



A pastor
with cancer
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PANZENBECK RE-ELECTED MAYOR



She secures third term, defeating Silverman

By **ROKSANA AMID**
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Glen Cove Mayor Pamela D. Panzenbeck won re-election Tuesday night, earning a third term with 56.42 percent of the vote. With all 18 precincts reporting, she received 3,812 votes on the Republican and Conservative party lines, defeating Democratic challenger Marsha Silverman, who garnered 2,934 votes (43.43 percent) on the

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★ ELECTION RESULTS ★	
Pamela D. Panzenbeck	Marsha Silverman
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Tim Baker/Herald
Pamela Panzenbeck will be the first woman to serve three consecutive terms as mayor.

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Courtesy American Lung Association

Team Zambelli was the first-place fundraising team with over \$17,000 raised.

Lung Force Walk on edge of funding goal

By JOSEPH D'ALESSANDRO

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The American Lung Association's New York chapter hosted its 3rd annual Lung Force Walk Long Island on Oct. 25 at Eisenhower Park in East Meadow, uniting hundreds of participants in the fight against lung cancer and chronic diseases.

The ALA is a nationwide charity that focuses on preventing respiratory ailments and supporting both patients and researchers during the ongoing battle against cancer.

This year's fundraiser collected \$142,000 to support lifesaving lung cancer research, early detection programs, and public awareness initiatives, coming close to its \$150,000 goal.

Lungforce Walk Committee Chair Nicole Sturiano championed the event, motivated by how lung health issues affected her family. In 2015, Sturiano's sister, Jeanine Pucci, died after a long battle with lung cancer. Now, Sturiano and her family walk every year under a team

"Me and my family, we keep the team going, and we've been involved ever since," she said. "It's keeping my sister's spirit alive."

"She was battling stage four lung cancer, and she took the time and made it her mission to be involved and bring awareness to lung cancer and the need for research and new drugs and programs, all while going through treatment herself. So, if she can do it, I'm going to continue doing that."

According to the ALA, someone is diagnosed with a lung disease about every two minutes. Lung cancer remains one of the leading causes of cancer deaths in the United States, even after the national survival rate improved by more than 44 percent over the past decade.

This year's walk was sponsored by Catholic Health as well as radio partners 106.1 BLI and WBAB 102.3. Two physicians from Catholic Health's Good Samaritan University Hospital, Dr. Ash-

ish Sangal and Dr. Sharad Chandrika, were honored for their work in the advancement of lung care during the ceremony.

Sangal is a board-certified medical oncologist and hematologist, and active across multiple medical expertise groups across the country.

"This is a great opportunity to raise awareness about lung cancer," he said. "As a medical oncologist, I stand before our patients and witness their courage, their resilience, from countless individuals and families who face lung cancer."

With lung cancer as the leading cause of cancer deaths around the world, supporting further research is of grave importance, Sangal said.

The funds raised will support the Association's mission to defeat lung cancer, projects to improve air quality, and reduce the burden of lung disease and tobacco-related illnesses on community members.

"We always seek opportunities where, if we can try to detect them early with newer therapies and treatments, we can save lives," he explained.

Chandrika is an interventional pulmonary specialist, specializing in minimally invasive procedures and early cancer treatment. She attended the walk with her colleagues and her family to support the cause.

"We know that early detection saves lives," Chandrika said, "the goal is to reach out to people, meet with them, increase our visibility, and tell them that screening is the right thing to do."

"It has to go beyond just education. We have to show our presence there and engage with the community."

The walk brought together families, friends, and company teams to rally in support of the health and wellbeing of people afflicted with lung-related medical problems.

Over the past decade, the group has been able to increase their "investments and lung cancer research grants by 340 percent," said Emily Amitin, development director of the ALA in New York.

Since then, "the Lung Force move

Enthusiasm endures while facing cancer

3

By ROKSANA AMID

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Pastor Tommy Lanham has built his ministry on enthusiasm — the kind that transforms sermons into stories, faith into action, and a small congregation into a close-knit family. Now, as the 53-year-old lead pastor of Glen Cove Christian Church undergoes treatment for stage 3 rectal cancer, the church community he helped sustain through the darkest days of the pandemic is coming together to sustain him.

Lanham said he first realized something was wrong when he began having digestive issues earlier this fall. A colonoscopy led to the discovery of “a mass about the size of a fist in the rectal area,” he said. The next day, doctors ordered an immediate scan to get a clearer picture. His wife, Tammy, remembers the moment vividly.

“On the 11th, which was a holiday weekend on a Saturday morning, this doctor calls us at home and I knew something wasn’t great,” she said. The scan, she explained, showed that the tumor had grown through his colon wall and there was a perforation. The doctor, she recalled, “was very kind and very calming, but he was very adamant — stop what you’re doing, get your husband to the hospital immediately.”

Lanham was admitted that day and later learned the diagnosis: stage 3 rectal cancer. His chemotherapy began on Oct. 20 at St. Francis Hospital. “My treatments are every other week,” he said. “I’ve got to do six rounds and then we’re going to go back in and look and see if it’s small enough where they can safely do surgery.”

While the off weeks bring relief, the treatment takes a toll. “This week I feel fine,” Lanham said. “Last week I had a couple of days where I didn’t get a whole lot done. I just didn’t feel well.” He admits he has had to reassess his schedule. “One of the things that I have not been as good at as I should be is getting enough sleep,” he said.

“From this experience, I’m learning to make adjustments in my schedule where I can sleep a little more.”

Despite the diagnosis, Lanham has continued preaching whenever he can. His colleague and co-pastor, Joe Cortale, said that although others have filled in, “it’s not slowing him down.” Two weeks after his first chemotherapy treatment, Cortale said, “that Saturday he did the Bible study in the morning. And on that Sunday, he preached... and then he did that again this week. He preached again yesterday, two services.”

A Life Rooted in Faith

Lanham’s journey to the ministry began far from Long Island — in the hills of Kentucky — and with a childhood story he still tells with humor and humility. “I actually set our house on fire,” he said, laughing. At five years old, jealous that his sister spent more time playing with her Barbie dolls than with him, he decided to take action. “I took one of my sister’s Barbie dolls and I set her hair on fire, and I put it on my mom and dad’s bed.” The fire destroyed the family’s home, forcing them to move back to southeastern Kentucky, where his mother began attending the same small church she had grown up in. “That’s where my spiritual roots began,” he said.

At first, Lanham resisted the pews. “I never enjoyed going to church,” he recalled. “I still remember my mom chasing me through the yard to drag me into the car.” By his teens, though, the church’s youth group and its volunteer leaders changed his heart. “They cared about us,” he said. “They made it fun and enjoyable.”

In high school, Lanham said he reached a turning point. “I just really came to a place where I had to pick one direction or the other,” he said. “I felt uneasy pretending to be something that I was not.” By his junior year, he added, “I just felt like God was wanting me to go into ministry.”

At just 14 years old, Lanham delivered his first sermon during a youth-led service. His minister, Monty



Courtesy Tammy Lanham

Chris Clingen, Tammy and Tommy Lanham, Joe and Laura Cortale show off merch from the fundraising website.

Cooper, helped him prepare a 20-minute message on 1 Timothy 4:12 — “Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith, and in purity.” Nervous, Lanham recalled preaching “that 20-minute sermon in about two and a half minutes.”

From Kentucky to Glen Cove

After earning his degree from what is now Johnson University, Lanham served as both a lead and associate minister, and later launched a traveling outreach called Upside Down Ministries, named after Acts 17:6: “Those who have turned the world upside down have come here too.” For eight years, he and Tammy — whom he met at Johnson and married in 2000 — traveled across states, holding youth revivals, leading worship, and teaching. “I truly felt like that’s what God was calling me to do,” he said.

As their children, Appolonya and Dylan, grew older, Lanham said he began to feel God calling him home. He transitioned to local pastoral work and eventually earned a master’s degree in pastoral counseling with an emphasis in life coaching from Liberty University. His love for helping others inspired him to launch a second ministry, The Enthusiasm Zone, a coaching platform designed “to help people break out of the monotony of the mundane and the mediocre so they can break through to their Enthusiasm Zone.”

It was that same energy that impressed Glen Cove Christian Church when Lanham applied for its open pastor position in 2019. “When we interviewed Tommy, I remember him saying he’s not looking for a place to come and preach,” Cortale said. “He’s looking for a place where he could come and turn the world upside down.”

Lanham succeeded longtime pastor Jim Phegley, moving 800 miles north from Kentucky to Long Island that August — just months before the COVID-19 pandemic hit. “If it weren’t for Tammy and Tommy, our church would have died like thousands did during COVID,” Cortale said. He credited Tammy’s “incredible” technical skills for helping the church pivot to livestreaming. “We had thousands of people tuning in each week,” he said. “And again, if it weren’t for Tammy and Tommy, the church wouldn’t be there.”

A Church Family’s Response

Today, Glen Cove Christian Church has about 100 in-person attendees each Sunday, with hundreds more watching online. Cortale said Lanham’s sermons are “dynamic, very articulate and inspirational,” describing him as a world-class speaker who can preach for 30 minutes “without looking at a note.”

That same confidence and drive are helping Lanham face cancer with faith. But the financial toll is daunting. Tammy said the family’s insurance covers 90 percent of medical costs, but the remaining 10 percent could amount to tens of thousands of dollars. “Everything I read said that this is going to be getting close to that half a million up to a million dollars to fight this,” she said. “And 10% of that is a lot of money to come out of your pocket.”

Initially uncomfortable with the idea of fundraising, the Lanhams began by designing shirts, hoodies, and tumblers available on Amazon. “We felt like that was a little bit more, ‘Hey, we’re giving you something for that,’” Tammy said. But as more friends, churches, and organizations asked how to help, they launched a GiveSendGo campaign titled “Fight With Enthusiasm.”

As of press time, the campaign has a goal of \$50,000 and has raised \$8,255. Donations can be made at GiveSendGo.com/FightWithEnthusiasm. The family’s fundraising page reads, “More than anything, we ask you to pray for this tumor to respond drastically to this chemo and quickly shrink and disappear.”

Tammy said the support they’ve received from Glen Cove and beyond has been overwhelming. “The response that we’ve gotten has just been amazing,” she said. “People wanting to support us, pray for us, bring us meals.” During one of Lanham’s hardest chemo weeks, she said, church members dropped off dinners, medicine, and even “a gallon of milk for my son.”

For Tammy, the journey has been both emotional and faith-affirming. “I’ve had a hundred people, literally a hundred people ask me, how are you doing? Are you okay?” she said. “And I’m like, no, I’m not okay. My husband’s fighting cancer. This is not okay. He’s 53 years old. I’m not dealing with this fantastically, but I have a big God and I have an awesome, enthusiastic husband and we will get through this. If he’s having a good day, I’m having a good day.”



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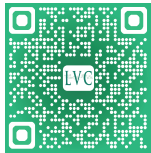
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Planning For and Executing Inheritances (Part One)

Planning for, and then executing, inheritances is often fraught with emotion. Most families choose to leave the inheritance "to my children in equal shares, per stirpes." Per stirpes is Latin meaning "by the roots" so that if a child dies before the parent, their share goes to their children (if any) in equal shares. If there are no children, then the inheritance is disregarded and their share goes to their surviving siblings in equal shares.

What about gifts to grandchildren? Let's say one child has five children and the other has two children -- seven grandchildren altogether. When a significant gift is given to grandchildren equally, it is not uncommon for the child with two children to say "well it was my brother's choice to have five children, why do I have to pay for it?" Good estate planning also looks at inheritances from the heirs' point of view as well.

We are often asked whether inheritances should be discussed with children ahead of time. While each family has different dynamics, this can end up being the equivalent of giving children a veto power over what you are going

to do. For example, if you seek their opinion on an unequal division, you will create a problem for the family if you choose to disregard their input. A better way might be the use of the "soft probe". Here, you suggest an idea that you have about an unequal division, and then gauge their reaction before making a decision.

For example, where one child is very much better off than another, you might say "You know, your sister Mary could really use our money a lot more..." The wealthy child will generally respond one of two ways. They will either say "Of course, I don't need it, leave it all to her" and you are off the hook, or they will indicate that they consider anything less than equal shares would be unfair. In the latter case, if you still want to help Mary more, you may give her gifts during your lifetime and keep peace in the family by leaving inheritances equally. You may also pass some accounts outside the estate by naming Mary as beneficiary.

Giving thought to your "emotional legacy" may go a long way towards keeping peace in the family.

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CRIME WATCH

ARRESTS

■ A 33-year-old man from Glen Cove was arrested on Oct. 2 on Cedar Swamp Road and charged with trespassing and two Glen Cove arrest warrants for petit larceny.

■ A 45-year-old man from New York, N.Y., was arrested on Oct. 2 on Park Place and charged with driving while intoxicated and unsafe lane change.

■ A 36-year-old man from Glen Cove was arrested on Oct. 4 in Village Square and charged with fourth-degree criminal possession of a weapon and second-degree menacing.

■ A 53-year-old woman from Glen Cove

was arrested on Oct. 4 on Sea Cliff Avenue and charged with second-degree assault, fourth-degree criminal possession of a weapon, and endangering the welfare of a child.

■ A 49-year-old man from East Meadow was arrested on Oct. 4 in East Meadow and charged with burglary and third-degree grand larceny, related to a previous incident in Glen Cove.

■ A 61-year-old woman from Glen Cove was arrested on Oct. 5 on Brewster Street and charged with second-degree aggravated harassment, fourth-degree criminal possession of a weapon, and second-degree menacing.

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.

NEWS BRIEF

Suspect arrested in thefts at St. Rocco's

The Glen Cove Police Department has arrested a suspect in connection with two thefts that occurred at St. Rocco's Church, located at 18 Third Street in October.

On the afternoon of Oct. 20, an individual entered St. Rocco's Church and stole money from the poor boxes and cash that had been pinned to several statues inside the church. The same individual returned the following day, October 21 and again stole money from the poor boxes and statues.

The church contacted the Glen Cove Police Department, and a prompt investigation was initiated by detectives. As a result of that investigation, Wilmer A. Ayala Rivera was arrested on Oct. 25,

and charged in connection with both thefts. Approximately \$400 was stolen in total.

"As a result of a thorough investigation, a suspect in the crime was quickly identified, arrested, and charged with the thefts," said Detective Lieutenant John Nagle of the Glen Cove Police Department.

The Glen Cove Police Department would like to thank the community for its assistance and remains committed to protecting local institutions and ensuring those responsible for such crimes are held accountable.

—Roksana Amid



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A new president and CEO of Northwell

By ROKSANA AMID

ramid@liherald.com

Northwell Health, the largest nonprofit health system in the Northeast, announced that Dr. John D'Angelo has officially assumed the role of president and chief executive officer, succeeding Michael J. Dowling, who led the system for 23 years. Dowling will continue to serve as CEO emeritus in an advisory capacity, supporting public health initiatives and focusing on teaching and writing.

A 25-year veteran of Northwell, D'Angelo began his career as an emergency medicine physician at Glen Cove Hospital before advancing through multiple clinical and administrative leadership roles. He most recently served as executive vice president of the health system's Central Region, overseeing six hospitals, 270 ambulatory practice locations, and 24,000 employees across western Nassau County and Queens.

"I'm honored to lead Northwell into an era of innovating for better health for all, where exceptional care, empowered employees, and thriving communities are the standard," D'Angelo said in a statement on Northwell's website. "Building on Michael Dowling's remarkable legacy, our 104,000-person team is committed to raising health for the communities we serve."

During his tenure as senior vice president of emergency medicine, D'Angelo managed 18 emergency departments and more than 60 urgent care centers. He also served as chief of integrated operations, where he coordinated Northwell's systemwide response to the Covid-19 pandemic and helped streamline operations in its aftermath.

His appointment as CEO followed an extensive nationwide search and was confirmed by a unanimous vote of Northwell's Board of Trustees in April. "Dr.



Courtesy Northwell Health

Dr D'Angelo greeted students at Hofstra University after their graduation ceremony.

D'Angelo brings strategic vision, an unwavering commitment to patients, and a deep understanding of the health care industry to the role of president and CEO," said Margaret Crotty, chair of Northwell's board. "He is a committed physician, respected leader and a trusted mentor at Northwell, and has the board's enthusiastic confidence to lead us into the future."

As CEO, D'Angelo's early priorities include advancing Northwell's digital transformation through the systemwide implementation of Epic, a comprehensive electronic health record platform that will unify its

diverse EHRs into a single system. The initiative is one of the largest Epic implementations in the nation and is expected to streamline workflows, reduce administrative burden, and improve patient outcomes.

He will also oversee the consolidation of the recently completed Nuvance Health merger, forming an integrated regional health system that will serve more than 13 million people across New York and Connecticut.

A Long Island native, D'Angelo earned his medical degree from SUNY Stony Brook and completed his residency in emergency medicine at Geisinger Medical Center in Pennsylvania. He served in the United States Armed Forces Reserves from 2001 to 2011.

At Hofstra University's Zucker School of Medicine White Coat Ceremony in October, D'Angelo reflected on his new role and the importance of compassion in medicine. "You're stepping into one of the most challenging and one of the most important callings in human life," he told incoming students. "Healthcare is a team sport... how we treat our teammates, doctors, nurses, and residents matters, because we must see their humanity, particularly in difficult moments."

Dr. David Battinelli, physician-in-chief at Northwell and dean of the Zucker School of Medicine, praised D'Angelo's leadership. "We are impressed that on this literal third day of his new tenure, John has made the time to join us to address our students, demonstrating his commitment to the importance of humanism in their education and careers," Battinelli said.

Under D'Angelo's leadership, Northwell will continue to expand its clinical network, strengthen workforce engagement, and promote innovation in patient care. The system currently operates 28 hospitals, more than 1,000 outpatient facilities, and employs over 104,000 people, caring for more than 3 million patients annually across the New York metropolitan area.

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Northwinds to honor veterans Nov. 9

The Northwinds Symphonic Band will continue its annual tradition of honoring America's veterans with a free concert on Nov. 9 at 3 p.m. at the Wunsch Arts Center, located at Robert Finley Middle School, 1 Forest Ave., Glen Cove.

The performance, titled "A Tribute to Our Veterans," will be conducted by Helen P. Bauer and Brandon Bromsey, and will feature Broadway vocalist Karen Murphy and tenor Joe Stoppel. The concert's patriotic program will include classics such as "God Bless America" and "The Stars and Stripes Forever."

Bauer said the concert's selections change each year to keep the event meaningful while celebrating service and sacrifice. "It will be different music, except for the patriotic ones that everybody wants to hear," she said. "We try to have an interesting mix of music."

This year's program will include "March of the Women Marines," composed in 1943 for the Marine Corps Women's Reserve, and the "Armed Forces Medley," which honors each branch of the U.S. military. Other highlights include "The Light Eternal," a tribute to four World War II chaplains who gave their lives to save others, and "Variations on

"America" and "Battle Hymn of the Republic."

The band began preparing for the concert in mid-September, rehearsing weekly. Bauer described the afternoon as both patriotic and uplifting. "Celebrating our veterans and the wonderful things that they do, and also an afternoon of enjoying beautiful music," she said.

A highlight of this year's event will be a special tribute to Major Scott Whitting, a U.S. Army Special Forces veteran of the Vietnam War who earned the Soldier's Medal and the Bronze Star. A longtime member of the Glenwood Fire Company, Whitting has also served in the New York Guard and remains active in numerous community organizations.

Whitting, who turns 83 on Nov. 28, will also be honored in February with the Tribute & Honor Foundation's Legacy Award at its annual gala.

The Nov. 9 concert is sponsored by the Tribute & Honor Foundation, The Herald, and other community partners. Admission is free and open to the public. The venue is wheelchair accessible.

For more information, contact (516) 375-4957 or helenpbauer@gmail.com.

—Roksana Amid

Drivers needed for senior program

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 decommissioned 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

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L.I. Association hosts WNBA's Caitlin Clark

November 6, 2025 — GLEN COVE HERALD

By MADISON GUSLER

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Caitlin Clark, the star point guard for the Indiana Fever, became the all-time leading scorer in NCAA Division I basketball, was selected first overall in the 2024 WNBA draft, was the league's 2024 Rookie of the Year and has drawn thousands of new fans to women's basketball.

On Oct. 29, hundreds of Long Island business leaders and basketball fans attended the Long Island Association's annual fall luncheon to see Clark speak with LIA President and CEO Matt Cohen.

The LIA is nonprofit association working to ensure Long Island's economic vitality. The luncheon usually highlights political or business leaders, but this year Clark, 23, spoke about her career and nonprofit work. It was her first visit to Long Island, but she is no stranger to New York, having made a number of TV appearances and played the 2024 WNBA champion New York Liberty at Barclays Center in Brooklyn.

"Honestly New York is one of my favorite places to come and play," she said. "The crowd they have is really fun, their fan base is absolutely incredible and they've got a great team."

As a junior at the University of Iowa, Clark became known for "the Caitlin Clark effect" — a dramatic increase in



Tim Baker/Herald

Women's basketball star Caitlin Clark joined the Long Island Association at its annual fall luncheon at Crest Hollow Country Club on Oct. 29.

popularity and revenue for women's basketball that continued when she turned pro.

"I just love basketball," she said. "I love the grind of getting better. No matter what we achieved or what I achieved personally, I always wanted to get back in the gym and get better at it."

She emphasized the importance of surrounding yourself with supportive

people who care about both your success and your well-being. "I've been very fortunate over the course of my career to be surrounded by a lot of really great teammates, coaches and a great support system that's allowed me to do a lot of cool things," she said.

Clark has sponsorships from Gatorade and Nike, and collaborates with Stanley. Her college marketing degree,

she said, has helped her navigate business decisions. "The biggest thing for me is working with brands that align with who I am," she said. "Everything has my fingerprints on it. Everything we put out there I'm super proud of."

Clark touched on her work with the Caitlin Clark Foundation, a nonprofit focused on youth empowerment through education, nutrition and sports. "It's honestly my favorite part of what I get to do," she said. The foundation organizes a large backpack giveaway, supports Central Iowa's Boys and Girls club, and works to install new basketball courts in Des Moines and Indianapolis.

"Basketball was never my end-all be-all," Clark said. "It's still that way for me. It's just what I love to do. It's crazy to think that this is my job."

She did not comment on negotiations between the WNBA and the Women's National Basketball Players Association on a new collective bargaining agreement after players opted out of the agreement. It was set to expire on Oct. 31, but both sides agreed to a 30-day extension for talks to continue. Players are concerned about pay, benefits and overall conditions in the league as the sport continues to grow.

For her part, Clark hopes to continue her career in Indianapolis and eventually help the Fever win a WNBA championship.



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Lawrence mayor recognized for advocacy

By MELISSA BERMAN
mberman@liherald.com

Lawrence Mayor Samuel Nahmias will be one of the honorees at the Holocaust Memorial and Tolerance Center's 30th annual Tribute Dinner next month. Nahmias will receive the HMTTC Honoree Award in recognition of his efforts to bridge the gap between communities on Long Island's north and south shores, and his outspoken opposition to heightened antisemitism since Hamas's attacks on Israel on Oct. 7, 2023.

"We are always looking to further our message and our reach," Bali Lerner, executive director of the HMTTC, said. "We feel our work is so important, and we're always trying to reach other communities. We felt there's no better time to get the South Shore community more involved than now."

"Given their location, they need more South Shore involvement," Nahmias said of the center, which is in Glen Cove. "With my position in Lawrence and my advocacy for many different things in the community, I like to help communities."

The honor, he added, would be heartfelt, because his grandfather was a political refugee during World War II, having emigrated to Uruguay before the war began.

"He wasn't a religious man," Nah-

mias said. "He was playing poker on a Friday night instead of going to temple." His grandfather, he said, eventually became chief counsel to the president of Uruguay.

"It's a very dear place for me," Nahmias added of the HMTTC. "We live in some really crazy times, with antisemitism at an all-time high, and we keep saying 'never again.' Unfortunately, what we thought was history is coming back again."

Amid the rise in antisemitism, Nahmias wants to remind the world that the Jewish people will not go quietly into the night again. "That is what this really means to me," he said. "It's very important and dear to me that we tell everybody, and make everyone aware of this."

"It's a great honor to stand up and be a part of this organization," he said of HMTTC, "to educate and help people understand."

The dinner will be hosted by the Old Westbury Hebrew Congregation on Nov. 20, and will also honor HMTTC Vice Chair Jolanta Zamecka with the Charitan Maier Founders Award. Grammy-

nominated singer-songwriter John Ondrasik will receive the Pillar of Courage Award.

Tribute Dinner Committee Chair Robert Raphael has organized the event for the past two years. He took over because the events of Oct. 7 made it clear to him that it's not enough to talk about change — the Jewish community must act.

"Planning such an important evening requires a tremendous amount of time, coordination and effort," Raphael wrote in an email. "This event allows us to champion a cause that matters and brings communities together in a unified stand against hate."

With 650 people expected to attend, Raphael is eager to acknowledge those whose leadership and hard work have strengthened the center's mission. "They deserve to be celebrated for all they've done to advance this vital cause," he wrote.

Raphael added that he was looking forward to standing alongside others who recognize the urgent need to confront the rise of antisemitism. "We will celebrate the resilience and beauty of the Jewish community and our partners

who champion equal rights and American values," he wrote. "Together, we will highlight how HMTTC continues to lead with impactful education and advocacy."

The dinner, Lerner said, is a time to come together to acknowledge the center's ongoing work. "Our founders are all Long Island families of survivors," she said. "Their goal was to keep their families' stories and testimonies alive. Some made it through the Holocaust, and unfortunately, a lot did not."

Another goal of the founders was to share the lessons Jews learned so that no other group of people would have to endure a similar experience.

"We fought alongside every marginalized group," Lerner added. "Unfortunately, today, with the rise in anti-Semitism, we are fighting a fight that I think the survivors never thought they would be fighting."

Each year, according to Lerner, the HMTTC uses the lessons of the Holocaust to educate more than 30,000 people about what happens when hate goes unchecked.

"The dinner is really a time when we can turn back and look at what we accomplished," she said. "As much as we've accomplished, we have so much more to go. The upcoming dinner is going to be exactly that."

To register for the event, visit hmtcli.org/events. Seats are limited.

The dinner is really a time where we can turn back and look at what we accomplished.

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Roksana Amid/Herald photos

Liza Mercadante, a Glen Head resident, sells goods for the Little Hippy Bake Shop.

Deep Roots market thrives with Chamber

The Glen Cove Chamber of Commerce is celebrating the successful first season of the Deep Roots Farmers Market under its stewardship, continuing the legacy of founder Amy Peters, who first launched the market to bring fresh, locally grown food and handcrafted goods to the community.

The open-air market, located at Garvies Point Park along the city's scenic waterfront, ran from late spring through early fall, featuring produce, seafood, baked goods, flowers, and artisan crafts from across Long Island. Each Saturday, the park filled with families, local shoppers, and visitors eager to support small businesses while enjoying live music, food, and a vibrant community atmosphere.

"I'm beyond thrilled to say Deep Roots Farmers Market had a wonderful first season under the stewardship of the Glen Cove Chamber of Commerce, perpetuating Amy Peters' legacy," said Dr. Maxine Mayreis, Chamber president. "Huge thanks to our amazing vendors, shoppers, and the entire Glen Cove community for making it a success. More and more people are discovering the superior quality, affordability, and uniqueness of locally grown, locally produced, locally sourced, and handcrafted goods and produce! Our credo is shop local and Deep Roots makes it easy."

Mayreis added that the music tent became a popular gathering spot this season, drawing crowds with "really groovy tunes" from local musicians. She noted that several new features are already in development for the 2026 season, encouraging residents to "tell all your friends, relatives, and neighbors to stay tuned."

The Chamber officially took over management of the market in 2025, building on Peters' commitment to sustainability and community connection. Deep Roots Farmers Market quickly became a Saturday tradition for residents and a destination for those discovering Glen Cove's revitalized waterfront.

Although the regular season has ended, vendors will return for holiday shopping during the Downtown BID's Tree Lighting and Winter Festival on Saturday, Dec. 6, in Village Square. For vendor or sponsorship opportunities, contact info@GlenCoveChamber.org.

—Roksana Amid



Julie Lamothe, a Locust Valley resident, owns the Cheese maker on Duty.



The weekly market sells products ranging from fresh produce to jewelry.



Paige and Arden Jiminez are volunteers.

Parker Jewish Institute showcases healing power of music with Sur Sagar ensemble

A musical ensemble at the Parker Jewish Institute brings harmony and wellness to residents and patients alike.

The ensemble is known as Sur Sagar, which means "Ocean of Melody" in Hindi. It features five women from the Institute's long-term care residence at Parker's Indian Cultural Unit. The Indian Cultural Unit is the first of its kind in the region, accommodating the rehabilitation, health-care and cultural needs of older adults in New York's growing Indian population.

At Parker, members of Sur Sagar come together in song to create something special. Beyond their enchanting melodies, Sur Sagar represents the therapeutic power of music in elder care. Music therapy can help reduce anxiety, improve cognitive function and provide a powerful outlet for emotional expression for older adults. While Parker's residents and patients diligently participate in physical, occupational and speech therapies that nurture their bodies, these musical gatherings nourish their spirits, helping



them to feel at ease so that they can heal.

The enthusiasm and unity of Sur Sagar members illuminate the profound impact of culturally meaningful activities. As part of Parker's Indian Cultural Unit, these sessions incorporate familiar melodies and rhythms that resonate deeply with residents, awakening cherished memories and creating moments of pure joy.

Sur Sagar embodies the essence of Parker's Indian Cultural Unit. The unit fosters the understanding that healing and

care must address the physical being while also honoring cultural identity and nurturing the soul through art and expression.

About The Parker Jewish Institute for Health Care and Rehabilitation<

The Parker Jewish Institute for Health Care and Rehabilitation is headquartered in New Hyde Park, New York. The facility is a leading provider of Short-Term Rehabilitation and Long-Term Care. At the

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



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Keep going

Maintain your fitness routine — now and through the New Year

The holiday season is a time for joy, celebration, and often, a whirlwind of activities that can throw your fitness routine off track. With holiday parties, family gatherings, and an abundance of delicious food, it can be challenging to maintain your healthy habits.

However, with a little planning and determination, you can navigate this festive season without compromising your fitness goals.

Set Realistic Goals

The first step to staying on track is to set achievable goals for the holiday season. Instead of aiming for drastic weight loss, focus on maintaining your current fitness level or simply staying active.

Consider setting smaller, specific goals, such as working out three times a week or incorporating more fruits and vegetables into your meals. By keeping your expectations realistic, you'll feel more motivated and less pressured.

Schedule Your Workouts

During the busy holiday season, it's easy to let workouts slide. To prevent this, schedule your workouts just like any other important appointment. Whether it's a morning run, a lunchtime yoga session, or an evening gym visit, block out time in your calendar

and treat it as non-negotiable.

Consistency is key, and having a designated time for exercise helps create a routine even amidst the holiday chaos.

Make Healthier Choices

Festive meals and snacks are often calorie-dense and less nutritious, but you can still enjoy holiday gatherings while making healthier choices. Focus on filling your plate with lean proteins, whole grains, and plenty of vegetables. Don't hesitate to bring a healthy dish to share; this way, you know there's at least one nutritious option available.

Also, be mindful of portion sizes — enjoy a little bit of everything, but listen to your body and eat until you're satisfied, not stuffed.

Stay Hydrated

Amid the hustle and bustle of the season, it's easy to forget about hydration. However, staying hydrated is crucial for your overall health and can help manage hunger levels.

Aim to drink plenty of water throughout the day, and consider opting for water or sparkling water instead of sugary drinks at holiday parties. Not only will this keep you feeling your best, but it will also help you



resist the urge to over-indulge in less healthy options.

Prioritize Rest And Recovery

The holiday season can be exhausting, with late nights and busy schedules. Prioritizing rest is essential for maintaining your fitness journey. Aim for at least 7-8 hours of sleep each night to help your body recover and stay energized. Incorporate rest days into your workout schedule, and consider practices like yoga or meditation to reduce stress and promote relaxation. Remember, recovery is just as important as

exercise in achieving your fitness goals.

Staying healthy during the holiday season doesn't have to be a struggle; you can enjoy the festivities while staying on track with your fitness journey. Embrace the season with a balanced mindset, and remember that every small effort counts.

Photo: With a little planning and creativity, maintaining a fitness plan through the holidays can still leave room for fun and festivities. Plus, you'll save yourself a lot of extra work in the new year by staying on track — no one wants to lose the progress they worked so hard gain.

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

Queens-Long Island Renal Institute (QLIRI), a 2025 Best of Long Island winner and located at The Parker Jewish Institute, now offers a state-of-the-art Home Hemodialysis Program for people battling kidney disease. Those patients who also require Certified Home Health Care can access it conveniently through QLIRI's affiliate, Parker Jewish Institute.

With QLIRI's Home Hemodialysis Program, patients can transition from an in-center setting to receiving hemodialysis from the comfort of their home, using the Tablo Hemodialysis System. Enrolled patients are first trained by a registered nurse. The nurse provides step-by-step guidance four days a week over the course of four weeks, or longer if necessary. With this training, patients learn to use the system before transitioning to the convenience of home hemodialysis.

If needed, patients of Parker's Certified Home Health Care Agency receive individualized nursing, medical, and rehabilitation services, so they can maintain maximum independence in the comfort of their homes. Home-care services can include skilled-nursing care; physical, occupational and speech therapy; home-health aides; medical social services; medical supplies; and 24-hour telephone availability.

Call (718) 289-2600 with questions. To learn more about QLIRI's Home Hemodialysis Program, visit qliri.org.

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



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Courtesy Michelle James Wettstein/The Artful Image
Dewdrop and her Flowers dance a lilting waltz in Waltz of the Flowers in the second act.



The magical Waltz of the Snowflakes closes Act I, when Clara and the Nutcracker Prince travel through a world of snow towards the Kingdom of Sweets.

Decades of holiday joy

Sacred Heart Academy welcomes the season with 'The Nutcracker'

By Abbey Salvemini

As we prepare for the festive season ahead, one cherished tradition is already spreading holiday cheer: Sacred Heart Academy's beloved production of "The Nutcracker." Now in its 35th year, the all-girls, student-run performance returns to delight audiences with its timeless magic, graceful choreography and heartfelt community spirit.

Proudly recognized as the first "Nutcracker" to take the stage on Long Island this year — two weeks before Thanksgiving — Sacred Heart's production is more than a performance; it's a celebration of artistry and empowerment. Every element — from choreography to marketing to stage management — is handled by students, creating an experience that's as much about leadership as it is about ballet. The young creative team is guided by the steady hand of Rockville Centre's Annie Melia, a 2008 alumna, now in her third year as director of the production. Many alumnae have gone on to shine as Rockettes, Juilliard-trained dancers and educators, proving that the spirit of the beloved holiday classic extends far beyond the stage.

"As the leader of the production, I've learned that creating a supportive and organized environment helps everyone perform their best," says Sienna Squadrito, a senior from Atlantic Beach who serves as the production co-president, choreographed the Waltz of the Flowers. "I tried to pull choreography that reflected the whole theme of the show."

Her goal is that audiences sense the passion and countless hours each dancer has put in to make the movements shine.

Oceanside senior Angelina Sabatino, vice president, who choreographed several scenes, takes on the role of the dazzling Dew Drop Fairy. She relates that the energy of an all-girls cast creates an atmosphere of empowerment and camaraderie.

"Being a part of 'Nutcracker' has such a positive energy and allows us to grow as dancers and leaders," she says.

Stepping into the role of the Dew Drop Fairy has been both exhilarating and deeply meaningful; the highlight for her.

"Dewdrop is one of my favorite roles because of how pretty the scene is. My favorite part is the music and the choreography, it's so uplifting. I am so excited to perform this role because of how magical it feels and how it puts you in the holiday spirit. Bringing the



Samantha Koenig, left, Angelina Sabatino and Sienna Squadrito pause for a photo backstage at last year's production.



- Nov. 14, 7 p.m.; Nov. 15-16, 2 p.m.
- Pre-sale tickets are \$15 each through Nov. 13; \$20 day of performance, subject to availability.
- Tickets available at sacredheartacademyli.org/TheNutcracker2025Tickets
- Sister Virginia Crowley Theatre, 47 Cathedral Ave., Hempstead

Dew Drop Fairy to life in front of an audience reminds me why I love to dance and how special it is to share that joy with the audience."

As the Sugar Plum Fairy, Samantha Koenig, of Garden City, carries one of the ballet's most iconic roles — a part she has made entirely her own.

"Instead of focusing on being perfect, I try to bring warmth and confidence to the character," she says.

Besides performing, she choreographed Waltz of the Snowflakes and serves as the show's Finale Coordinator.

"As a senior, it means a lot to set an example for the younger dancers," she adds.

Koenig reflects that what she'll hold closest to her heart about her involvement with the show is the deep sense of family and the cherished tradition it represents.

"Everyone supports each other, and it's so special to be a part of a tradition that brings so many people together," she notes.

For senior Hailey Friere, of Massapequa, who plays the Lead Messenger and Fritz, this year's performance marks her fourth year with the show.

"During my freshman year, I thought that participating in 'The Nutcracker' was just another after-school activity. Now, I see it more as a part of my life that fulfills the holiday season."

Friere's favorite aspect of the production is building friendships across grade levels and sharing the joy of the Christmas season throughout the school.

"Actually, I met one of my best friends through 'The Nutcracker,' and she's like a sister to me," Friere shares. "Now, I'm Fritz and she's Clara, so she's like a real sister to me!"

As the curtain rises this holiday season, Sacred Heart Academy's "The Nutcracker" reminds local audiences that its magic goes far beyond the stage. In sharing their passion, students invite everyone to experience the joy that has made this beloved production a cherished holiday highlight at the school for 35 years — and counting.



Ted Nash Sextet

Ted Nash's Big Band brings the Grammy Award-winning "Presidential Suite" to the Tilles Center stage. This fascinating program pairs historic speeches by figures like Franklin D. Roosevelt, John F. Kennedy, Winston Churchill, and others with bold, jazz-driven orchestrations. With Nash's thoughtful direction and expressive playing, the hard swinging band offers a powerful and resonant performance that bridges history, music and the spirit of swing. Each movement is tied to a different speech by world leaders, giving the words new resonance through music. Presidential Suite is considered Nash's most significant work, rich with social and political awareness. A longtime member of the Jazz at Lincoln Center Orchestra with Wynton Marsalis, Nash has spent 25 years blending intellect, emotion and bold creativity through his compositions. Acclaimed as one of the most innovative voices in modern jazz, he's known for his boundless creativity as an arranger and performer.

Sunday, Nov. 9, 7 p.m. Tilles Center, LIU Post campus, 720 Northern Blvd., Brookville. Tickets available at ticketmaster.com or tillescenter.org or (516) 299-3100



North Mississippi Allstars

Dynamic blues-rock band North Mississippi Allstars unearths the soul of the Mississippi hill country with every riff and beat. Led by brothers Luther and Cody Dickinson, their electrifying performances fuse tradition with modern energy and can turn any venue into a juke joint. As legend has it, the brothers started the band in 1996 as a loose collective of like-minded second-generation musicians who shared a local repertoire and regional style. Over the years, the lineup shifted by design, and each subsequent record offered up a different combination of collaborators. Get on your dancing shoes and hear for yourself the bold, raucous and reinvented tribute to the musicians' roots and evolution.

Sunday, Nov. 9, 7 p.m. \$48.50. Landmark on Main Street, 232 Main St., Port Washington. Tickets available at landmarkonmainstreet.org or by calling (516) 767-6444.

YOUR
NEIGHBORHOOD

C

CALENDAR

NOV 6 **On Exhibit**
Nassau County Museum of Art's latest exhibition, "At Play," which surveys artists' perennial fascination with entertainment in all forms, is in its final days. Framing this topic between the 19th century Belle Époque and today, the exhibit includes works by Pablo Picasso, Reginald Marsh, Everett Shinn, and Max Beckmann among many others. The works are gathered to represent a wide range of expressions, from entertainment-related activities to the fascinating personalities involved. It encompasses dance, music, theater, movies, circus, boating, and beach scenes, along with horseracing and various sports, both active and passive. Also featured are archival items from The Metropolitan Opera and the New York Philharmonic, including costumes by Marc Chagall for Die Zauberflöte, vintage fashion items by such designers as Alfred Shaheen, and iconic costumes from the Folies-Bergère in Paris. On view until Nov. 9.

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

Monthly meditation
Sands Point Preserve's historic mansions and waterfront grounds are the backdrop for an evening of nature-based mindfulness and meditation with Hildur Palsdottir, first Thursday monthly. Classes are held in the beautiful rooms of the Preserve's mansions, or in the Hempstead House Garden when weather permits. Explore techniques specifically aimed at stress reduction. Hildur adapts ancient Buddhist teachings to modern applications for calming the mind. With transformative practices you will access wisdom and clarity to live a more compassionate life. In addition to facilitating these monthly groups, Hildur offers support with establishing a home meditation practice. No feeling is final. \$17 per class.

- **Where:** 127 Middle Neck Road, Sands Point
- **Time:** 6-8 p.m., also Dec. 4
- **Contact:** sandspointpreserveconservancy.org or call (516) 571-7901

NOV 8 **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



NOV 14 **Gaelic Storm**
It's hard to imagine a band just coming into their own after 20 years of success, but that's exactly what makes a true anomaly. Gaelic Storm, a multi-national, Celtic juggernaut grows stronger with each live performance, and after two decades and over 2000 shows, they are a true force to be reckoned with. The band attributes their continued success to their fanatic audience, and it's a well-diversified crowd for sure — attracting fans of every genre with their rich storytelling, energetic instrumentals, devotion to Celtic traditions and passion for their stagecraft. They are as loyal to their fans as the fans are to them, as frontman Patrick Murphy states, "The fans are the ones that have given us this life. We're here for them." Gaelic Storm takes a true blue-collar, hard-nose approach to touring, consistently traveling the U.S. and internationally forging a unique path in the Celtic music world. This dedication to their live show dates all the way back to the mid-1990s, when Gaelic Storm kicked off its' career as a pub band in Santa Monica, Calif. Those performances ultimately led to their discovery that found the band appearing in the blockbuster film "Titanic" (where they performed "Irish Party in Third Class"). This laid the groundwork for a career that would eventually find them topping the Billboard World Chart six times, making appearances at mainstream music festivals, and regularly headlining the largest Irish Festivals across the country, all while gaining a reputation as a genre-bending Irish rock band whose songs mix Celtic traditions with something uniquely creative. \$68, \$58, \$48.

- **Where:** Jeanne Rimsky Theater at Landmark on Main Street, 232 Main St., Port Washington
- **Time:** 8 p.m.
- **Contact:** landmarkonmainstreet.org or (516) 767-6444

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 9 **In concert**
Sands Point Preserve's historic mansions and waterfront grounds are the backdrop for the latest edition of its unique chamber music series at Hempstead House, themed "Autumn's Graceful Waltz." In a graceful waltz of time, with leaves falling and the light filtering through the trees, like a dream of contentment, autumn is a dance of graceful transition in a masterpiece of color and light. The sonic flavor of Shakuhachi takes everyone to Japan, reminding and transporting all to autumns of the past in the concert series finale. The program features music from the Medieval period to today, performed by duoJalal ensemble-in-residence featuring Kathryn Lockwood, viola, and

Yousif Sheronick, percussion, with violinists Miho Saegusa and Ben Russell,, cellist Raman Ramakrishnan and Zac Zinger on Shakuhachi With wine reception following. \$56, \$45 members.

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

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

NOV 12 **Friends of the Glen Cove Public Library meet**
The Friends of the Glen Cove Public Library hold their next in-person meeting to discuss upcoming programs, fundraising efforts, and ways to support the library's

mission of serving the Glen Cove community. All members and anyone interested in joining the Friends are welcome to attend.

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

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

NOV 13 **Owl Prowl**
Sands Point Preserve welcomes all to a fascinating evening with these creatures of the night. Learn how to identify owls by sight and sound, and attract these beneficial birds to your own backyard. Then head out to the woods for a very quiet guided night walk in search of owls and other nighttime wildlife. A presenter from the Center for Environmental Education & Discovery, teaches everyone how to develop your night vision — flashlights are not needed! Spaces are limited and registration required.

- **Where:** 127 Middle Neck Road, Sands Point
- **Time:** 7:30-9 p.m. adults only; also Nov. 14, 7-8:30 p.m., families with children 8+
- **Contact:** sandspointpreserveconservancy.org or call (516) 571-7901

NOV 15 **Collage workshop**
Join Nassau County Museum of Art's first Artist in Residence, John Grande, on a creative journey through personal expression and visual storytelling. Compose your own collage while exploring a variety of tools and techniques used by professional collage and mixed media artists including a range of cutting instruments and adhesive methods. Each participant will have their pick from a variety of vintage, printed and colorful papers, fabric and trim samples, post cards, magazine clippings, books, and other collaging materials. \$50, \$45 members. For ages 16+

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

NOV 16 **Hempstead House Tour**
See the grand rooms inside the massive 50,000-square-foot Tudor-style mansion at Sands Point Preserve, the former summer residence of Howard Gould (1912-1917) and later Daniel and Florence Guggenheim (1917-1930). For adults, but children 5+ are allowed. \$10 per person.

- **Where:** 127 Middle Neck Road, Sands Point
- **Time:** Noon-2 p.m., also Nov. 23
- **Contact:** sandspointpreserveconservancy.org or call (516) 571-7901

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.

Billy Joel exhibit closes after two-year run

'A Piano Man's Journey,' at L.I. Music and Entertainment HOF, ends with collectors' presentation

By CHRISTIE LEIGH BABIRAD

cbabirad@liherald.com

A special presentation at the Long Island Music and Entertainment Hall of Fame on Oct. 25 marked the closing of the Billy Joel exhibit and highlighted the important role that collectors played in bringing it to life.

Among those sharing their stories were collectors Paul Fierro and Eric Fellen, who contributed memorabilia and offered items for door prizes and a silent auction to support the museum.

"I'm excited to be here and talk about our experiences throughout the years collecting," Fierro said, "but when people ask what's the best, I always say the best is the people that I've met along the way, the friends I've made over the past 50 years doing this."

After their presentation, Fellen and Fierro passed around pieces from their collections to a room full of devoted fans, and answered questions.

"Billy Joel, My Life: A Piano Man's Journey" ran for nearly two years, drawing many repeat visitors — including Lisa and Donnie Wallace, of Massapequa Park. "Billy Joel has been my all-time favorite for 50 years now," Lisa said. "I saw him 22 times during his residency and probably 30 times overall."

Melissa Heche, an audiologist who



Christie Leigh Babirad/Herald

Designer Kevin O'Callaghan spoke about the "My Life" exhibit with memorabilia collectors Paul Fierro and Eric Fellen.

has performed with Richie Cannata, attended with friends, and said that Joel's music was the "heartbeat" of their childhoods. "He became a role model too, pulling us into all different kinds of music," Heche recalled.

Regina DeMarco, of Woodbury, attended with friends she met on a Billy Joel Facebook fan page. "I've made a lot of friends through Billy Joel," DeMarco said. "We're a tight group and we love Billy's music. Some of the people in our

group come as far away as England, Australia and Chile."

JoAnn Laverdure traveled from New Hampshire for the final days of the exhibit. "I was planning on coming at the beginning of the month because I knew that it was closing, and then I saw the post for the 2 p.m. presentation and just changed my plans," she said. "I just adore him, and I think the exhibit is marvelous."

The exhibit was designed by Kevin

O'Callaghan, who described its closing as emotional. "It was an exhibition I was very proud of," O'Callaghan said. "My relationship dealing with Billy Joel I will never forget; it was a wonderful experience."

O'Callaghan is now preparing something new for the hall — this time stepping away from music and into television. His next project, scheduled to open Nov. 28, celebrates 30 years of the sitcom "Everybody Loves Raymond." Titled "Everybody Loves Raymond: Celebrating 30 Years," the exhibit will include the 70-foot-wide set built for the show's upcoming anniversary special on CBS. This marks the first time the set will be on public display.

"I couldn't be more excited about this new exhibit," O'Callaghan said. "The fact that we're taking television history, the actual set from 'Everybody Loves Raymond' — the actual set that we looked at many times on TV, and we have it here for people to walk on and enjoy — it's an immersive experience. It's a wonderful exhibition, and a wonderful journey back to a better time, when we all enjoyed watching real family comedy."

The Long Island Music and Entertainment Hall of Fame is at 97 Main St. in Stony Brook. For more details, go to limusichalloffame.org.

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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

Fugazy Scagliola tops City Council vote count

CONTINUED FROM PAGE 1

Democratic and Moderate lines. A total of 6,756 votes were cast in the mayoral race. Panzenbeck is the first woman in Glen Cove's history to be elected mayor for three consecutive terms.

"The thrill of winning never gets old," Panzenbeck said at her victory celebration at the Coral House in Baldwin. "We are excited for us, but we are excited to serve all of you, too."

Panzenbeck, 72, who served three terms on the City Council before being elected mayor in 2021, campaigned on a platform highlighting her administration's record of restoring Glen Cove's fiscal health, improving municipal facilities, and advancing infrastructure and public-space projects. Under her leadership, the city boasted three straight years of balanced budgets, earned a credit rating upgrade, and began several key infrastructure initiatives, including road and water system improvements.

In addition to the mayoral race, voters selected six City Council members — three Democrats and three Republicans — preserving Glen Cove's 3-3 partisan balance on the council. Incumbent Democrat Danielle Fugazy Scagliola led all candidates with 3,583 votes (9.37 percent), followed by John Frank Zozzaro, with 3,215 (8.41 percent), and John L. Perrone, with 3,051 (7.98 percent). On the Republican side, incumbent Grady Farnan earned 3,030 votes (7.92 percent), incumbent Kevin Maccarone received 2,998 (7.84 percent), and incumbent Michael Ktistakis rounded out the top six with 2,955 (7.73 percent).

"I want to keep representing the people to the best of my ability," Zozzaro said. "I want to continue working on the things I've been working on, like revitalizing our downtown and improving our train."

Fugazy Scagliola expressed her gratitude to voters for their confidence in her continued leadership. She said she wants to continue advocating for the city's downtown and improving train service.

"What I want to say today is thank you, Glen Cove, for voting for common sense," she said. "I am super grateful for your trust in me, and I will continue to work hard for you and to make Glen Cove the best it can be."

Ktistakis said he remained focused on community improvement and collaboration across city departments and civic groups. "Once I get back into office, simply put, I'll continue what I've been working on for the last two years," he said. "Again, my beloved Beautification Committee — we have a lot to do, especially after last week's first beautification fundraiser. Keeping the momentum going with Team Panzenbeck, rebuilding our infrastructure, maintaining our water systems, addressing overcrowding and working with our chambers as usual — bridging that gap between our local merchants



Joanne Yee / Herald

Danielle Fugazy Scagliola led all City Council candidates with 3,583 votes.

and our government for a stronger downtown."

The mayoral race centered on fiscal management, infrastructure upgrades, park and facility renovations, and waterfront redevelopment — issues that have defined much of Panzenbeck's tenure. Since taking office, she has overseen renovations of municipal buildings, upgrades of recreational spaces and progress on water infrastructure and storm drainage projects aimed at addressing longstanding flooding issues.

In her new term, which will begin in January, she will focus on maintaining the city's financial stability and advancing ongoing projects funded by state and federal grants. Upcoming priorities include the city's 2026 budget, continued improvements to road and drainage systems, and rehabilitation work along Morgan Memorial Park and the waterfront.

If the results are certified, as expected, the outcome will solidify Glen Cove's current leadership structure — with Panzenbeck and her Republican team continuing to hold the mayor's office and half of the council seats, while Democrats retain equal representation. For Panzenbeck, the victory signals continued support for her administration's approach to infrastructure renewal and fiscal management.

With certification expected in the coming days, she said her administration is ready to get back to work on behalf of all of the city's residents. Her remarks at the Coral House echoed the message she emphasized throughout her campaign — gratitude, unity, and service to Glen Cove.

"We are excited to serve all of you," she said. "This is about keeping Glen Cove strong and moving forward together."

A conflicted genius, on stage in Sea Cliff

19

By LUKE FEENEY

lfeeney@liherald.com

Russian culture has long been a part of the Village of Sea Cliff, and former Mayor Edward Lieberman has spent over a year preparing to highlight one of the country's most iconic authors.

Lieberman will examine the life and legacy of Leo Tolstoy during a presentation at the Sea Cliff Library titled "Tolstoy: The Life of a Conflicted Genius." The talk, scheduled for 4 p.m. on Nov. 13, will explore the Russian writer's novels, essays, and personal contradictions.

Tolstoy was a 19th-century Russian author, philosopher, and social reformer best known for the epic novels War and Peace and Anna Karenina. Lieberman said the presentation's title reflects the dualities of Tolstoy's life — from his aristocratic status to his embrace of nonviolence and spiritual humility.

"He believes in marriage, but in his marriage, there was constant bickering and constant fighting and suicide attempts and on both sides," Lieberman said. "He was a genius, but he couldn't handle school, teachers, or curriculums. He had serf house servants, and yet he deplored slavery."

The former mayor has done extensive preparation for the presentation. "I started reading everything I can get my hands on for the last year on Tolstoy," he said, adding that in addition to reading Tolstoy's novels he went through several biographies about the writer including Henri Troyat's 'Tolstoy', A.N. Wilson's 'Tolstoy: A Biography', and Rosamund Bartlett's 'Tolstoy: A Russian Life.'

Lieberman called Tolstoy a genius for his "writing, philosophy, and things that he did," adding that the Russian writer "always wanted to seek the truth, no matter what it was."

Tolstoy's influence stretched far beyond Russia. Playwright Anton Chekhov, writer Maxim Gorky, Indian independence leader Mahatma Gandhi, civil rights activist Martin Luther King Jr., and author Ernest Hemingway, all cited

him as an inspiration.

Lieberman and Sea Cliff Library Director Camille Purcell are frequent collaborators on his presentations. The upcoming presentation, Purcell said, is "probably our fifth or sixth go around together," adding that "I'm always up for helping in that way, I also learn a lot about the subject matter that he's doing."

Purcell's responsibility for the presentation is to put it into a format that is easy for people to view, while Lieberman conducts research. "They're usually PowerPoint presentations," she said. "I do more the artistic side of it and also the tech side of it."

His upcoming presentation, Lieberman said, is "probably three times longer than anyone that I've ever done," explaining that he has around 138 photos from throughout Tolstoy's life. "We go through a lot of material," he added.

Purcell said that responses to the presentations have been overwhelmingly positive. "We have gotten some of the biggest crowds that we've ever had, people just love it," she said. "He really does a great job presenting the information, researching the information, and he has just a natural way to convey the information."

Lieberman, 74, began giving historical lectures in 2021 after stepping down from village government. His past subjects have included Vincent Van Gogh, Theodore Roosevelt, Jackie Kennedy, and Flag Day.

"Besides having the extra time," he said. "I've always been into reading."

His interest in learning more about Russian writing through Tolstoy is not just academic, it's also familial. Lieberman's grandparents—Bernard Lieberman and Sadie Spaun—grew up in Minsk, Russia and fled in the early 1900s during the rule of Tzar Nicolas II.

Sea Cliff's Russian influence goes back to the 1920s, when nobles fleeing the Russian Revolution settled in the village. "Russian history is embedded in the history of Sea Cliff," Civic Association President Ann DiPietro said, add-

ing that the village once had "many princesses and princes," and is home to two established Russian Orthodox churches — Our Lady of Kazan and Saint Seraphim of Sarov. Easter bazaars and other cultural traditions followed.

DiPietro encouraged residents to attend the presentation, explaining that Lieberman "comes with all sorts of slides, and it's so much more than just a speech, he throws himself into a lot of research, and it's great." She also added that it will "give those that are well versed in Russian literature and those who are new to it, an insight into a peo-

ple, and also a greater insight into Sea Cliff."

Admission to the event is free and those interested in registering can do so by reaching out to SCinfo@SeaCliffLibrary.org. The presentations are usually around an hour to 75 minutes.

As for their favorite Tolstoy line, Lieberman and Purcell agree: the famous opening to Anna Karenina, set amid the backdrop of 19th-century Russian high society.

"All happy families are alike. Each unhappy family is unhappy in its own way."

HERALD 1106 PUBLIC NOTICES

LEGAL NOTICE NOTICE OF PUBLIC HEARING:

NOTICE IS HEREBY GIVEN that a Public Hearing shall be held on Wednesday, November 12, 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 §265-32.2 (C) Electric Vehicle Charging Station. All interested parties will be given an opportunity to be heard. Tina Pemberton City Clerk 156717

Place A Notice Call 516-569-4000 x232

LEGAL NOTICE NOTICE IS HEREBY GIVEN, that a Special Council meeting will be held on Tuesday,

November 18, 2025, at 5:30 p.m., in the City Hall Main Chambers, 9 Glen Street, Glen Cove, New York. Tina Pemberton City Clerk 156718

LEGAL NOTICE CITY OF GLEN COVE ZONING BOARD OF APPEALS

NOTICE OF PUBLIC HEARING PLEASE TAKE NOTICE that the CONTINUATION of a PUBLIC HEARING will be held by the Glen Cove Zoning Board of Appeals on Thursday, November 13, 2025, at 7:30 p.m. at the Council Chambers, City Hall, 9 Glen Street, Glen Cove, New York, when all interested persons will be given an opportunity to express their views. The hearing will be on the application of Frank Graziano residing at 3 Barbara Lane, Glen Cove N.Y. which seeks Variances from Sections 280-59 R-1 One-Acre Residential District (D)(6), 280-45 Regulations applicable to all districts (R)(1), and 280-45 (T)(1) of the Glen Cove Zoning Code to legalize an existing 707 sf pool cabana consisting of a recreation area, three piece bathroom, and two storage spaces. The subject property is located at 3 Barbara Lane, Glen Cove, N.Y., designated on the Nassau County Land &

District, and designated on the Nassau County Land and Tax Map as Section 22, Block N-1, Lot 488.

The above application is on file at the city offices located at 9 Glen Street, Glen Cove, NY where it may be seen during regular business hours of the usual business days until the time of the hearing.

Dated: October 30, 2025
BY ORDER OF THE BOARD OF ZONING APPEALS OF THE CITY OF GLEN COVE
TERI MOSCHETTA, CHAIRPERSON 156716

LEGAL NOTICE CITY OF GLEN COVE ZONING BOARD OF APPEALS

NOTICE OF PUBLIC HEARING PLEASE TAKE NOTICE that a PUBLIC HEARING will be held by the Glen Cove Zoning Board of Appeals on Thursday, November 13, 2025, at 7:30 p.m. at the Council Chambers, City Hall, 9 Glen Street, Glen Cove, New York, when all interested persons will be given an opportunity to express their views.

The hearing will be on the application of Jessica Urtnowski residing at 2A Midge Street, Glen Cove N.Y. seeking Variances from Section 280-30 A and 280-58 B R-3A Six-Thousand-Five-Hundred-Square-Foot One-Family Residential District of the Glen Cove Zoning Code to legalize an existing rear deck and for approval of a proposed roof over the deck. The property is an existing non-conforming lot where 6,500 sf is required, and 3,917 sf is existing. The maximum permitted lot coverage is 783 sf (20% of the

Tax Map as Section 30, Block 42, Lot 568. The property is located in the City's R-1 One-Acre Residential District.

The above application is on file at the City offices located at 9 Glen Street, Glen Cove, NY where it may be seen during regular business hours of the usual business days until the time of the hearing.

Dated: October 28, 2025
BY ORDER OF THE BOARD OF ZONING APPEALS OF THE CITY OF GLEN COVE
TERI MOSCHETTA, CHAIRPERSON 156714

LEGAL NOTICE CITY OF GLEN COVE ZONING BOARD OF APPEALS

NOTICE OF PUBLIC HEARING PLEASE TAKE NOTICE that a PUBLIC HEARING will be held by the Glen Cove Zoning Board of Appeals on Thursday, November 13, 2025, at 7:30 p.m. at the Council Chambers, City Hall, 9 Glen Street, Glen Cove, New York, when all interested persons will be given an opportunity to express their views.

The hearing will be on the application of Jessica Urtnowski residing at 2A Midge Street, Glen Cove N.Y. seeking Variances from Section 280-30 A and 280-58 B R-3A Six-Thousand-Five-Hundred-Square-Foot One-Family Residential District of the Glen Cove Zoning Code to legalize an existing rear deck and for approval of a proposed roof over the deck. The property is an existing non-conforming lot where 6,500 sf is required, and 3,917 sf is existing. The maximum permitted lot coverage is 783 sf (20% of the

lot area); however, the existing lot coverage is 1,121.87 sf. The proposed legalization and addition would further increase the existing non-conformity, resulting in a total lot coverage of 1,195.23 square feet. The subject property is located at 2A Midge Street, Glen Cove, N.Y., designated on the Nassau County Land & Tax Map as Section 31, Block 46, Lot 306. The property is in the City's R-3A Single-Family Residence District. The above application is on file at the City offices located at 9 Glen Street, Glen Cove, NY where it may be seen during regular business hours of the usual business days until the time of the hearing.

Dated: October 27, 2025
BY ORDER OF THE BOARD OF ZONING APPEALS OF THE CITY OF GLEN COVE
TERI MOSCHETTA, CHAIRPERSON 156715

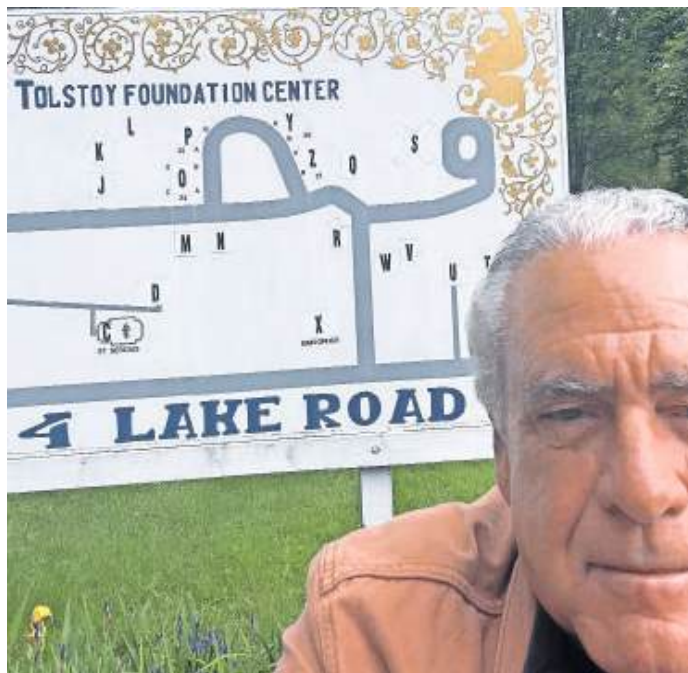
LEGAL NOTICE NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that a Public Hearing shall be held on Tuesday, November 25, 2025, at 7:30 p.m. in the Council Chamber at Glen Cove City Hall, 9 Glen Street, Glen Cove, NY to discuss the adoption of the City's renewal franchise agreement with Cablevision Systems Long Island Corp. All interested parties will be given an opportunity to be heard.

The proposed said agreement is on file with the City Clerk for public inspection. Tina Pemberton City Clerk 156719

To Place A Notice Call 516-569-4000 x232

Former Sea Cliff Mayor Edward Lieberman visited the Tolstoy Foundation Center in Cottage Valley upstate in Rockland County while researching Russian author Leo Tolstoy.



Courtesy Edward Lieberman

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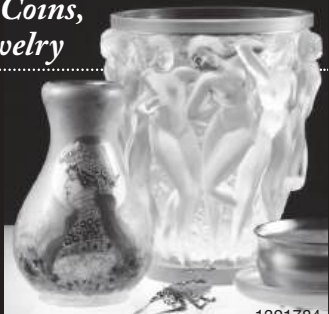
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OPINIONS

The power of purposeful professional development

In today's rapidly changing educational landscape, including new state graduation requirements, the current and future impacts of A.I. and evolving mandates and directives at the federal level, the imperative for professional development — on an ongoing basis — has never been more critical.

For professional development to have lasting impact, it must be an ongoing process in which educators continue to learn long after they earn their teaching certification. It should include year-round workshops, coaching, collaboration and study, all centered on refining practice, deepening knowledge and responding to the changing needs of students. It is this approach that is essential to create great teaching year after year. Just as we expect our students to be lifelong learners, we must ask the same of ourselves. Professional development keeps the spirit of curiosity and improvement alive.

This year, as we began the school year, the energy in the auditorium, with hundreds of new and returning staff gathered with a shared purpose, was truly inspiring. Together we reflected on the "power of moments," and how the most lasting experiences come from connection and purpose. That same belief guides how we approach professional

learning throughout the year — anchored in relationships, relevance and reflection.

In Glen Cove, we work intentionally to build a professional learning model that honors teacher expertise while offering opportunities for choice and collaboration. We embed professional development in the rhythm of the school year, not as an isolated event but as part of an ongoing conversation about instructional excellence. Teachers are active contributors, shaping our professional learning calendar through surveys, feedback sessions, Professional Learning Communities and alignment teams so that it reflects our educators' needs, interests and aspirations.

For educators to truly reap the benefits of a comprehensive professional development plan, it is also necessary to closely align professional learning with a district's instructional vision. If that alignment is missing, the benefits won't reach the classroom. In Glen Cove, professional learning and development is guided by five focus areas that serve as our compass: integrating strategies for literacy across content areas, building culturally affirming environments for our diverse learners, addressing chronic absenteeism with particular attention to sub-

groups, using assessment data to inform instruction, and increasing student discourse and conversation.

Each of these areas represents a deliberate investment in both teaching and learning. Whether it's a middle school science teacher weaving literacy strategy into lab reports or an elementary team using data to identify where students need extra support, our focus is always on coherence and impact. When professional learning is aligned with a clear vision, every session, coaching visit and PLC meeting adds up to something larger, a shared purpose that drives student growth.

Last November, we took a bold step forward with a districtwide professional learning day that had been a vision for many years. We brought together 191 teachers for a day designed entirely around educator choice. Teachers selected workshops that spoke to their passions and goals. We invited administrator facilitators, created space for teacher-led sessions and built in time for colleagues to connect and learn from shared experiences.

The day was more than just a professional development event. It was a statement about the district's values. It sent a message to teachers that they are appreciated, valued, inspirational and founda-

tional to the quality and excellence of the educational experience we offer our students.

Professional development isn't just about acquiring new skills. It's about reigniting purpose and reminding educators that the reason we all entered this field was to make a difference in the lives of young people. Every time our educators come together to learn, they strengthen the fabric of our schools. The conversations that begin in workshops echo in classrooms, hallways and homes. They ripple outward to students who feel more seen, lessons that feel more engaging, and communities that feel more connected.

Professional learning doesn't happen *to* teachers — it happens *with* them. It is an approach to the culture of a school district that requires Board of Education support, and the financial and human resources to ensure its effective implementation. In Glen Cove we have both. It engenders the power of moments that begin with our educators who create them every single day.

Dr. Alexa Doeschner is the superintendent, and Bryce Klatsky the assistant superintendent for curriculum, instruction and technology, of the Glen Cove City School District.



**ALEXA
DOESCHNER**



**BRYCE
KLATSKY**

Caitlin Clark's influence reaches beyond the court

A lot of the columns I write for the Herald center on similar things — books that have moved me, women who've inspired me, or the intersection of the two. As a 23-year-old navigating a fast-paced world, I turn to media and experiences that offer clarity and connection.

That's why attending the Long Island Association's fall luncheon last week, at which Caitlin Clark spoke, felt especially meaningful.

For those unfamiliar with Clark, she is regarded as one of the best female basketball players in the game. She's now a

point guard for the WNBA's Indiana Fever, but her collegiate career, leading up to the 2024 WNBA draft, attracted unprecedented interest in women's basketball. Clark is credited with boosting WNBA attendance and viewership, and the influence she's had on the sport has been dubbed the "Caitlin Clark effect." And she's only 23. Her career is just get-

ting started.

I've always been an admirer of women's sports and the athletes who have redefined what's possible. I was at the game in which Abby Wambach broke Mia Hamm's record for most goals scored for the U.S. women's national soccer team. I remember watching Serena Williams dominate the tennis world with unmatched power and poise. And in high school, I competed at a track and field meet in New York City where Sydney McLaughlin-Levrone — now a four-time Olympic gold medalist — also ran.

You may be wondering: What does Caitlin Clark have to do with the Long Island Association, a regional nonprofit that champions Long Island's business community? At first glance, not much. But here's the link: Beyond her basketball career, Clark has earned recognition for her work in business and philanthropy — two pillars that resonate deeply with the LIA's mission and broader conversations about leadership and impact.

In a Q&A session led by Matt Cohen, the association's president and chief

executive, an audience of more than 100 business affiliates and youth basketball players from Long Island colleges and high schools got a deeper look into who Clark is — not just as a basketball star,

but as a businesswoman and a person. With moments of humor and personality mixed in, the conversation was engaging, thoughtful and insightful.

Before Clark joined Cohen on stage, he noted one thing that stood out: He knew Clark was changing the game of women's basketball when he saw young boys sporting her jersey while playing on local courts around Long Island. Her ability to break boundaries and inspire boys and girls alike is nothing short of extraordinary.

Despite her stature, Clark remained grounded and thoughtful, thankful for those around her who have helped shape her success. She shared valuable insights with the business owners, journalists and especially the young athletes in the audience. Before she took the stage, we were asked not to take photos during the interview — a simple request that reminded me of something we all could

stand to do more often: truly listen.

I realized that what made Clark's presence so powerful wasn't just her accolades or the "Caitlin Clark effect" that headlines so often mention. It was the way she spoke with purpose — about showing up every day with gratitude, about doing what you love so well that it creates space for others to do the same.

Listening to her, I thought about the throughline that connects so many of the stories I write and the people who inspire me: the idea that greatness is defined not by how loudly you stand out, but by how authentically you show up. In a world that often celebrates speed, visibility and instant results, there was something refreshingly human about being in a room where the takeaway wasn't about performance, but about presence.

Clark may be changing the game of basketball, but perhaps her greater legacy will be how she's changing the conversation — about women and about leadership. That's what I carried with me as I left the luncheon: not just admiration for her success, but a renewed sense of what it means to be inspired, and to use that inspiration well.

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



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HERALD EDITORIAL

As neighbors go hungry, D.C. plays politics

On Saturday, 184,000 Long Islanders across nearly every ZIP code in Nassau and Suffolk counties woke up without the food assistance they rely on to feed their families. Forty-eight hours later, under public pressure, the Trump administration announced that it would fund just half of the \$100 billion Supplemental Nutrition Assistance Program.

The federal government shutdown has done the once unthinkable, gutting SNAP and leaving 42 million Americans — one in eight — wondering where their next meal will come from. SNAP, commonly known as food stamps, helps low-income families buy groceries with electronic payment cards.

Our Long Island neighbors who participate in SNAP — working families, children, seniors and people with disabilities — receive an average of \$187 per month to put food on the table. That's for a full month. For their full families. Roughly 3 million people in New York rely on food stamps. They now face impossible choices between meals, rent and medicine.

In an extraordinary display of community compassion, restaurants across Long Island and around the nation have stepped up to offer free meals to families who have lost their food stamp benefits. These acts of generosity exemplify the best of community, reminding us that when Washington fails, ordinary Americans will take care of one another, because compassion — like hunger — isn't a partisan issue.

Gov. Kathy Hochul has declared a state of emergency, and committed \$65 million in new state funds to emergency food assistance, which will provide 40 million meals through food banks and pantries. SNAP recipients should continue submitting required documentation to their local Department of Social Services, because benefits will hopefully be paid retroactively when federal funding resumes.

Locally, Island Harvest and Long Island Cares continue to serve food-insecure families across Nassau and Suffolk counties. This self-inflicted crisis hits at the worst possible time, in the weeks before Thanksgiving, one of the busiest periods for food banks, while federal workers remain without paychecks due to the ongoing shutdown. Food banks are preparing for unprecedented stress that will be felt in communities everywhere.

We're grateful for the compassion shown by restaurants and businesses that are stepping forward to feed their neighbors. We're thankful for the tireless work of our food banks. These extraordinary acts of kindness demonstrate the

If you need food assistance

Call 211 for immediate help finding your nearest food pantry or community kitchen.

Island Harvest Food Bank works with more than 300 community partners throughout Nassau and Suffolk counties. Application assistance is available in English, Spanish and Haitian Creole.

Website: islandharvest.org

Phone: (516) 294-8528

Long Island Cares serves families across the region with food pantries and emergency assistance.

Website: licares.org

Phone: (631) 582-FOOD (3663)

Some food delivery apps are offering grocery credits to SNAP recipients throughout November. Check apps for details on assistance programs.

Continue submitting documentation to your local Department of Social Services. Benefits are expected to be paid retroactively when federal funding resumes.

Restaurants offering free meals Some local restaurants are providing free meals to anyone with a SNAP card. Check social media or call restaurants in your area to ask about assistance programs.

How you can help

Donate to food banks:

■ Island Harvest: islandharvest.org, (516) 294-8528

■ Long Island Cares: licares.org, 631-582-FOOD (3663)

Financial contributions allow food banks to purchase and distribute food efficiently.

Volunteer: Food banks desperately need volunteers to sort, pack and distribute food across Long Island. Even a few hours makes an enormous difference. Contact Island Harvest or Long Island Cares to sign up.

Support restaurants helping

neighbors: Patronize local businesses that offer free meals to families in need.

Their generosity deserves our support.

Contact your elected officials and demand action:

■ Sen. Chuck Schumer: (202) 224-6542

■ Sen. Kirsten Gillibrand: (202) 224-4451

■ U.S. Capitol switchboard (for your congressional representative): (202) 224-3121

Tell them Long Island families cannot be pawns in political games. The shutdown must end, and SNAP funding must be restored immediately.

Become a grocery buddy: Help a neighbor or stranger buy groceries. Even small contributions make a difference for families struggling to afford food.

strength of our communities when we support one another. But private charity, no matter how generous, cannot replace a federal program serving more people than the population of many countries. If demand skyrockets, local food pantries may have to reduce distribution portions and limit the frequency with which people can receive food. Families that have never needed help before — in every Long Island community — are about to discover what food insecurity feels like.

And the economic ripple effects extend beyond hungry families. Food stamps generate \$1.54 in economic activity for every dollar spent. This suspension hurts businesses, employees and entire communities from one end of the Island to the other. As well, hungry children

will struggle to learn and behave. With many classrooms likely to have students on food stamps, the SNAP suspension will impact learning in schools across America.

Long Island will rise to this challenge, caused by Washington's dereliction of duty, because that's who Long Islanders are. The restaurants opening their doors to feed families in need, the food banks working overtime, the people becoming grocery buddies to help strangers buy food — these are the stories that define us.

But we must also demand accountability. The shutdown must end. Food stamps must be *fully* funded. And every elected official who played politics with families' ability to eat must answer to voters.

OPINIONS

Add project labor agreements to major school projects

From our city skyscrapers to the subways that keep our cities moving, union labor built this state. And now, as our schools age and our communities continue to grow, we have a new opportunity to show what it means to lead with our values.



MICHAELLE SOLAGES

The School Construction Fair Labor Act, sponsored by State Sen. Monica Martinez and I, is a chance for New York to show up for working class people and make sure the workers building our schools are treated with the respect and fair-

ness they deserve.

This bill would require project labor agreements, or PLAs, for all Long Island public school construction projects costing over \$1 million. Before a single shovel hits the ground, PLAs lay out clear terms for wages, safety standards and conflict resolution. That means less

chaos on job sites, and a better final result for our school communities.

We already know this approach works. Research from Cornell University shows that PLAs make job sites safer and more cost-effective over time. That's because they prevent the chaos that comes when non-union contractors underbid jobs by reducing wages and ignoring safety.

We've seen it time and again: When we cut corners on construction, our schools pay the price. School buildings that fall apart too soon. Heating systems that fail in the middle of winter. These are all costly and avoidable problems. By ensuring a stable, experienced workforce from the start, PLAs create the strongest conditions for a job well done.

This bill isn't just about upgrading our schools — it's about working-class Long Islanders. Right now, far too many school construction contracts are awarded to out-of-state firms that bring their own workforce, which bypasses a

lot of our own talent here in our region. This isn't a strong model for success, and puts our own unions at a disadvantage.

They'll ensure that public dollars work to create local jobs and support a stable workforce.

Long Island public schools receive nearly 80 percent of their construction funding through the state's Building Aid program. That's hundreds of millions of public dollars flowing into the region every year. The question isn't whether we'll spend this money; it's whether we will spend it responsibly. With 125 school districts, these are not small or occasional projects.

They're an important part of our public infrastructure, and they should be built to the best standards possible.

Requiring PLAs would ensure that public dollars work to create local jobs and support a stable, skilled workforce. Many PLAs include workforce development components that prioritize hiring from the local community, which includes Black, Latino, Asian American and Pacific Islander New Yorkers, and other underrepresented groups in the

trades. That helps create long-term opportunities for working families.

It also supports small and responsible local contractors. PLAs don't exclude non-union firms; they just require everyone to play by the same rules. That levels the playing field for businesses that do their part to pay fair wages and provide workers' benefits.

This bill would also provide clarity and consistency. As things stand now, each school district manages its construction bidding process independently, which leads to unpredictable results and unequal standards. A uniform PLA requirement for projects over \$1 million would offer a reliable baseline, while still giving our local school leaders the flexibility they need.

At its core, the School Construction Fair Labor Act is about making sure public money works for the public good. That means investing in our infrastructure, and in the people who build it. Let's pass this legislation, and make sure our schools are built to last, by workers who are valued and paid fair wages.

Michaelle Solages represents the 22nd Assembly District.



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