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The Tribute and Honor Foundation announced its 2027 honorees, who will receive their awards in February.

Veterans group honors five from N. Shore

By JULIA CAPITELLI

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The Tribute and Honor Foundation recognized its 2027 award recipients at its annual announcement event last Sunday at the North Shore Historical Museum. Five North Shore residents are among those who will receive awards at the Tribute and Honor Awards Ceremony and Fundraising Gala in February.

Founded in 2021, the foundation’s original mission was to raise funds to help rebuild Glen Cove’s James E. Donahue Veterans of Foreign Wars Post 347 after it was severely damaged by a fire. The post was restored, and since then, the foundation has become a nonprofit for initiatives such as the Ben Farnan Scholarship, which helps graduating high school students who are committed to serving in the U.S. military.

“Our awards honor our veterans,” the founda-

CONTINUED ON PAGE 22

State funds boost Glen Cove soccer and fire safety

By ROKSANA AMID

ramid@liherald.com

For Billy Graziose, soccer has been part of his family’s life for years. His son, Michael, 11, began playing in Glen Cove’s intramural soccer program in kindergarten and now plays travel soccer. Graziose’s 4-year-old daughter is already playing, too. Graziose volunteers with travel teams and serves on the Glen Cove Junior Soccer Board.

“Soccer really is a big thing to me and my family,” Graziose said.

Now, the field where generations of Glen Cove children

have played is slated for a major upgrade after New York state awarded the city \$1 million for improvements to Pascucci Soccer Field, Glen Cove’s only public soccer field. The funding will be used for facility improvements and upgrades to the playing surface and recreation space.

For Graziose, the investment represents an opportunity to give Glen Cove’s young soccer players a home field comparable to the facilities they encounter when traveling elsewhere on Long Island.

“We go to other places. This past week I went to Hempstead and they had a beautiful turf

field and park,” he said. “And sometimes we play on grass and it’s not in the best of shape.”

Graziose said soccer has become deeply embedded in Glen Cove’s community life. Residents have gathered for soccer watch parties, including one at Pascucci where a 20-foot inflatable screen was set up for residents to watch a game together.

“This is a community that really loves and appreciates soccer,” he said.

Glen Cove Youth Services Director Spiro Tsirkas said the state money will allow the city to install a turf field.

“Bringing this turf field to the City of Glen Cove will not only benefit our youth, but adults in our community as well who enjoy the sport of soccer,” Tsirkas said. “This upgrade has been a long time coming, and these State funds will make it possible. We’re looking forward to getting it installed!”

Graziose credited Tsirkas for his years of helping revitalize Pascucci and said he is eager for the next phase of the field’s transformation.

“I can’t wait for that to be our home field,” Graziose said. “I really can’t. I’m so excited for it.”

The soccer field isn’t the

CONTINUED ON PAGE 6



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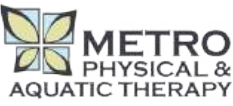
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ON THE ROAD WITH A TAKEOUT QUEEN

Takeout Tales

As a former writer for children’s television, the fairy tale characters are still always on my mind. Whenever I order takeout, I think of what those characters would grab to go as well. This month, Cinderella, Rapunzel, and others can resolve their story conflicts by picking up takeout from specials on fall menus and in two new cafes in our neighborhood. All foods are delicious for humans, too.

Green Eats (17 Bridge St., Glen Cove)

Cinderella’s Fairy Godmother turns a pumpkin into a coach. At midnight, the coach turns back into a pumpkin. But what happened to the pumpkin after that? I’m guessing it was pureed, and the owners at Green Eats turned it into their ultra-refreshing fall pumpkin smoothie. It’s a combination of pumpkin puree, fresh nutmeg and ginger, banana, cinnamon, vanilla paste and oat milk. I paired mine with the autumn grain bowl, and butternut squash soup topped with honeyed pumpkin seeds. It’s creative, clean eating at its best.

CATHI TUROW

to shine through. Best of all, I loved that I could easily lift my slice with one hand. As I raised it toward my mouth, the toppings seemed to say, “We’re all going up. Hold on!”

Ilios Froyo (1355 Northern Blvd., Roslyn)

In the story of The Three Bears, Goldilocks broke into the bears’ house and ate their porridge. She thought one bowl was too hot, one was too cold, and one was just right. Goldilocks would love this new, pristine, Mediterranean-inspired frozen yogurt cafe where you can choose yogurt and topping combinations that are “just right” for you. All flavors are Greek yogurt based. One version is plain, not sweet. A second, vanilla flavor, is gently sweetened with cane sugar. Two other rotating flavors are also offered. The toppings range from kiwi and dates to super fresh cookie crumbles to unique sauces including raspberry, pistachio knafeh and Cinna bun. Make your treat as tart or sweet as you’d like!

Loafers Bakery & Gourmet Shop (175 Birch Hill Rd., Locust Valley)

Little Red Riding Hood’s mother packed a basket of goodies to bring to grandma’s house. I’m assuming Red’s mom was savvy enough to fill it with the returning autumn goodies in this shop. I’m talking about the pumpkin chocolate chip loaf, pumpkin cookies, muffins, breads, soups, sandwiches and more. They’re all prepared on the premises. I hope she packed my favorite—the apple fritters. Each is covered with thick, sugary icing that will make you swoon “mmm.” Hopefully, she packed my other favorite, the sliced pear, brie and caramelized onion on flat bread. Warmed up, it’s so pretty. Last week, I ate the whole thing for dinner.

See you next month!



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Coastal cleanup tackles litter at Pryibil

By ROKSANA AMID

ramid@liherald.com

More than 40 volunteers descended on Pryibil Beach on Sept. 19, collecting 171 pounds of litter — including hundreds of cigarette butts and plastic bottle caps — during Glen Cove's annual International Coastal Cleanup.

The cleanup, organized by the City of Glen Cove Beautification Commission, brought together community volunteers and members of Scuba Network to clear debris from the beach. Although rough weather prevented the volunteer divers from entering the water, they joined the effort on land.

"It was wonderful to see so many volunteers come out to help at our International Coastal Cleanup at Pryibil Beach," Lora Cusumano, chair of the Beautification Commission, said. "Unfortunately, the weather didn't cooperate for diving that morning, but we were so grateful that the volunteer divers from Scuba Network stayed and worked alongside us picking up litter on the beach."

The divers are expected to return Oct. 4 to clean beneath the pier.

This year's haul was lighter than in 2025, when volunteers collected 192 pounds of litter, but several individual types of waste increased. Volunteers recovered 610 cigarette butts, up from 539 last year, and 319 plastic bottle caps, compared with 116 in 2025. The number of straws and stirrers also increased from 63 to 172. Metal bottle caps declined from 112 to 89.

The cleanup provided an early test for the city's new Keep America Beautiful Cigarette Litter Recycling Program, with volunteers separating cigarette butts from other debris.

Cusumano said the number collected was particularly concerning because Glen Cove's parks and beaches are smoke-free.

"Cigarette filters do not simply disappear or safely break down — they become litter that can make its way into our waterways and harm the environment," she said.

Under the new program, collected cigarette waste will be sent to TerraCycle to be processed and recycled. New cigarette recycling receptacles are also expected to appear at locations throughout Glen Cove.

Beautification Commissioner Cheryl Carmody said removing the waste is important for protecting wildlife that can become entangled in garbage or mistake discarded plastic and cigarette butts for food.

"It's a great opportunity for the community to come out and clean up an area that they love to visit and spend time at," Carmody said.

She was particularly surprised by the amount of debris volunteers discovered near the playgrounds and on the opposite side of the pier.

For Beautification Commission Vice Chair Robert Labaw, who has been involved with beautification efforts for more than 30 years, the annual cleanup



Photos courtesy Lora Cusumano

Volunteers at Pryibil Beach on Sept. 19 for Glen Cove's annual International Coastal Cleanup, collecting litter along the shoreline.



Community volunteers removed litter from Pryibil Beach during the annual International Coastal Cleanup.

is part of a decades-long effort. He said the commission began participating in coastal cleanups in the early 1990s.

In earlier years, volunteers sometimes encountered medical waste and other debris along the shoreline, Labaw said. Conditions have gradually improved.

"We find less and less and less, and I think that's all part of just the general public being a little better educated and more concerned about our environment," he said.

About 22 community volunteers participated this year in addition to the diving group, bringing attendance to more than 40 people.

"When we do a cleanup event like this, you feel really good that you've made your city a little cleaner, a little better place to live," Labaw said. "It doesn't last forever like that. Debris happens, but it just looks better."



Volunteers sorted through debris collected during the International Coastal Cleanup at Pryibil Beach, including cigarette butts, plastic bottle caps and other litter.



Over 40 members of the community worked together to help beautify one of the city's popular beaches.



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Asset Protection is Inheritance Protection

Two overriding questions govern your choices in an elder law estate plan. First, what will happen to your assets when you pass away? Second, what will happen to your assets if you need long-term care? A comprehensive plan covers both issues. You must protect assets from going to long-term care costs so that the assets may transfer to your beneficiaries instead.

Plan A, and the best protection from long-term care costs, is long-term care insurance. Factors to consider include the daily benefit amount and an inflation rider that keeps pace with the increasing cost of nursing homes. Long-term care insurance also pays for home health aides, which allows you to "age in place," rather than go to a facility.

If you don't have, or cannot get, long-term care insurance, Plan B is the Medicaid Asset Protection Trust (MAPT). Assets that have been in the MAPT for a minimum of five years are protected from nursing home costs and immediately for home care, for which there is currently no waiting period.

Consider the use of trusts, as opposed to wills, to avoid probate, a court proceeding that occurs when you die with assets in your name alone. It is also much easier to contest a will than a trust. If you are disinherit a child, it makes sense to use a trust to avoid potential litigation. Generally, trusts save time and money in settling your estate.

You may want to leave your assets to your children in their own Inheritance Protection Trusts, rather than as outright distributions. These trusts protect the inheritance from your children's divorces, and, when the child passes away, the inheritance goes to your grandchildren, not to your son-in-law or daughter-in-law.

To sum up, an elder law estate plan (1) protects assets from the costs of long-term care, (2) passes assets to your heirs, with the least amount of taxes and legal fees possible, (3) keeps assets in the bloodline for your grandchildren, and (4) protects the inheritance from your children's divorces.

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THE GREAT BOOK GURU

Mad man!

Dear Great Book Guru,
I was at the Longest Table event organized by LOVE YOUR NEIGHBOR PROJECT – what fun! Besides delicious foods prepared by the guests, wonderful music, and great camaraderie, I got some wonderful book recommendations. One was about an executive that turns his back on his past life and opts out of the world as he knew it. It's supposed to be very funny but also thought provoking. Are you familiar with the book?

Longest Table Diner



**ANN
DIPIETRO**

The novel opens as he prepares to win the biggest account of the century - the dairy industry is looking for a sales campaign to counteract the plummeting sale of milk (think the subversive influence of oat "milk"). When the spokesperson he hires turns out to be an anarchist farmer, Alan's career comes to a halt.

Meanwhile his wife has become the ultimate consumer buying her way into elite social circles. His children, as they question their parents' values, find themselves at odds with friends and teachers. What is Alan to do but....opt out!

This is indeed a hilarious take on the lives many of us live, but it is also a sobering take on those lives. Highly recommended.

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

CRIME WATCH

ARRESTS

- Police Officer Levantis arrested a 31-year-old Bronx man on Sept. 14 for Glen Cove City arrest warrants for aggravated unlicensed operation, obstructed view, unlicensed operation and operating a vehicle without insurance on Merrick Road in Baldwin.
- Detective Denk arrested a 28-year-old Westbury man on Sept. 16 for burglary, criminal possession of a controlled substance and three counts of criminal possession of stolen property on Ronan Road.
- Police Officer O'Neill arrested a 32-year-old Glen Cove man on Sept. 17 for driving while intoxicated, criminal possession of a controlled substance, obstructed view and improper turn on Cedar Swamp Road.
- Police Officer Sican arrested a 28-year-old Monticello woman on Sept. 17 for aggravated unlicensed operation, broken windshield, obstructed view, suspended registration, unlicensed operation, no insurance, no inspection and one registration plate on Forest Ave.

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.

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Celebrating Hispanic cultures

By **ROKSANA AMID**

ramid@iherald.com

National Hispanic Heritage Month, celebrated from Sept. 15 through Oct. 15, recognizes the histories, cultures and contributions of Americans with roots in Spain, Mexico, the Caribbean, and Central and South America. In Glen Cove, where roughly one-third of residents identify as Hispanic or Latino, the observance has a strong local connection.

1

■ Why does Hispanic Heritage Month begin Sept. 15?

Unlike most commemorative months, Hispanic Heritage Month begins in the middle of September.

Sept. 15 marks the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico celebrates its independence Sept. 16, followed by Chile on Sept. 18.

The observance began as Hispanic Heritage Week in 1968. Congress expanded it to a 30-day celebration in 1988.

The month recognizes a wide range of cultures and traditions. Although the terms Hispanic and Latino are sometimes used interchangeably, neither describes a single race, nationality or shared experience.

2

■ One-third of Glen Cove is Hispanic or Latino

Hispanic Heritage Month carries particular significance in Glen Cove.

About 33 percent of the city's population identifies as Hispanic or Latino, according to the U.S. Census Bureau's 2020-24 estimates. That represents roughly 9,290 residents.

The community has grown substantially in recent decades. Hispanic and Latino residents made up about 20 percent of Glen Cove's population in 2000 and nearly 28 percent in 2010.

Glen Cove's Hispanic community includes residents with family roots in El Salvador, Guatemala, Honduras, Peru, Colombia and other Latin American countries. Its influence can be seen in the city's schools, neighborhoods, houses of worship and downtown businesses.

3

■ The community has deep local roots

Local organizations have served Glen Cove's Spanish-speaking population for decades.

La Fuerza Unida was founded in 1978 to address the needs of Spanish-speaking residents on Long Island. The nonprofit's mission includes improving the social, educational, cultural and economic conditions of Hispanic Americans in Glen Cove and surrounding communities.

Hispanic and Latino culture is also woven into the city's everyday life. Downtown restaurants offer Peruvian, Colombian, Salvadoran and other Latin American cuisines, while local performances have brought salsa, merengue, cumbia, bachata and Latin jazz to Glen Cove audiences.

The month celebrate those traditions and the community's year-round contributions.

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Roksana Amid/Herald

The Glen Cove Volunteer Fire Department received \$287,324 in state funding that will help the department replace its aging radios.

Local upgrades take shape with state support

CONTINUED FROM PAGE 1
only Glen Cove institution receiving an infusion of state money.

The city was also awarded \$287,324 through New York’s Volunteer Fire Infrastructure & Response Equipment Grant Program, or V-FIRE, funding that Glen Cove Fire Chief Justin Valeo said will allow the department to finish replacing its aging radios.

“This funding is going to allow us to replace the last of our aging radios,” Valeo said.

The department protects roughly 28,000 residents, Valeo said, and reliable communications are among firefighters’ most important tools during an emergency. The city has helped the department begin replacing its older radios over the past several years, he added, but the grant will allow that process to be completed.

“The city of Glen Cove and its administration has been super helpful over the past couple years to help us start replacing these, but this grant is going to allow it to come to a close,” Valeo said.

The department also uses multiband radios on its trucks, which allow Glen Cove firefighters to communicate with neighboring agencies that may operate on different frequencies and bands.



Courtesy Peter Budraitis

Gov. Kathy Hochul met with young soccer players at Pascucci Soccer Field after announcing \$1 million in state funding to upgrade Glen Cove’s only public soccer field.

Valeo said one such radio costs approximately \$10,000.

“That gives us that inter-agency operability that we’re looking for,” Valeo said.

Glen Cove’s award is part of \$25 million in V-FIRE capital funding distributed to 65 volunteer fire departments and districts across New York. The program, administered by the state Division of

Homeland Security and Emergency Services, can fund improvements to fire stations and training facilities as well as equipment intended to improve firefighter health, safety and emergency-response capabilities.

Mayor Pamela Panzenbeck said the soccer-field investment would benefit Glen Cove’s young athletes and families for years.

“On behalf of the City of Glen Cove, I want to thank everyone involved in obtaining this significant \$1 million investment in Pascucci Soccer Field,” Panzenbeck wrote in a statement. “This funding will help us continue to improve an important recreational facility that is enjoyed by so many of our young athletes and families.”

Gov. Kathy Hochul said the state’s investment in Pascucci was intended to preserve a community gathering place and expand recreational opportunities.

“Soccer brings people together across generations and neighborhoods, and every young person deserves a safe place to play,” Hochul said. “Pascucci Soccer Field has long been a gathering place for Glen Cove residents, and my \$1 million in support will help preserve and improve the city’s only public soccer field for the families who rely on it.”

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HERALD SPORTS



Tim Baker/Herald photos

The jockey colony for the first race at the transformed Belmont Park, which opened last Friday before a spirited crowd of 6,000.

Long Island fans take in a new Belmont Park

By HAILEY FULMER

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Racegoers were pouring into Belmont Park last Friday eager to see the track they remembered in a whole new form.

Long-time fans wandered through the grounds finding their way around a racetrack that looked familiar in name but almost entirely new in person.

"Everything's new," said Loretta Tumbarello of West Hempstead, who has been coming to Belmont for more than 30 years. "We loved it."

Tumbarello came with memories of a very different Belmont. She and her family used to make an entire afternoon of their trips to the track, bringing sandwiches, drinks, folding chairs and coolers and finding a spot beneath the trees.

The old Belmont, she said, felt like a place where families could settle in and stay awhile.

Now, she was trying to figure out whether that part of Belmont would have a place in the new version.

"Are we going to be allowed to enjoy the backyard like we did with the old Belmont?" she asked.

The rebuilt park is centered around a five-story grandstand, with the first two floors open for the return of racing. The remaining floors are expected to be completed in early 2027. The facility includes four racing surfaces, including a 1 1/2-mile dirt track, two turf courses and a one-mile Tapeta track.

There are also new restaurants, bars and concession areas, including Big Red's, Homestretch Market, Silks and the Trackside Lounge.

"At the old Belmont, we paid \$3 or \$5 for preferred parking in front," Tumbarello said. "I want to be able to park in the front so I can just walk out that gate like I used to in the old days."

She also hopes the new park eventually offers more shade and places to sit.

For Tumbarello, those details are tied to decades of memories. She remembered coming to Belmont with her mother, husband and brother, spending long after-



Tim Baker/Herald

Fans took in the view on opening day from trackside.

noons outside and celebrating milestones there.

"We used to have parties there when we retired," she said. "My husband and I, we had a huge party back there."

Shari Brosnan, who grew up in Rego Park and has lived in the area for more than 30 years, also came to see the new Belmont for herself.

Brosnan liked the sleek, modern appearance, but said the new building felt strikingly different from the old Belmont she remembered.

She also remembered bringing her children to the old track, where a duck pond, playground and children's activities gave families another reason to spend the day there.

"It was family-oriented," Brosnan said.

For Donald and Doreen Smith, opening day was a chance to return to a place that had been part of their lives long before the construction began.

The couple, formerly of Freeport, now lives about six miles south of Saratoga but came back to Long

Island for the much-anticipated return to racing. They said they once made regular trips to Belmont with a group of friends.

"We used to come here all the time," Donald Smith said.

The Smiths have been involved in horse ownership for more than 20 years. They have celebrated victories by horses including Kentucky Derby winners Orb and Authentic, as well as Seize the Grey's Preakness win.

For Doreen Smith, the thrill of racing still comes down to moments like celebrating a victory in the winner's circle.

The couple praised the new facility, although Donald had one suggestion after spending time outside.

"I wish they had more seats, more benches in the shade," he said. "Me with the fair skin, I can't take this."

Vince Roth of East Rockaway's two-year-old filly, Winning Fashion, competed in the first dirt race at the rebuilt Belmont Park.

The result was not what Roth and NY Final Furlong, had hoped for, but being there was enough to make the afternoon memorable.

"It's cool to be part of the first race on the dirt at Belmont," Roth said.

Roth has been involved in horse racing for about 15 years. He first became interested in the sport after watching Smarty Jones race at Belmont Park about 20 years ago.

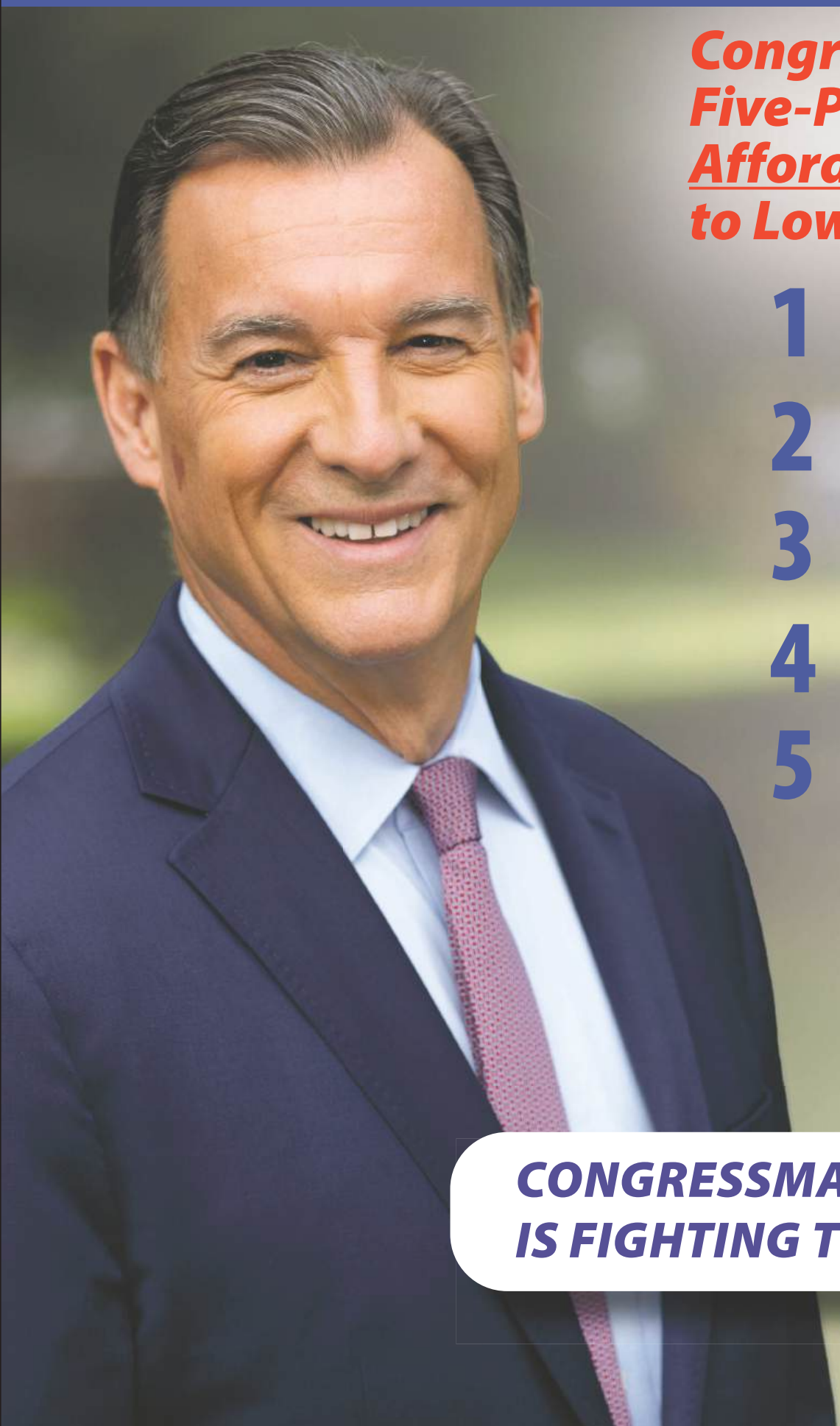
Last Friday marked Winning Fashion's racing debut, and Roth said several of the horses ahead of her already had experience.

"You never know what you're gonna get with a two-year-old," he said.

He expects the experience to give Winning Fashion something to build on as she gets more races under her belt.

The park has plenty of history left to make. The Belmont Stakes is scheduled to return in 2027 on June 5, followed by the Breeders' Cup World Championships on Oct. 29-30.

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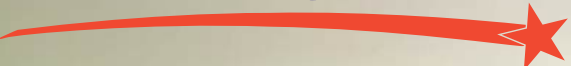
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Melissa Baptista/ Herald photos

Residents and visitors filled downtown Glen Cove on Sept. 19 for a day of shopping, food, entertainment and family activities.

Street fair was a day for family fun

For one September Saturday, downtown Glen Cove became a gathering place for neighbors, families and visitors as the annual Street Fair filled Glen Street, School Street and Village Square with activity. Nearly 100 vendors lined the streets, offering everything from handmade goods and food to local services, while live entertainment and family-friendly attractions gave people plenty of reasons to stay and explore. For longtime residents, the fair was also a chance to reconnect with familiar faces and see the downtown come alive, turning an ordinary Saturday into a celebration of the community.

— Roksana Amid/
Herald



Rachelle Gibson, Melani Richardson, 3, and Regina Wollack of Parkview Riding Center enjoy the festivities.



Courtesy Roni Jenkins

A vendor offers fresh fruit to shoppers during the downtown celebration.



Vendors, food and family activities lined Glen and School streets as the community gathered for the annual event.



Courtesy Roni Jenkins

A family visits the petting zoo during the day's festivities.



An Open Letter about Propel NY Energy: Tried-and-True Transmission

Dear Fellow Community Members,

We know this time of year is hectic and schedules fill up fast. It's these times when details on complex community topics sometimes get lost in the shuffle. As engineers and technical experts, our day is centered around fact-based decision-making to improve our communities. We want you to have the facts about a critical underground electric transmission project that we have been fine-tuning for five years with input from municipalities, the public and state agencies.

Propel NY is an infrastructure project that will modernize and strengthen our electric grid by adding 90 new miles of underground and submarine transmission lines, creating a reliable, more resilient power delivery system. **Propel NY is:**

Critically Needed: We're using more power than ever, but our infrastructure hasn't kept pace. The state's independent grid operator continues to warn of potential blackouts downstate due to worsening grid reliability and says that Propel NY is "a key solution to reduce reliance on emergency operations, improve access to generation...and support a more reliable and efficient grid in all seasons." Delaying investment means higher energy costs and less grid reliability. The Public Service Commission affirmed this need by granting the project a Certificate of Environmental Compatibility and Public Need on Sept. 17th.

Expanding the "Highway" for All Power Sources: Any type of power can travel along the Propel lines. We are adding more lanes on the electric highway to create a new underground grid backbone that better connects to the broader state power system. This will reduce energy costs, provide greater access to reliable power, and improve storm resilience.

Ready for Construction: The project is in its fifth year of development with the last three focused on field surveys, technical refinement, local engagement, and permitting. Construction will use proven methods in strategic phases to avoid and minimize potential impacts, while supporting 2,000 good-paying jobs annually from local contractors and skilled local labor unions and boosting the local economy by \$2.4 billion.

Adhering to Strict Safety Standards: Safety is our top priority. The project is undergoing rigorous regulatory review and includes safety safeguards and monitoring to maintain compliance with strict health and safety standards.

Prioritizing School Safety: We've engaged with schools along the project route for years identifying needed construction communication, strategic phasing, safety, and collaboration.

Protecting Hempstead Harbor & the Long Island Sound: Submarine cable installation will avoid and minimize impacts while adhering to many restrictions and requirements that protect marine life, water quality, and use of the waters. Our programs such as net conservation benefits, fisheries compensation, and hard-shell clam mitigation will ensure long-term health of the waters. No oysters will be impacted.

Safely Crossing Existing Infrastructure: We work closely with all infrastructure owners to safely co-exist with existing gas lines, water, sewers, and electrical equipment.

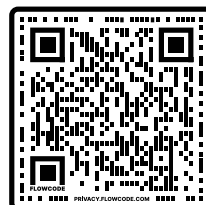
Paying for Itself: Project costs are shared by all New York ratepayers, resulting in long-term benefits to the statewide electric grid with billions in estimated savings in the first 20 years of operation.

Using Proven Technology: Propel NY will use tried and true technologies and methods. In fact, 241 miles of similar underground lines currently run safely across New York State.

Accurate, transparent information must drive decisions for infrastructure investments with lasting benefits. New York Power Authority and NY Transco are experienced, responsible transmission developers, showcased through successful operating projects, and we're here to work with you.

Join us on Sept. 30th at 11:00 am for a webinar to learn more; register at: propelnyenergy.com, 1-800-347-9071 (toll-free) or info@propelnyenergy.com.

Toby Bogart & Steve Cole-Hatchard
Propel NY Energy Project Directors



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NEWS BRIEF

School district seeks community input

The Glen Cove City School District launched an online ThoughtExchange program to gather feedback about the district's strengths, areas that need improvement and most important goals for the future. The exchange will remain open through Sept. 30.

District officials said the public's responses will help guide the creation of a shared vision and mission for Glen Cove schools and ensure that the strategic plan reflects the needs of the broader community.

Participants may anonymously submit their own ideas through ThoughtExchange, review responses offered by other contributors and rate the ideas with which they most strongly agree. The format is intended to help the district identify common concerns and priorities across different groups within the school community.

The district is asking participants to consider three central questions: What is Glen Cove schools doing well? Where can the district improve? What should its top priorities be in the coming years?

Strategic plans typically provide school districts with a long-term framework for making decisions about educational programs, student services, staffing, facilities and community engagement. The feedback collected through the exchange will give district leaders a clearer picture of what residents and

members of the school community want officials to preserve, strengthen or change.

The outreach effort comes as the district seeks to expand opportunities for residents to communicate with school leaders. The Board of Education is transitioning to one formal business meeting each month while also planning monthly community forums at rotating locations throughout the district. The forums are intended to provide a less formal setting for discussions between residents and district officials.

Unlike traditional surveys, ThoughtExchange allows participants to respond to one another's ideas by assigning ratings. Those ratings can help elevate thoughts that resonate with a broad portion of the community, even when several people express similar concerns in different ways.

District officials emphasized that participation from families is particularly important to ensuring their perspectives are represented in the finished plan. Students, staff members, residents and other stakeholders are also invited to contribute.

Community members can access the exchange through the district's social-media pages or by visiting GlenCoveSchools.org. Participants may also open the exchange by scanning the QR code.

—Roksana Amid

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your health



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Feeling your best isn't about age — it's about everyday healthy choices.

A healthier, happier future doesn't happen overnight. It starts with the small choices we make today.

Maybe it happens when you catch your reflection and notice a few more lines around your eyes. Or when the stairs seem a little steeper than they used to. Maybe it's simply waking up one morning and thinking, Wow, I don't feel as young as I used to.

Here's the good news: You don't have to feel younger to age well.

In fact, September's observance of Healthy Aging Month — with its theme of Curiosity Has No Age Limit — offers a chance to rethink the whole idea of getting older. Aging isn't something to fight or a clock to outrun. It's a process — and one that can come with strength, experience, new interests, deeper relationships and plenty of opportunities to feel your best.

The Healthy Aging Campaign, established more than two decades ago, was created to encourage a more positive approach to growing older and to remind people that health encompasses much more than a doctor's visit. Nutrition, physical activity, mental health, social connections and even financial well-being can all influence quality of life as we age.

And there's an important takeaway for everyone, regardless of age: Healthy aging starts long before you consider yourself "older."

The choices made in your 20s and 30s can help establish a foundation for the decades ahead. For those already further along life's road, it's never too late to make a change. A healthier tomorrow can begin with something as simple as a walk today.

Think beyond the scale

Wellness has become a bit of a buzzword. We hear about workplace wellness programs, fitness studios promising to restore our wellness and health plans encouraging preventive care.

But wellness isn't a fad, a number on a scale or a complicated regimen involving a refrigerator full of green juice. It's about balance.

That means caring for both body and mind, making choices that support long-term health and addressing potential problems before they become bigger ones. The Centers for Disease Control and Prevention reports that 6 in 10 U.S. adults have at least one chronic disease, while 4 in 10 have two or more. Many chronic conditions are influenced by behaviors and lifestyle factors, making prevention an important part of staying well.

The good news? Healthy living doesn't require perfection. It's about making better choices more often.

Put good things on your plate

Healthy eating advice can sometimes feel like a never-ending list of things we're supposed to avoid. No sugar. No fat. No carbs. No fun.

A better approach is to think about what you can add.

Fill more of your plate with colorful fruits and vegetables. Choose whole grains, lean proteins and nutrient-rich foods. Drink water regularly and limit sugary beverages and highly processed foods that are high in added sugar, sodium and unhealthy fats.

And don't underestimate the power of a few simple swaps.

Fresh herbs and spices can give a favorite dish plenty of flavor without relying on excess butter or salt. Try adding vegetables to pasta dishes or replacing some refined carbohydrates with vegetable alternatives. Keep fresh fruit handy for a naturally sweet snack.

Even water can get a makeover. Add slices of lemon, cucumber or strawberry, or toss in fresh mint or basil. It's a small change, but one that can make reaching for water instead of a sugary drink feel a lot more appealing.

Think less about dieting and more



Cover Story

Healthy aging starts at any age

about building a way of eating that you can actually live with.

Find your favorite way to move

Exercise works best when it doesn't feel like punishment.

If the thought of spending an hour on a treadmill makes you want to stay on the couch, don't. Take a walk with a friend. Put on music and dance. Go for a hike. Garden. Swim. Try a group fitness class.

The best activity is often the one you enjoy enough to keep doing.

If you're starting from scratch, don't worry about doing it all at once. Ten minutes of movement is a perfectly respectable place to begin. Build gradually, with the goal of incorporating regular physical activity into your routine.

Movement can support strength, balance, cardiovascular health and independence — all particularly important as we get older.

And remember: You don't need to be an athlete to be active.

Keep your brain curious

Your brain likes a challenge.

Learning something new can be one of the most enjoyable ways to keep your mind engaged. Pick up a crossword puzzle. Challenge a friend to a game of chess. Learn mah jongg or canasta. Take up an instrument you've always wanted to play. Try a language class. Write, paint, cook or explore a hobby that requires concentration and creativity.

The point isn't necessarily mastering something. It's continuing to learn.

Meditation and mindfulness can offer another way to care for the mind. Research suggests meditation may help reduce stress and anxiety, while some studies are exploring its potential role in supporting cognitive health. Even a few quiet minutes devoted to breathing and clearing your thoughts can provide a welcome pause in a busy day.

Think of it as a little maintenance for the mind.

Don't underestimate the power of people

There's another ingredient in healthy aging that doesn't come in a bottle, isn't sold at a gym and can't



be measured on a fitness tracker: connection.

Relationships matter. Make plans with a friend. Call a family member. Join a club. Volunteer. Take a class. Attend a local event. Find reasons to get out of the house and into the world.

Staying socially engaged can provide companionship, purpose and emotional support — all important pieces of overall well-being.

A new leaf, at any age

Healthy aging isn't about pretending you're 25 forever. It's about making sure the years ahead are as healthy, active and fulfilling as possible.

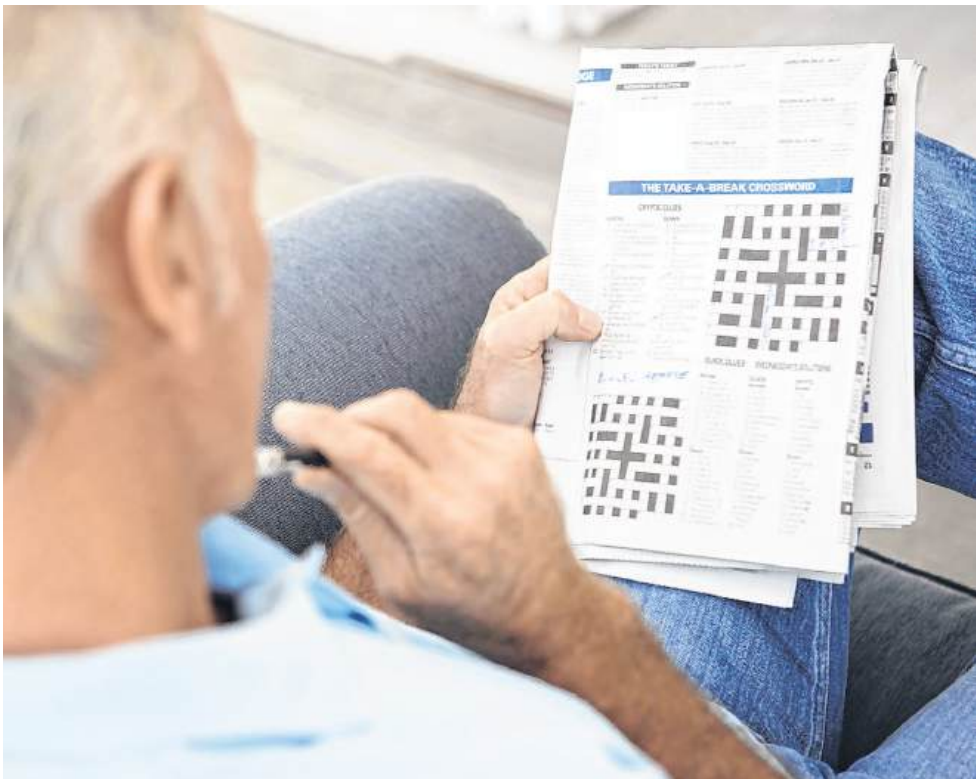
That can mean taking better care of your heart, strengthening your body, challenging your brain, eating a little better, finding ways to manage stress or simply saying yes to something new.

You don't have to overhaul your life in September. Start with one thing.

Take the stairs. Walk around the block. Add another vegetable to dinner. Put down the phone and call a friend. Spend 10 quiet minutes with your thoughts. Finally sign up for that class you've been thinking about. Small choices have a way of becoming habits, and habits have a way of shaping the future.

So this month, turn over a new leaf — not because you're getting older, but because there's still plenty of living, learning, laughing and exploring ahead.

That's the real art of aging well.



Forget the fountain of youth. Healthy habits may be the better bet for feeling your best at every age.

A cupful of health

Tea has been steeped in tradition for centuries. Here’s what’s really behind the brew — and a

Few beverages have the ability to make an ordinary moment feel a little more comforting than a cup of tea.

There’s the ritual of it: the kettle beginning to hum, steam curling from the cup, the aroma rising as the leaves steep. On a chilly morning, a warm mug can be a welcome start to the day. On a summer afternoon, iced tea can be wonderfully refreshing.

But tea is more than a soothing beverage. It’s also a source of naturally occurring compounds that have been studied for their potential health benefits.

Tea has been consumed for thousands of years, and today it remains one of the world’s most popular beverages. Black, green, oolong and white teas all come from the same plant, *Camellia sinensis*. What makes them different is largely how the leaves are harvested and processed.

Then there are herbal teas, which technically aren’t teas at all. Chamomile, peppermint, ginger and hibiscus beverages are more accurately called herbal infusions, or tisanes, because they’re made from other plants.

With so much tradition — and so many varieties — it’s no surprise that tea has accumulated its share of health claims and misconceptions.

So, before you put the kettle on, let’s get to the bottom of what’s really in your cup.

Myth: Different varieties of tea come from different plants.



Regarded for thousands of years in the East as a key to good health, happiness, and wisdom, tea has caught the attention of folks worldwide, who are discovering the many health benefits of different types of teas.

Fact: Most traditional teas come from the same plant.

Black tea, green tea, oolong tea and white tea may look and taste dramatically different, but they all originate from the leaves of *Camellia sinensis*.

The difference is what happens after the leaves are picked.

Green tea is generally heated soon after harvesting to limit oxidation, helping preserve its characteristic color and flavor. Black tea undergoes more extensive oxidation, which gives it its darker color and stronger flavor. Oolong tea falls somewhere between the two, while white tea generally undergoes minimal

processing.

Growing conditions, harvesting practices and processing techniques also influence a tea’s flavor and chemical composition.

In other words, the tea aisle may look like a botanical garden, but many of those familiar varieties have the same roots.

Herbal beverages are a different story. Peppermint, chamomile, ginger, hibiscus and other popular “teas” are made from different plants and don’t contain tea leaves unless they’re blended with actual tea.

Myth: Adding milk cancels out tea’s health benefits.

Fact: A splash of milk doesn’t automatically turn tea into an unhealthy beverage.

Tea contains naturally occurring polyphenols, including catechins, which are antioxidants that have been widely studied for their potential role in human health.

There has been debate over whether adding milk interferes with the absorption or activity of these compounds. Some research has suggested that milk proteins can interact with tea polyphenols, while other studies have found that drinking tea with milk does not eliminate its potential antioxidant effects.

The bigger issue may be what else is going into the cup.

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VIEWFINDER▶ What is your favorite fall activity?

Compiled by Herald Staff

Jack Banham –
age 100,
Rockville Centre

My favorite fall activity is going to the park or driving along the road as a passenger and looking at trees in their beautiful fall colors so I can go home create them in my paper art work.

Stacy Driks/Herald



– Liz Lapidus
Merrick

My favorite fall activity is apple picking. It's been a family tradition for many years. After picking apples, we love to get a freshly baked apple crumb pie at Briermere Farms in Riverhead . We enjoy taking our traditional picture in front of the famous Briermere Farms sign.

Tim Baker/Herald



– Nyla Madden
age 9, Uniondale

My favorite thing about fall is collecting the fallen leaves and sticks.

Courtesy Kristle Simms-Murphy



– Ellie Bowes
age 5, Lynbrook

My favorite fall activity is dance class and hip-hop because I like the music.

Courtesy Rhonda Glickman



– Michai Murphy
age 6, Uniondale

I love the change of colors on leaves and shuffling in the leaves while walking.

Courtesy Kristle Simms-Murphy

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STEPPING OUT



From blue-ribbon entries to livestock and traditional crafts, the Long Island Fair celebrates the skills and pastimes of days gone by.

Step right up to history

Timeless moments at the Long Island Fair

By Karen Bloom

When autumn arrives on Long Island, there's one sure sign the season is in full swing: the return of the Long Island Fair.

Each year, Old Bethpage Village Restoration transforms into a bustling 19th-century county fair, where blue ribbons, livestock, handmade goods and old-fashioned competitions take center stage. It's part history lesson, part family outing and part good, old-fashioned fun — a chance to trade the rush of modern life for the sights, sounds and pastimes of another era.

And while the fair looks back, its appeal remains decidedly current.

Now 184-years-old, the Long Island Fair is a longstanding community event powered by hundreds of volunteers who help set up and staff exhibits, booths and tents, demonstrate traditional crafts and keep the fairgrounds humming throughout the weekend. It's also an opportunity for just about anyone to get in on the action.

"The Long Island Fair is a one-of-a-kind family friendly event," says Fair Director Gary Haglich. "It's presented as a traditional country agricultural fair with open competition for all age groups, in classes such as home gardens, needlework, hobbies, horticulture and culinary. Visitors also enjoy a variety of entertainment, historical craft demonstrations, educational experiences, games, and contests, as well as livestock displays and old time Base Ball."

Gardeners, cooks, crafters, farmers and hobbyists are invited to enter their work in the fair's friendly competitions. Thousands of exhibits are submitted each year, spanning an impressively eclectic range of categories — from pickles, jams and jellies to flowers, fruits, veggies, and more. Livestock, culinary creations and hobbies all vie for blue ribbons; there's even a junior division for kids.

The fair is more than a nostalgic recreation, however. It holds a distinction that makes its history especially significant: It is the official New York State-recognized county fair for Queens,

Nassau and Suffolk counties.

For visitors, the weekend offers a front-row seat to a Long Island that existed long before smartphones, shopping centers and today's tech-obsessed lifestyle.

Throughout the grounds, skilled craftspeople demonstrate trades that once were everyday necessities. Watch wool being spun, brooms being made and candles taking shape. Blacksmiths work metal, weavers demonstrate their craft and timber framers showcase the techniques used to build homes and barns generations ago.

Younger fairgoers can join the action with corn-husking contests and potato sack races. Also the Flying Horses Carousel — a replica of a 19th-century folk-art carousel — provides a colorful spin through the past.



- Friday through Sunday, Sept. 25-27, 10 a.m.-5 p.m.
- \$20, \$15 seniors and ages 5-12.
- 1303 Round Swamp Road, Old Bethpage.
- For information, visit lifair.org

fun for fairgoers to watch the end-of-season championship matches of the nationally renowned Old Time Base Ball Leagues, an Old Bethpage Restoration institution. The teams represent actual Long Island clubs from the latter half of the 1800s.

It's an eclectic mix — and that's precisely the charm.

The Long Island Fair's story began in 1842, when it was founded as the Queens County Agricultural Fair and held on vacant lots and local farms. In 1886, it moved to a permanent home at Old Country Road and Washington Avenue in Mineola. By 1899, it was known as the Mineola Fair.

The fair continued to evolve with Long Island. It moved to Roosevelt Raceway in 1953 and, in 1970, found its current home at the newly opened Old Bethpage Village Restoration. At that point, it was renamed the Long Island Fair.

Today, the fair has come full circle — in a manner of speaking. It is held on a recreation of the original Mineola Fairgrounds, tucked within Old Bethpage Village Restoration's 200 acres.

In an age of ever-faster everything, the Long Island Fair offers something refreshingly different: a chance to slow down, look around and enjoy a little bit of the past — complete with blue ribbons, barnyard animals, handmade treasures and plenty of fairground fun.

Some traditions simply know how to stick around.



Kenny G

Few musicians have made an instrument as instantly recognizable as Kenny G has made the saxophone. After billions of streams and millions of albums sold, the smooth-jazz superstar is still blowing audiences away, turning the sax into a global phenomenon. The best-selling instrumental musician of the modern era, he has sold more than 75 million records worldwide and amassed 1.5 billion streams, along with many awards along the way. His music has also become part of everyday life around the world — particularly his signature song "Going Home," which is famously played at closing time in venues throughout Asia. At the heart of Kenny G's enduring appeal is his ability to make the sax sing with warmth and emotion. With decades in the spotlight, he continues to find new ways to push instrumental music forward.

Saturday, Sept. 26, 7:30 p.m. Tickets available at LiveNation.com. Flagstar at Westbury Music Fair, 960 Brush Hollow Road, Westbury.



Double Vision

The 1970s and '80s come alive with Double Vision's "Foreigner Experience." Composed of some New York City's top professional rock musicians, the band delivers the highest level of integrity and technical prowess in bring audiences all the hits while honoring Foreigner's legacy. The band brings to life the unforgettable hits that have defined generations. From "I Want to Know What Love Is" to "Cold as Ice," their renditions are a harmonious blend of passion, precision, and nostalgic energy. They are joined by special guest Frontier for an authentic Foreigner and Journey tribute.

Saturday, Sept. 26, 8 p.m. Tickets available at ticketmaster.com or paramountny.com. The Paramount, 370 New York Ave., Huntington.

YOUR NEIGHBORHOOD

CALENDAR

SEP 24 **On exhibit**
Louis Comfort Tiffany: Artist of the Gilded Age brings together the Nassau County Museum of Art's unparalleled

collection of more than 130 oil and watercolor paintings by one of America's most celebrated artists. This landmark exhibition marks the first time the museum presents the full scope of its Tiffany paintings, an extraordinary group made possible through a generous, anonymous gift that represents the largest private collection of Tiffany paintings. While best known for his stained-glass windows, lamps, and decorative objects, this exhibit highlights a rarely seen dimension of his artistic practice: the paintings that he personally created at the beginning of his career. Through Nov. 8.

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

SEP 24 **Glen Cove Homecoming Parade**
Show your Big Red pride as the Glen Cove City School

District celebrates homecoming with its annual parade. Students, families and the community can gather along the route to cheer on the district and celebrate the homecoming tradition.

- **Where:** Walnut Road, Glen Cove
- **Time:** 4-5 p.m.

SEP 27 **Fall Family Festival**

Celebrate the season at the Glen Cove Chamber of Commerce's Fall Family Festival. Enjoy a community gathering and fall festivities in Glen Cove.

- **Where:** YMCA, Glen Cove
- **Time:** 11 a.m.-4 p.m.
- **Contact:** glencovechamber.org

Fall Fun Fest

Celebrate the season with a day of family-friendly fun at Sands Point Preserve's annual festival. Kids can enjoy pumpkin painting, face painting, puppet shows, animal presentations, family games and bird-watching activities with the North Shore Audubon Society. Live music, photo opportunities, visits with Oriana the Harvest Bubble Fairy and adoptable pets from the NCSPCA add to the festive atmosphere. Food trucks, local honey and an Autumn Market will also be on site (food and market purchases are additional). \$45 per car, \$40 members.



OCT 3 **'Havin' a good time'...**

Queen-mania is coming back to Long Island. Almost Queen returns to the Paramount with a high-voltage tribute to one of rock's most legendary bands, complete with soaring vocals, Brian May-style guitar riffs, four-part harmonies and the theatrical swagger that made Queen unforgettable. Fronted by Joseph Russo as the charismatic Freddie Mercury, with Steve Leonard as Brian May, Randy Gregg as John Deacon and John Cappadona as Roger Taylor, Almost Queen delivers a meticulously crafted recreation of the Queen experience. From the authentic costumes to faithful renditions of "Bohemian Rhapsody," "We Will Rock You" and "Somebody to Love," every detail is designed to capture the grandeur, precision and sheer fun of a Queen concert. It's more than a collection of greatest hits — it's a full-throttle trip into the world of Queen, performed by musicians whose chemistry and attention to detail have earned the tribute act a devoted following. Expect big vocals, bigger guitar and plenty of reasons to get out of your seat.

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

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

Curator's Talk with Franklin Hill Perrell

Discover the profound influence of Long Island's landscapes on the work of one of America's greatest artists at Nassau County Museum of Art. In this fascinating lecture, Franklin Hill Perrell, curator of Tiffany: Artist of the Gilded Age, explores the breathtaking stained-glass windows Tiffany created for churches in Cold Spring Harbor, Roslyn, Huntington, Northport, Far Rockaway, and beyond. Learn how Tiffany's deep appreciation for nature shaped these luminous masterpieces and how they connect to his paintings, offering fresh insight into the artist's creative vision. \$20, \$15 seniors, \$10 students, members free. Limited seating. Registration required.

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

SEP 28 **Super Saturday: Fall Pollinators**

Bring the family to Nassau County Museum of Art to celebrate the amazing world of pollinators during this fun-filled day of exploration and discovery! In keeping with the museum's commitment to sustainability and environmental education, families will learn how bees, butterflies, and other pollinators help the Museum's gardens thrive while supporting healthy ecosystems. Enjoy interactive story time, honey tasting, hands-on artmaking, and meet a native plant expert from the North Shore Audubon Society for an engaging educational experience. \$20, \$10 children and members. Registration required.

- **Where:** Manes Center, 1 Museum Drive, Roslyn Harbor
- **Time:** 11 a.m.-12:30 p.m. and 1-2:30 p.m.
- **Contact:** nassaumuseum.org or (516) 626-5280

OCT 1 **Creative Spirits**

Raise a glass and discover the extraordinary story hidden within one of nature's most

familiar trees at Planting Fields! Join acclaimed author and Cornell University professor Trent Preszler for an evening inspired by his new book, "Evergreen," an illuminating journey through the history, culture, and ecology of the evergreen tree. Far more than a symbol of the holiday season, evergreens have built nations, fueled industries, inspired traditions, and shaped the landscapes — and lives — we know today. Stay after the talk for audience Q&A, a book signing, and themed cocktails inspired by the evening's journey through the evergreen landscape. \$35 per person.

- **Where:** 1395 Planting Fields Road, Oyster Bay
- **Time:** 6-8 p.m.
- **Contact:** plantingfields.org or call (516) 922-9210

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. 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:** 6-7 p.m.
- **Contact:** sandspointpreserveconservancy.org or call (516) 571-7901

OCT 3 **NOSH Pickleball Tournament**

Grab a paddle and join the fun at the NOSH Pickleball Tournament. Players and spectators are invited to enjoy a morning of friendly competition while supporting a local cause. The event will feature pickleball matches for participants of varying skill levels.

- **Where:** Stanco Park, Glen Cove
- **Time:** 9 a.m.-1 p.m.
- **Contact:** Glen Cove City Hall at (516) 676-2000

Autumn Sculpture Stroll

Join Dr. Einav Dembin, Director of Education and professional art historian, for an engaging journey through Nassau County Museum of Art's scenic grounds to discover a selection of sculptures nestled throughout the landscape. Along the way, uncover the stories behind each work as you explore the artists' inspirations, creative processes, and choice of materials. Experience these remarkable sculptures from new perspectives while enjoying the beauty of the museum's outdoor setting at a relaxed and leisurely pace. Rain date is Oct. 10.

- **Where:** 1 Museum Drive, Roslyn Harbor
- **Time:** 11 a.m.-12:30 p.m.
- **Contact:** nassaumuseum.org or (516) 484-9337

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.

Recognizing local veterans and advocates

CONTINUED FROM PAGE 1

tion's president, Gaitley Stevenson-Mathews, said at Sunday's event, "but they are also about educating the public and bringing awareness to many issues that are important to our veteran community."

In what Stevenson-Mathew called a "family tradition," Glen Cove's Vincent Martinez Jr. was named the recipient of the Impact Award, given to a veteran who has made a strong impact in his or her community through service in the military and as a first responder. Martinez's father, Vincent Sr., received the Legacy Award in 2023. The United States Navy veteran and firefighter died in January.

Stevenson-Mathews noted that other father-son duos have been recognized in the past, and other families have had more than one honoree.

"It runs through the blood of these families, and it's just so beautiful to see," he said. Martinez, a U.S. Marine Corps veteran, is now a supervisor with the Glen Cove Department of Public Works, and a volunteer firefighter and emergency medical technician. He thanked the foundation, his family and fellow firefighters who attended the event.

"I really appreciate it, and I'll save my awesome speech for Feb. 6," he

joked.

Sea Cliff resident Kate Csillag will receive the Homefront Award, given to an individual or organization for outstanding service to the veterans community. Csillag, founder of Knit and Crochet with Kate, hosts knitting and crochet groups in the Glen Cove Senior Center, local libraries and Congregation Tifereth Israel.

Last year, Csillag and the Glen Cove City Hall Knitting Club organized a Veterans Day initiative to collect hand-knit and purchased items including scarves, hats, sweaters, blankets and underwear for disabled veterans. They set a goal of 1,111 donated items, to match the Veterans Day date of Nov. 11, and ultimately exceeded that goal, collecting 1,656 items.

Csillag joked at the announcement event that she is better with crochet needles than words, but said she was honored to be recognized.

"I just want to point out that it really is about all of us joining together, and I love the fact that everybody, in their own way, finds a way," Stevenson-

Mathews said. "And to me, that is the crux of what we try to do."

U.S. Army veteran Angelo Grande, of Glen Head, was named the 2027 Legacy Award recipient. The award is given to a veteran for his or her long-time commitment to serving fellow veterans and their community.

Grande spent three years and six months on active duty in the 1960s before transitioning into the reserves. He is a retired North Shore High School teacher, a former Nassau County American Legion commander and a former president of Loggia Glen Cove No. 1016, an organization dedicated to preserving Italian culture and tradition.

"It is my privilege and honor to receive this prestigious award," Grande said.

"I've worked many years to serve my community, my country and my veterans."

The foundation also recognizes a veteran whose volunteer work supports fellow veterans with the Volunteer Award. This year's recipient is Army National

Guard and Reserve veteran Rene Cintron, from the Locust Valley area.

Cintron is a member of the Howard A. Van Wagner American Legion Post 962. Among his volunteer efforts are his work to maintain veterans' monuments and his help with the community's annual Memorial Day Parade.

He spoke about doing what he can to support the veterans in his community. "We are asked to do things," Cintron said, "and we just go."

The foundation's Leadership Award winner is Bayville's John Schaefer. The award goes to a veteran for exemplary leadership in serving fellow veterans and the community.

After serving in the Marine Corps Reserves, Schaefer became a Nassau County police detective. He is also a member of the Robert H. Spittel American Legion Post 1285, where he has held several leadership positions, including post commander.

Schaefer noted that five brothers, his father and his son all served in the military, which makes veterans particularly important to him. "They're really special to me," he said, "and they always will be."

Honorees will receive their awards at the ceremony at on Feb. 6, at 6 p.m., at the Crescent Beach Club in Bayville.

It runs through the blood of these families, and it's just so beautiful to see.

GAITLEY STEVENSON-MATHEWS
President, Tribute and Honor Foundation

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Propel gets approval from the PSC

23

By WILL SHEELINE & JULIA CAPITELLI

of the Sea Cliff/Glen Head Herald

The New York State Public Service Commission has granted the Propel NY Energy project a certificate of environmental compatibility and public need, clearing a major regulatory hurdle for the \$3.26 billion transmission project, despite continued opposition from North Shore communities.

The commission issued its order on Sept. 17, adopting the terms of a joint proposal submitted by the New York Power Authority and New York Transco. The certificate allows the project to advance toward construction, subject to numerous conditions and additional approval of environmental management and construction plans.

The only thing robust about this project or this whole procedure has been the way they ignore people with legitimate concerns.

BRUCE KENNEDY
Village administrator,
Sea Cliff

The PSC's order found that the project satisfies a public need and that significant environmental impacts would be avoided or minimized to the "extent practicable." It also found that the project is necessary to maintain system reserve margins, maintain electric reliability in New York City and on Long Island, and facilitate the goals of the state's Climate Leadership and Community Protection Act.

Motions concerning the project had been filed with the PSC by the North Shore, Roslyn and Syosset school districts and the villages of Sea Cliff and East Hills, along with local residents and organizations. Those efforts were rejected by the commission.

Developers of the power project filed the joint proposal in April. The proposal establishes conditions the project must meet, including requirements concerning environmental protection, construction, monitoring and mitigation. Only 10 of the 43 parties participating when the joint proposal was filed signed on, with the majority of signatories being state entities, such as the state departments for environmental conservation, agriculture and markets.

"The issuance of the certificate of environmental compatibility and public need is a significant milestone for Propel NY Energy," NY Transco President Joris Veldhoven and NYPA President Justin Driscoll wrote in a joint statement, "and reflects the extensive record before the Public Service Commission that has included years of planning, environmental and technical review, and meaningful, inclusive community engagement that incorporates local voices and values."



Will Sheeline/Herald

Glen Head resident Maryann Hojnowski, left, was one of dozens of residents who spoke of their concerns regarding the approval of the Propel project's Joint Proposal at Assemblyman Charles Lavine's town hall on Thursday

Many North Shore residents have opposed the project since the New York Independent System Operator selected Propel in 2023 to address the Long Island Public Policy Transmission Need associated with offshore wind. Opposition has included concerns about public health, safety, environmental impacts, traffic, construction and communication with affected communities.

The PSC's order acknowledged changes in the offshore wind industry, including projects that have been canceled, but concluded that the transmission project remains necessary. The commission pointed to existing and planned offshore wind generation as well as broader reliability concerns.

The commission wrote recent NYISO assessments have identified growing reliability risks resulting from retiring generation, increasing electricity demand and transmission constraints. According to the PSC, Propel would more than double Long Island's power import capability and significantly increase reliability.

Sea Cliff Village Administrator Bruce Kennedy described the PSC's decision as "a remarkable display of regulatory tone-deafness."

"The only thing robust about this project or this whole procedure has been the way they ignore people with legitimate concerns," Kennedy told the Herald. "The argument is this issue has already been litigated and decided, and the and the PSC decided that their own rules and the decisions of their own ALJ's (administrative law judges) doesn't matter."

Kennedy and Glen Head resident Christine Panzeca, an advocate against Propel, wrote in separate statements on Sept. 18 that they believe arguments

and evidence residents and local municipalities provided were ignored.

The PSC's ruling rejects opposition arguments concerning the project's potential impacts, finding that the conditions in the joint proposal and subsequent environmental management and construction plans are sufficient to minimize significant adverse impacts to the extent practicable.

Hempstead Harbor was specifically addressed in the commission's review. Opponents argued that the proposal did not provide adequate safeguards for the harbor, including concerns about the project's submarine cable work and potential effects on recreational and ecological resources.

"We have to go to experts and we have to have studies done, and we continue to do that because our concern is the health, the longevity, the continued

use of the harbor," Kennedy said, "and if they want to keep ignoring and minimizing, and in some cases outright lying about the impact, then we're going to keep digging."

He added that the village had paid to have a separate impact study done, and while it is not ready to be submitted to the public, he claimed that the preliminary results suggest that Propel's projection of less than 100 dead shellfish is off by a margin of hundreds of thousands.

The commission concluded that the record contained sufficient environmental analysis and that the project, if constructed and operated according to the certificate conditions, would minimize significant impacts to Hempstead Harbor and other water bodies to the extent practicable.

The commission extended the public comment periods for the project's first two construction plan phases to Oct. 1. In response, the Village of Sea Cliff filed a motion for a stay of the Oct. 1 deadline, arguing that by setting this deadline to submit comment, the PSC has reduced the required 30-day comment period.

The PSC's order ultimately adopted the joint proposal and associated certificate conditions and granted the certificate under Article VII of the Public Service Law. The proceeding will continue as the project's environmental management and construction plans undergo review.

Kennedy emphasized that the village would continue to fight to protect its residents and harbor, and Panzeca echoed Kennedy's intention to explore next steps.

"There are multiple legal actions that can be taken. There can be petitions for re-hearings. There can be litigation in the appellate court, and you can take this all the way up to the court of appeals," she said. "So, there are numerous legal actions that can be pursued, and their decision is the gift it keeps on giving because in their rush to push this through, they've opened themselves up to the injustice that they committed."

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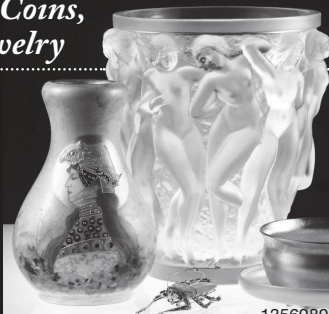
 

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OPINIONS

Tech companies must explain why we need data centers

This is a time of controversy. Politicians are jockeying for attention in what promises to be a very close national and state election cycle. There are countless issues that are of concern to voters, mostly centering on the cost of living. But there is a relatively new issue as



**JERRY
KREMER**

well, and it could be a make-or-break matter in many contests. It's the rise of data centers and their cost to the public.

Data centers house computer systems that help train artificial intelligence models. To date there are over 4,000 already in opera-

tion, mostly in Virginia, Florida and California, and 3,000 more are being planned or are under construction. But many local governments that approved data center construction in their communities are finding out that these facilities use enormous amounts of electricity and water.

Because the data center boom has happened so fast, many federal and state candidates who are campaigning

for the November elections are calling for a moratorium on new construction. In addition, numerous states have passed laws that do just that, and New York is on the verge of approving a one-year moratorium on new centers. The question for every public official is whether a moratorium is needed, and what the consequences of stopping data center construction would be.

There is no question that these facilities are being built at a rapid pace, and most local governments have had little or no time to consider all of the potential fallout. A number of communities have made agreements with A.I. companies that include lucrative benefits for taxpayers. In a few cases they have used cash windfalls to lower property taxes.

The problem, however, is that data centers are a legitimate challenge to elected officials who aren't always capable of understanding what the centers do and how the public may react. It's a balancing act that isn't working well, and the public has now become fired up, because people are afraid of rising electricity rates and don't want their water supply depleted.

Industry may say, relax and let's move forward, but that isn't the solution. Data centers increase local tax revenue, but every new facility also brings with it a host of serious issues.

A data center can consume as much electricity as tens of thousands of homes. The grid system that delivers power in the United States is very old, and not capable of handling excessive demand. The more energy a data center consumes, the greater the chance that local power bills will go up. As is, thanks to the Iran war, electricity bills have exploded, which doesn't

help.

A large data center can use over a million gallons of water per day, which is a strain on the water system. In addition, on-site backup diesel generators and cooling turbines generate significant noise and emissions. It's no wonder that voters around the country who hear horror stories about the centers are demanding a moratorium on new construction.

Rather than debating whether that construction should stop, the data center industry should create an aggressive campaign to show how new centers

can be assets to nearby towns and villages. It should hold community meetings to explain how an A.I. facility can affect local resources. If a company feels it has an honest, positive story to tell, it should tell it. That would be the best way to dispel rumors that have inflamed the issue nationally.

Some people will always question new big things, and data centers are the newest big thing. They're necessary because they've become the foundation of the modern digital economy. We need places for data storage, streaming and banking, and they can't just exist without a place to accept all the internet clutter that we create. Without data centers, remote work and digital services couldn't happen.

Government can pass laws holding up their construction, but it's up to the data industry to educate the public about what the centers do and why we need them. On top of that, there should be no secret deals with any municipalities, which will only fuel public resistance. Both sides have responsible roles to play in this fast-moving world.

Jerry Kremer was a state assemblyman for 23 years, and chaired the Assembly's Ways and Means Committee for 12 years. He currently chairs the Capitol Insight Group, a government relations firm. Comments? jkremer@liherald.com.

Bridging the gap as Emi turns 18

How can I possibly connect with my granddaughter Emi, who is turning 18 in the age of Trump and A.I. and ICE? How can she know me, a boomer with anti-Vietnam War creds?

Social scientists have debated for years whether nature or nurturing has the greatest influence on developing children. Is it DNA or parental influence that determines how the newborn becomes the teen who develops into the adult and then the old man or woman?



**RANDI
KREISS**

Recently I've come to believe that the strongest

influence on developing human beings is the times in which they live. Try as I might, summoning all the empathy I possess, I simply can't know what it was like to endure the London Blitz during World War II. Or the Dust Bowl in America, or the Holocaust, all of which changed the way people lived and thought.

The history of our time molds us in

indelible ways. As my youngest grandchild turns 18 this month, I realize we must work to bridge the widening generational gap.

This struck me on Sept. 11. I don't think my granddaughter finds sunny September days threaded with dread. But I do, remembering 9/11 with all its cutting edges. The disbelief. The falling man. The violent collapses. Our firefighters running to their deaths.

Emi was born in 2004. Sept. 11 is history for her, the way the attack on Pearl Harbor is for me — something you read about but didn't experience. Not the way it was for her grandfather, my husband, who walked home from the city that day, over the 59th Street Bridge.

The times of my life informed me in ways that she can't understand. And I don't know what it was like being a young teenager through the awful social deprivation of the pandemic. I have little understanding of her connection to social media and devices that influence her thinking and behavior. The common ground between us is shrinking. I want to be more than Grandma, a real person,

a friend to her. I want to understand her interests and fears and how she sees her place in the world.

Eighteen is a big birthday. Emi can now serve in the Army, or adopt a child. I want to know her and her dreams. Even though the historical markers are different. Even though I can't give her back the sterile years of pandemic isolation, I want to understand it and make the loss of time and experience less painful. I hope we may grow closer in coming years by talking about the times of our lives, and how historic events blended with DNA to make us who we are.

I was a child in the before times — before TV, before A.C., before most vaccines and before there was any suggestion that our own political leaders might undermine the pillars of our democracy for their own financial gain and power. Our experience with media was reality-based, not trickery and misinformation. I took the word of Walter Cronkite and Edward R. Morrow as the best version of the truth. When the government said kids needed the polio vaccine, we lined

up. We proudly saw America as a beacon of freedom.

When TV emerged, no one imagined that screens would eventually take over our lives. We went to schools where the teachers were widely supported, and we learned to read and write. My parents loved this country without reserve, and we carried that sense of security with us as we matured: that we lived in the greatest, most generous country in the world, the country others turned to for help and leadership.

Emi lives in a country now populated by people who are increasingly dazed by screens and social media drivel. We gave her and her generation a pandemic that changed her forever. She and her friends missed a year of socialization and absorbed the fear filling the hearts and minds of her parents. She is an adult now in a society riven with violence and grotesque public behavior by a cadre of untrustworthy leaders.

She and her friends learn from social media that they must be taller or shorter or quieter or more outgoing.

How will she know that she is enough, and it is her job, whatever she does, to simply leave the world a better place?

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It's a big birthday, and I want to know my granddaughter, and her dreams.

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HERALD EDITORIAL

Are you ready for an emergency?

September is National Preparedness Month, and it's a great opportunity to be reminded that emergencies — by definition — never occur when we expect them.

Preparedness is particularly important for Long Island residents. We know that severe weather can bring flooding, dangerous winds and extended power outages. A house fire or medical emergency can happen without warning. And while we can't always be ready for anything, having a plan, and the right supplies, can make a significant difference.

Families should discuss what they will do if they must leave their homes, where they will go and how they will reconnect if separated. Choose a meeting place near home and another outside the neighborhood in case roads are blocked or the immediate area is unsafe.

Make sure everyone knows whom to contact. Designate an out-of-area family member or friend who can serve as a central point of communication. During a local emergency, it may be easier to reach someone outside the affected area. Write down important phone numbers rather than relying solely on cellphones, which may lose power or service.

Families should also consider the needs of children, older adults, those with disabilities and anyone who requires regular medication or medical equipment. Make arrangements for pets, too. Emergency shelters may have rules about animals, so knowing in advance

where pets can go is essential.

Assemble an emergency kit. Don't wait until a storm is approaching or the power has gone out to begin searching for necessities. A basic kit should include:

- Bottled water and nonperishable food for several days.
- Prescription medications and a list of important medical information.
- Flashlights, extra batteries and a battery-powered or hand-crank radio.
- A first-aid kit and personal hygiene supplies.
- Cellphone chargers, backup power banks and car chargers.
- Blankets, extra clothing and sturdy shoes.
- Cash in small denominations.
- Copies of identification, insurance information, medical records and other important documents, stored in a water-proof container.
- Supplies for infants, older adults, people with disabilities and pets, as needed.

Keep the kit in a place you will remember and that's easy to reach. It should be portable enough to take with you if an evacuation becomes necessary. A smaller version can be kept in a vehicle, workplace or another location where family members spend time.

It's also worth preparing a separate

"go bag" for every member of the household. These bags should contain essential medications, identification and a change of clothes, basic toiletries, snacks and water. Keep them packed and ready to go with you. If an emergency requires a quick departure, there may not be time to gather belongings room by room.

Preparedness also means knowing where to find reliable information. Residents should identify local emergency-management officials, sign up for community alerts and monitor trusted weather and public safety updates. Know the locations of nearby hospitals, shelters and evacuation routes. Don't assume that every emergency will follow the same pattern.

Finally, review the plan regularly. Replace expired food, update medications and check batteries. Run through evacuation and communication plans with children so that everyone understands what to do.

Preparedness isn't about expecting the worst or living in fear. It's about giving our loved ones and us a better chance of responding calmly and effectively when something goes wrong.

A few minutes spent making a plan, gathering supplies and identifying whom to contact could prove invaluable when every minute counts. National Preparedness Month is a good reminder, but readiness should be a year-round responsibility.

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OPINIONS

The resilience kids lose behind their screens

walked into one of my favorite brunch spots in Woodbury with my two school-aged children in tow — one sleep-deprived from a sleepover and the other as hangry as a growing boy could be. As we opened the menus, I glanced anxiously at my children, both nearing meltdown territory. Then I



**JOLIE
SILVA**

noticed three children at the next table sitting in zombie-like states, staring at iPads propped between stacks of pancakes and waffles.

I thought, “It would be so easy to stop the crankiness with one swipe. Should we give them our phones so we can actually talk and

enjoy brunch?” The exhausted mother in me was tempted. The clinical psychologist in me knew better: absolutely not.

For two decades I have worked with children, parents and families. Whether in my office, giving a speech, leading a workshop or discussing parenting on social media, I hear remarkably consistent hopes. Parents want their children to become happy, successful and independent adults. I would argue that hap-

piness and success depend, at least in part, on independence. And one quality runs through all three — resilience.

Resilience is the ability to face stress, uncomfortable emotions and setbacks, recover from them, and trust in one’s capacity to manage challenges. But to develop resilience, children must first experience manageable amounts of stress, discomfort and disappointment. Without that crucial first step, resilience cannot grow.

Many Gen X and millennial parents have developed a pattern of removing obstacles for their children. We solve their problems, intervene in friendship conflicts and rush to relieve their boredom, frustration or sadness. Perhaps we’re trying to give them the support we wish we’d received. Perhaps family life is so busy that we simply don’t have time for a 20-minute meltdown. Or perhaps we’re unwilling to tolerate our own discomfort when we watch our children struggle. Whatever the reason, it’s time to look inward.

Rescuing children from every ordinary hardship may feel loving, and certainly makes life easier in the moment, but it can undermine their long-term

development. When we routinely hand children a screen to help them escape an uncomfortable feeling or challenge, we remove an opportunity for them to practice coping.

Avoidance is the attempt to escape discomfort rather than learning to tolerate and work through it. It provides immediate relief, which is precisely why it’s so appealing. But that relief can reinforce avoidance, making children more likely to escape the next difficult experience instead of confronting it. Avoidance can be a resilience killer. It gives children permission to opt out of doing hard things and

experiencing difficult emotions. It also deprives them of the opportunity to recover, one of the defining features of resilience.

When we turn on the TV, hand over an iPad or allow a teenager to scroll through social media whenever stress, boredom or frustration arises, the screen becomes an avoidance tool. The child may feel better temporarily, but misses the chance to discover, “This feeling is uncomfortable, but I can handle it.”

That discovery builds self-efficacy,

Get rid of devices? No, but pause and consider when and why they’re used.

the belief that we can take action, manage challenges and influence what happens next. Self-efficacy grows when children complete tasks, solve problems and move through challenges with independence. Two-year-olds may understand this better than we do when they insist, “I do it!” Beneath the defiance is a healthy developmental message: “Please step back long enough for me to discover what I can do.”

As a working mother, I understand that parents are tired, stressed and stretched thin. Screens make life easier in countless ways. I’m not recommending that families eliminate them. I’m urging parents to pause and consider when and why they’re being used. Is the screen providing intentional entertainment, connection or education, or is it being used to make an uncomfortable moment disappear?

The next time you feel tempted to hand over a screen to prevent boredom, frustration or a meltdown, pause. Your child may be unhappy for a few minutes. But in that small, imperfect moment, they may also begin learning something far more enduring: “I can handle this.”

Jolie Silva, Ph.D., is a clinical psychologist, chief operating officer of New York Behavioral Health and president of the North Shore Coalition Against Substance Abuse.

FRAMEWORK by Tim Baker



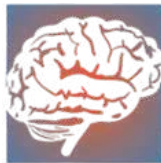
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