. Applications must be received by the board of elections no later than 10 days before the election, or in person by Nov. 3. Ballots will be mailed beginning 46 days before the election and will continue to be sent immediately after completed applications are processed. Voters may apply for an early mail ballot online through the state's Early Mail Ballot Request Portal, in person at the Nassau County Board of Elections at 240 Old Country Road in Mineola, or by designating another person to deliver and return their application. Visit Elections.NY.gov/request-ballot for more.

If you're planning to vote in person on Election Day, visit VoterLookup.Elections.NY.gov.

—Jordan Vallone

Drivers needed for medical transportation

A volunteer-run transportation program that has been a lifeline for Glen Cove's senior and disabled residents for nearly five decades is now facing a serious shortage of drivers — and its future may depend on new volunteers stepping forward.

Founded in the late 1970s as Glen Cove Rotary Rides, the free service helps those without reliable transportation get to and from medical appointments. It serves residents in Glen Cove, Sea Cliff, Glen Head, Glenwood Landing, Locust Valley, and parts of Old Brookville, providing door-to-door rides Monday through Friday from 9 a.m. to 1 p.m. Riders are picked up from their homes, taken to their appointments, and brought back home or to the Glen Cove Senior Center afterward.

The program is coordinated by Phyllis Burnett, who has managed dispatch and scheduling since 2012. It currently provides transportation for roughly a dozen residents each week, many of whom rely on it regularly. However, a decline in volunteer drivers has made it difficult to meet growing demand.

"We're looking for people who can just give a few hours a week," Burnett said. "Even one more driver would make a difference."

The service, which uses a decommis-

sioned Chevrolet Crown Victoria police vehicle, operates on Monday, Tuesday, Thursday, and Friday mornings, traveling as far as Northern Boulevard for appointments. Riders are asked to schedule their trips at least a week in advance, but with limited volunteer availability, securing a ride has become increasingly challenging.

Volunteers can choose which day or days they are available, and no special qualifications are required beyond a valid driver's license and the ability to pass a background check. Drivers are asked to transport clients to appointments and provide a phone number where they can be reached for pickup afterward.

"This program has been part of our community for decades," Burnett said. "It's a small commitment, but it makes a huge difference in people's lives."

Those interested in volunteering or seeking more information can call (516) 676-2846 or visit the Glen Cove Senior Center, located at 130 Glen Street, Glen Cove, where applications are available.

Without new volunteers, a service that so many depend on could soon struggle to operate.

—Roksana Amid

Let us Know

News Brief items including awards, honors, promotions and other tidbits about local residents are welcome. Deadline for submissions is noon Thursday, week prior to publication. Send to ramid@liherald.com

27

GLEN COVE HERALD — October 23, 2025

Discussing the impacts of social media

By WILL SHEELINE
wsheeline@liherald.com

The Grenville Baker Boys & Girls Club hosted a community conversation on Nov. 17 titled “Social Media, Mental Health & the Crisis Facing America’s Youth.” The event brought together medical, educational, law enforcement and political experts to explore how digital platforms are shaping the mental and emotional well-being of young people.

Moderated by Dr. Laura J. Morizio, clinical director of Coast Psychology in Oyster Bay, the panel featured Dr. Allison Eliscu, division chief of adolescent medicine at Stony Brook Children’s Hospital; Kristen Turnow, superintendent of the Locust Valley Central School District; Assembly Member Charles D. Lavine, representing New York’s 13th District; and Detective Antonio Pagan, an NYPD Special Victims Unit and FBI Task Force officer.

The evening began with opening remarks from Melissa Rhodes, the club’s executive director, who welcomed guests to the building and emphasized the organization’s commitment to youth development.

“What we strive to do in terms of mental health is making sure that our kids are kids, and when they’re coming to the club, they’re playing, they’re making friends, they’re learning,” Rhodes said. “The goal is that they have a play-based experience as opposed to a phone-based experience.”

Morizio then opened the panel discussion, beginning with Eliscu, who described the sharp rise in mental health challenges among adolescents in recent years, particularly since the Coronavirus pandemic.

“What I thought may have been a challenging job before dramatically changed in March of 2020,” Eliscu reminisced. “The only way that kids could interact with anybody was online. We saw a shift fairly quickly of people just almost forgetting how to talk to people in person.”

Eliscu explained that social anxiety, depression, and attention problems have surged as digital dependence has grown.

She also discussed the biological effects of excessive social media use, noting how constant online engagement alters the brain’s dopamine regulation system, the same reward pathway affected by addiction.

“Anytime that you get that reward, whether it’s a drug, alcohol, gambling or the phone, it gives you a dopamine release,” Eliscu said. “Our body actually seeks dopamine again. So, when the phone is taken away, they’re not at an average dopamine level, they’re at a below-average dopamine level. And we get angry when our dopamine levels are low.”

According to Eliscu, these neurological changes can make young people irritable, anxious, or prone to emotional outbursts when disconnected.

She also identified groups most at risk, including teens, girls, individuals on the autism spectrum, and those with prior mental health conditions. Still,



Dr. Allison Eliscu, left, division chief of adolescent medicine at Stony Brook Children’s Hospital, Kristen Turnow, superintendent of the Locust Valley Central School District, Detective Antonio Pagan, an NYPD Special Victims Unit and FBI Task Force officer, and Assemblymember Charles D. Lavine, representing New York’s 13th District, spoke at a youth mental health panel at Grenville

she acknowledged that social media can offer positive outlets for connection and creativity when used mindfully.

“It’s not all bad, and in some ways, we have to embrace it a little,” Eliscu said. “It can be helpful for people who especially can’t feel like they can find their group or their niche, whether it’s in their high school or clubs, finding other people like them. A lot of individuals who identify as LGBTQ have found support if they didn’t find it within their school or family.”

After discussing the medical perspective, Dr. Morizio turned to Superintendent Turnow to explore what schools are witnessing.

“I’ve noticed that there are two key areas that students really have dramatically changed,” Turnow said. “That’s sustained attention and emotional regulation. We see kids get upset very quickly. That was not something that happened before.”

Turnow, who has served as a school administrator for 24 years, said that technology has both enabled and complicated the educational environment.

She noted that the Locust Valley Central School District expanded its mental health staff and implemented new initiatives to reduce student phone use during the day.

“We wrote a very thoughtful, comprehensive letter to our students’ families and really asked them to not either send in a phone or, if you do, we’re going to be asking the children to turn it off, to keep it in their locker or backpack,” Turnow said. “I think the reason we were successful, even our first year, was because we helped our parents understand the why.”

According to Turnow, parents have supported those efforts, teachers, and students alike.

“Our first year was not as bumpy as we anticipated,” she said. “We found out that kids did not know their parents’ phone numbers, which was a learning opportunity.”

The district’s outdoor spaces and recess programs have also been redesigned to encourage play and face-to-face interaction.

She said that these changes led to measurable improvements in behavior and communication.

“I see kids finally starting to make eye contact again,” Turnow said. “Student anxiety that’s related to social status and online disputes has significantly reduced. Our referrals are decreased significantly. Kids aren’t being sent down to the principal’s office for saying silly things.”

Assembly Member Charles Lavine spoke about the role of government in addressing the mental health challenges linked to social media, outlining recent legislative actions at the state level.

He highlighted three key initiatives: banning cell phones in public schools, the Safe for Kids Act, and the New York Child Data Protection Act. Lavine praised schools that have removed phones from classrooms, saying the change has allowed teachers “to actually teach again” and helped students focus on critical thinking rather than test preparation.

While emphasizing that these laws represent major steps forward, Lavine noted that the broader crisis extends beyond New York’s borders. To make lasting change, he said, families, schools, and communities must engage



Melissa Rhodes, executive director of Grenville Baker Boys & Girls Club, thanked attendees and panelists for coming out to discuss the important

directly with lawmakers.

“Continue to gather, as we are doing today,” Lavine urged. “We have to band together to be able to provide the critical mass that’s needed to demand change and demand protection for our children.”

For more information about Grenville Baker Boys & Girls Club, visit gbbgc.org.

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PUBLIC NOTICES

LEGAL NOTICE
NOTICE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, October 28, 2025, at 7:30 p.m. in the Council Chambers at Glen Cove City Hall, 9 Glen Street, Glen Cove, New York to discuss amending §265-44. Schedule XII: No Stopping as it relates to Harbor Hill Road. All interested parties will be given an opportunity to be heard.

Tina Pemberton
City Clerk
156451

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NOTICE TO BIDDERS
Notice is hereby given that sealed bids for the following projects will be received by the Purchasing Agent of the City of Glen Cove, located at City Hall, rear entrance, 9 Glen Street, Glen Cove, New York no later than 10:00 a.m. prevailing time on Friday, November 14, 2025 at

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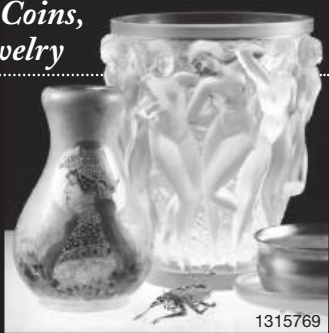
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OPINIONS

How does this shutdown finally end?

The federal government has been shut down since Oct. 1. I can't stand it. I've been back and forth to Washington, but the Capitol is relatively quiet. Federal workers are missing paychecks; Social Security, Medicaid and Medicare applications can't get processed; flights are being delayed; and without any action come

Nov. 1, millions of Americans will be notified that their health insurance premiums are going up by over \$1,000 — per month!

Why can't we fix this? Republicans have the White House and majorities in both the Senate and the House, but they need eight

Democratic votes in the Senate to pass a government funding bill. Despite the high stakes and the need for high-level bipartisan negotiations to end this crisis, no one is talking. Why?

Republicans say they won't negotiate until the government is reopened. House Speaker Mike Johnson hasn't called us back to Congress for a month. Senate Majority Leader John Thune refuses to budge, and President Trump continues his my-way-or-the-highway

posture, unilaterally — and likely unlawfully — firing federal employees, cutting projects in Democratic states and eliminating programs to try to impose his will, making this shutdown as painful as possible.

The Democrats are just as dug in. They warn that those health insurance premiums will soon skyrocket because Republicans refuse to extend the tax credits that keep the premiums down. We're running out of time.

If the credits expire, 22 million Americans, including more than 100,000 Long Islanders, will see their premiums spike. Healthy people all over the country will choose to forgo coverage, which will shrink the risk pool and raise premiums for everyone. The results will be catastrophic.

The crazy thing is, most Democrats want to reopen the government, and many Republicans want to extend the tax credits. The problem is that no one trusts one another. Republicans want to open the government with a handshake promise to talk about health insurance later. Democrats want it dealt with as part of the reopening. There must be compromise, often a dirty word in D.C.

Normally, I'd advocate for trust. I don't believe shutdowns should be used

as negotiating tactics for these kinds of policy debates. But these aren't normal times. For the past nine months, the administration has ignored the Democrats, unilaterally eliminating jobs and cutting key programs, reversing budget decisions without warning and generally steam-rolling Congress's constitutional authority over "the power of the purse" and the use of the military in our cities.

Johnson and Thune have refused to negotiate with Democrats. I've voted to keep the government open more than 40 times over my five terms in Congress. Each time, the governing majority has negotiated with the minority party, with the understanding that they simply don't have the votes on their own.

How can Democrats reasonably be expected to trust that health care will be dealt with after the reopening in an environment of such fear, anger and distrust in Washington?

Nevertheless, we need to find a way to reopen the government as soon as possible, or things will only get worse. We need a solution that also staves off spikes in health insurance costs.

That's why I'm leading a bipartisan effort with Republican Congresswoman Jen Kiggans. Our bill, the Premium

Tax Credit Extension Act, would extend the credits for one year, protecting families while giving Congress time to reach a broader health care deal. It's not perfect. Like most of my Democratic colleagues, I'd prefer extending the credits permanently. But we're in the minority, and we can't let our aspiration for perfection stop us from achieving the good. Republicans, who can't open the government without Democrats, must also see that truth.

The sticking point in this shutdown is health care affordability: Polling shows that the top concern in our country is the cost of living, and health care costs are a key contributor. At Trump's inaugural address, he said he would "rapidly reduce prices." I, like many Americans, hoped that he would.

Now inflation is up, costs are climbing, and Americans feel duped. They want us to reopen the government, prioritize lowering costs — health care a big part of that — and stop playing partisan games while they pay the price.

For many Americans, Washington hasn't just shut down this month — it's felt closed for far too long. We need to reopen it in every sense: by rebuilding trust, negotiating honestly, and committing to working together to find solutions for the people we represent.

Tom Suozzi represents the 3rd Congressional District.



**TOM
SUOZZI**

Returning to autumn in New York, 2025

"No man can step into the same river twice." — Heraclitus, 500 B.C.

After spending the past few years in Florida, my husband and I decided this season to rent a place near Woodmere, where we lived in the same house for 51 years. I taught in the local

schools, our kids grew up here, and our roots in the community run deep.

We've been back in town for about two months. I don't have meteorological data, but I believe we've had the most glorious autumn weather ever experienced in southwestern Nassau County.

Until the nor'easter, of course, which brought back memories of Hurricanes Belle and Irene and Sandy.

I took myself to Woodmere Dock and found the seascape of the bay, the water-side holes of the Rockaway Hunting Club and the vast marshes all the same. I imagine I'm one of few people who

recall that the dock was owned at one time by the Ike family, who rented rowboats by the hour and owned an access road to the dock known as Ike's Lane.

You can go home again, but if you do, be prepared. Everything is the same, but entirely different. And, of course, you are different, too. Our old house looks as if we closed the door and walked away yesterday. The tiny memorial to our dog Sheba still rests in a flower bed where we buried her ashes.

The second day up North, I walked into a doctor's office and into a friend from our kids' high school days. We looked the same, other than dusted and stamped by time. That afternoon, a woman jogged by our rental house, and I realized she was in a book group I ran 25 years ago. I kept running into people who looked as if a makeup artist had worked them over. And they did double takes when I reintroduced myself.

Things are where I remember them — firehouses and supermarkets and a few restaurants. But some stores are now banks, and many small businesses

have been replaced by medical megapractices, gyms or nail spas. Community boards advertise unfamiliar events and groups. I felt like Emily in "Our Town," when she returns from the dead

to revisit her 12th birthday and realizes that no one ever appreciates the everydayness of their lives while they're living them.

I took the LIRR to the city from Lawrence one day. I didn't know where or how to park, how to buy a ticket or how to find the train schedule. Since I last rode the Snail, it went digital. I got a tutorial from my granddaughter and enjoyed a glorious day with her traipsing through downtown Manhattan. BTW, despite the fearmongering of many Floridians, the subway was clean, and it all felt safe.

Penn Station was emblematic of my experience, looking completely new and kind of brazen and futuristic, but foundationally the same. Track 19 is still Track 19, and the train back to Lawrence still left from there.

Another day, I drove from the Five Towns to Astoria. I hadn't driven in city

traffic for six years. That was hell and a half. I felt gratified that my memory of the roads was accurate, and the Van Wyck still went to the Grand Central and then to Steinway Street — but what a holy mess the roads are. Everything is under construction, and cement trucks terrorized me all the way from here to there. My Waze app told me to go right so I could go left, and then an 18-wheeler backed into my lane. More people gave me the finger salute during that 50-minute ride than in all of my years driving.

The Woodmere and other towns of my younger self have evolved and, in some cases, disappeared. That's what happens. New people, new shops, new activities festoon the old infrastructure. All the little back roads are the same, though. I realized I knew 10 different ways to drive anyplace.

I also know the origin stories, the history, of people and places, and it all came flooding back as I zipped about town. I felt grounded in the way you can only feel when your present is layered with rich memories of the past.

It's autumn in New York again, and it's good to be home.

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**RANDI
KREISS**

You can go home again, but be prepared. Everything is the same, but entirely different.

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HERALD EDITORIAL

Science strengthens justice on Long Island

For decades, justice in Nassau and Suffolk counties often depended on eyewitnesses, confessions and detective work that, while diligent, was limited by the science of its time. But today, the breakthroughs of modern forensic science are rewriting history, freeing the innocent and holding the guilty accountable.

Last week, the Nassau County district attorney's office announced a stunning development in one of Long Island's most haunting cold cases, the 1984 murder of 16-year-old Theresa Fusco in Lynbrook. Fusco disappeared after finishing her shift at the Hot Skates Roller Rink. A month later, her body was found in a nearby wooded area.

For nearly 40 years, her family lived with grief and confusion, compounded by the wrongful convictions of three men whose lives were destroyed before DNA technology could prove their innocence. Those men — Dennis Halstead, John Kogut and John Restivo — spent nearly two decades in prison before DNA testing cleared them in 2003.

Now, that same science has brought the case full circle. Investigators linked Richard Bilodeau, 63, of Center Moriches, to the crime after obtaining DNA from a discarded smoothie cup earlier this year. When tested, it was a 100

percent match with evidence preserved from the Fusco crime scene.

"Science and DNA evidence doesn't lie," the district attorney's office stated. And it doesn't coerce confessions. It doesn't forget. It doesn't play favorites. It tells the truth when the truth is hard to find.

The Fusco case isn't just about closure — it's a lesson in progress. Four decades ago, detectives couldn't imagine a world in which a cold case could be revived by a few microscopic cells. Today, the Nassau County forensic unit has reopened a number of cases, identifying both victims and suspects through genetic technology once considered science fiction.

Science is also central to another major Long Island case now unfolding in court: that of Rex Heuermann, the Massapequa Park architect accused of being the Gilgo Beach serial killer. There, too, DNA stands at the center of the search for truth. Prosecutors are relying on cutting-edge testing from Astrea Forensics, a California lab that analyzes even the tiniest hair fragments. Defense attorneys have tried to discredit the science as "magic," claiming that New York courts haven't yet accepted it.

But experts such as Dr. Kelley Harris,

a University of Washington geneticist, defend the method as "elegant and powerful" — a reminder that while justice is constant, the tools to attain it evolve. Every forensic innovation, from fingerprints to fiber analysis to DNA sequencing, was once new and controversial. Yet each step forward has given law enforcement stronger, fairer tools to uncover facts that human memory or intuition alone could never provide.

Whether it's exonerating the innocent, as in Fusco's tragic case, or convicting the guilty, as prosecutors hope in the Gilgo Beach murders, forensic science is reshaping the path toward justice on Long Island. It demands accuracy. It demands accountability. And it demands that we trust evidence grounded not in guesswork or coercion, but in chemistry, genetics and time-tested truth.

For the Fusco family, science may finally bring the closure they've waited for since 1984. For the families of the Gilgo Beach victims, it may soon bring answers to a mystery that has haunted this area for years.

From Lynbrook to Massapequa Park and across Long Island, one message is clear: Science keeps faith with the facts — and with the people who deserve justice.

LETTERS

There should be funding in the county budget for a safe center

The following letter was sent to Nassau County legislators.

The South Shore Women's Alliance is a nonpartisan organization dedicated to advocating for the rights of women and families. In line with this mission, SSWA hosted "Not Me" workshops for parents and their daughters, in which the Safe Center LI, of Bethpage, played a crucial role, providing instruction on fundamental prevention and protection strategies, as well as education on the warning signs and cycles of abuse.

In addition to serving as the primary center for people affected by domestic violence and sexual abuse, the Safe Center operated as an advocacy center for child-abuse prosecutions, maintained a crisis-intervention hotline and offered an advocate-response program that dispatched trained volunteers to emergency rooms to assist survivors of rape, sexual assault and domestic violence.

The Safe Center was the lifeline for over 5,000 people each year, providing crucial resources and support to victims of sexual abuse and domestic violence, the only center of its kind in Nassau County. It is unconscionable that County Executive Bruce Blakeman allowed it to close.

Nassau provided \$2.9 million to the Safe Center in 2023. But when asked for county grants to keep the center going, Blakeman failed not only to provide the needed funding, but also to facilitate a takeover by another organization, forcing the center to shut its doors.

The Safe Center board's former president, Shanell Par-



rish-Brown, said, "The county sort of left the Safe Center out to dry."

As reported in Newsday, County Legislator Seth Koslow "said the impending closure could have been avoided with better county planning."

"This was a failure of leadership in Nassau to ensure the safety of these children who have been victim-

ized once and are now being victimized again by the Blakeman administration," Koslow said. "This wasn't something that just fell out of the heavens — people saw this coming."

Why weren't there hearings about the future of the center when the financial problems first became known? Why hasn't the Legislature's

OPINIONS

My grief for my late grandma is love imploding

My 2025 began in a way that no one wants their new year to kick off: I got the flu. I woke up the first Monday of the year with a 103-degree fever, body aches that were almost unmanageable and a headache so intense I could barely keep my eyes open.



JORDAN VALLONE

The one thing that made me smile that day was a text from my sweet grandma, a nurse, who wrote, “Hang in there. Eat some nice warm soup and toast. Comfort food.”

Grandmas always know best.

In my dreary state, I decided to kick-start my annual reading goal of at least 50 books. I opened up “Sandwich,” by Catherine Newman, a witty tale of a family that has spent nearly every summer on Cape Cod, told from the perspective of its matriarch, Rocky. The book explores love, lost dreams, hope and more, offering a well-rounded glimpse into the many life stages we all experience.

When I read, I highlight lines that leave an impression on me, either by writing them down or using a tool on my Kindle. “Sandwich” was filled with them. I noted several things, but the one I kept thinking about in the days and weeks after I finished reading it was this: “Maybe grief is love imploding. Or maybe it’s love expanding.”

Like everyone, I’ve experienced grief for different things, for different people, but I hadn’t truly encountered its profound weight — the type of grief that makes it hard to breathe. My grandma died unexpectedly on May 4, at age 85. She took excellent care of herself, and besides a few minor incidents in her later years, she was generally in great shape. All it took was a brief, serious illness that led to sepsis and eventually organ failure. Her last few days were filled with moments I fear I’ll never be able to comprehend.

She was an exceptional woman, as most grandmothers are. She had seven children, 10 grandchildren, and family and friends galore in her neighborhood of Middle Village, Queens. A devout

Catholic, she was devoted to her church, its people and myriad ministries.

The last day I saw her was April 19, the day before Easter. It was exceptionally warm — over 80 degrees in Queens — and we had lunch and a long chat about baseball. A tried-and-true Yankees fan, she reminded me that she never rooted against the Mets, unless they were playing the Yankees. That day, she told me her favorite Met was Francisco Lindor — who had hit a walk-off home run the night before, much to her delight. I guess we Yankees fans know a thing or two about good shortstops.

It’s hard to put into words how much those final conversations mean to me. I never could’ve imagined that the next time I saw her would be our last moments together.

As I write this, I feel that overpowering sense of grief. This year didn’t start off the way I wanted it too, and really, it hasn’t gotten much better. There have been good moments, of course, but there have been a lot of sad ones, too.

It’s funny, though: As I think about

“Sandwich” — a book I decided to read maybe an hour or so after Grandma sent me well-wishes for the new year — I realize I can feel this way because before grief, there was love.

What I’m feeling is love imploding. I can’t say I’ve enjoyed the experiences I’ve endured this year, but I’m grateful that Grandma loved us so deeply that her absence leaves me with such a profound sense of loss, which is really just a testament to the type of person she was. All of us would be lucky to be loved so deeply, so consistently, by someone like her.

They say time heals all wounds, but I don’t always think that’s fair. The hurt I’ve felt these past few months may fade, but there will always be this void in my heart that only she could fill. I’ll wait forever, I hope, to see her again.

As her love expands in her absence, I hope to carry it with me everywhere — through every book I read, every milestone I reach and every ordinary day in between. If grief is love imploding, then maybe what follows is love reshaping itself, reminding me that she’s still here, in everything I do.

Jordan Vallone is deputy managing editor of Herald Community Newspapers. Comments? Jvallone@liherald.com.

LETTERS

Health and Social Services Committee held hearings about how it might save the center?

Even more egregious is how Blakeman uses women’s trauma as a political ploy in mailings and TV ads against his opponent, while abandoning survivors of rape, abuse and domestic violence — effectively casting them onto the streets.

The South Shore Women’s Alliance gathered hundreds of Nassau resident signatures urging that, rather than spending millions of dollars on outside legal fees for frivolous culture war lawsuits or for his own personal militia, Blakeman reinstate the county’s only domestic violence center.

The SSWA requests that Nassau County allocate funds in the 2026 budget for opening a new facility that shelters and provides the services that the Safe Center provided to women and children of Nassau County.

CLAUDIA BORECKY
*Executive director,
South Shore Women’s Alliance*

Should D’Esposito be an inspector general?

The following letter was sent to United States Senate Majority Leader John Thune.

It has been reported that the U.S. Senate is advancing the confirmation of former Congressman Anthony D’Esposito to

be inspector general of the U.S. Department of Labor. Nassau Residents for Good Government is a nonpartisan group concerned about transparency, accountability and integrity. We believe Mr. D’Esposito is wholly unqualified for this job, and ask that you block his confirmation.

Anthony D’Esposito’s history of questionable hiring practices has been well documented. While at the New York City Police Department, he reportedly broke labor rules by working a second job. More recently, D’Esposito was at the center of a scandal. In September 2024, it was reported that that while he was serving as a congressman in the 4th District, he put his fiancée’s daughter and his mistress on his congressional payroll, despite the House Code of Conduct prohibition against employing spouses, relatives and stepchildren.

There are also questions about his judgment. D’Esposito was part of the GOP’s slate of 2022 freshmen candidates for Congress, which included the disgraced George Santos, who was expelled in 2023 (and just released from prison). D’Esposito reportedly had a close financial relationship with Santos, and coordinated with him during their concurrent 2022 House campaigns, sharing a campaign treasurer (who later pleaded guilty to conspiring to defrauding the U.S. government) and raising money together through the Santo D’Esposito Nassau Victory Committee.

D’Esposito says that if confirmed, he

FRAMEWORK by Tim Baker



A bingo costume party fundraiser for the Rescuing Families charity — Mineola

will bring “grit, independence and accountability to the Department of Labor.” In fact, his record is antithetical to that position and that promise. As detailed above, his record is one of corruption and a general disregard for ethical considerations.

President Trump chose D’Esposito despite his ethical lapses amid lingering questions about his hiring practices.

es. But the Senate doesn’t have to. Here in Nassau County, we have seen up close D’Esposito’s labor practices, which we believe should disqualify him from consideration. Instead of advancing D’Esposito’s confirmation, it should be blocked.

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