GLEN COVE
HERALD



School walk for cancer research
Page 3



Time to fall back
Daylight Saving Time ends on Sunday
Remember to set your clocks back, and change your smoke and CO detector batteries



Blood donations save lives
Page 6

VOL. 35 NO. 44 OCTOBER 29 - NOVEMBER 4, 2026



Courtesy Pete Budraitis

Mayor Pamela Panzenbeck, left, and Dr. Maxine Mayreis with her Bob Howard Community Leadership Award at Glen Cove's 17th annual Senior Recognition Day, celebrating Mayreis's lasting contributions to the community and her dedication to helping others live healthier.

Senior Recognition Day honors community standouts

By ROKSANA AMID
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After a debilitating stroke at 53, former Glen Cove City Councilwoman Barbara Peebles' younger brother Steven Bella became partially paralyzed. He struggled with depression and had difficulty finding hope as he adjusted to life after the stroke.

That began to change when Peebles persuaded him to visit Glen Cove chiropractor Dr. Maxine Mayreis.

For eight years, Bella traveled from Huntington each week to see Mayreis, whose compassion and encouragement helped him.

"She brought him warmth, recovery, and most important, hope," Peebles recalled.

Peebles shared the story Oct. 24 during Glen Cove's 17th annual Senior Recognition Day, where Mayreis was among four community members honored for their contributions to older residents and the broader community.

The celebration at the Glen Cove Senior Center recognized individuals whose volunteerism, leadership and dedication have strengthened the lives of others. The tradition dates back to 2007, during former Mayor Ralph Suozzi's administration, when the

CONTINUED ON PAGE 7

City adopts $70M budget with split vote

By ROKSANA AMID
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Glen Cove adopted a $70 million budget for 2027 Tuesday night after a 3-3 City Council split, with opponents questioning the reliability of projected revenue and whether the administration has a concrete plan to address the city's existing financial shortfalls created by the past two budgets.

Republican council members Grady Farnan, Michael Ktistakis and Kevin Maccaronesupported Mayor Pamela Panzenbeck's spending plan, while Democrats Danielle Fugazy Scagliola, John Zozzaro and John Perrone opposed it. It was automatically adopted.

> When we create a budget, the only sure revenue is taxes.
>
> **PAMELA PANZENBECK**
> Mayor

The budget includes a 2.82 percent residential property tax increase, roughly $97 annually for a home assessed at $805,000. Commercial property taxes would remain essentially unchanged.

The vote came after Moody's downgraded the city's bond rating and the state comptroller's office classified Glen Cove as "susceptible to fiscal stress" as a result of shortfalls in its 2025 and 2026 budgets.

Before the vote, Panzenbeck reduced the amount the city expects to collect from a proposed hotel tax by $150,000 and increased projected school bus ticket revenue by the same amount. Fugazy Scagliola said that council members received the revised figures last Friday, three weeks after the original proposal.

"It just doesn't feel like we're being honest with ourselves about where we are with this budget," she said.

Panzenbeck defended the administration's approach, emphasizing that municipal budgets rely on estimates of future revenue. "When we create a budget," she said, "the only sure revenue is taxes."

A proposed 4 percent hotel and motel occupancy tax still requires approval by the State Legislature and Gov. Kathy Hochul. It would be added to the existing 3 percent Nassau

CONTINUED ON PAGE 5

HERALD Community Newspapers

3 THINGS TO KNOW ABOUT WINTER HEATING COSTS

What to know before temperatures drop

By ROKSANA AMID

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As temperatures drop across Glen Cove and the North Shore, residents are preparing for another winter of heating expenses. While natural gas bills are expected to remain relatively stable, households relying on heating oil could face higher costs. Here are three things to know.

1 What to expect on heating bills

Long Island residents who heat their homes with oil could face significantly higher expenses this winter, while natural gas customers are expected to see modest increases.

National Grid projects that a typical Long Island natural gas customer will pay approximately $1,461 between November and March, an increase of just $5 compared with last winter.

Heating oil prices present a different outlook. The average price on Long Island reached $6.37 per gallon in late October, up 67 percent from $3.82 a year earlier.

Actual heating expenses depend on household size, insulation, weather conditions and energy consumption. Older homes with insufficient insulation may require more energy to maintain comfortable indoor temperatures.

2 Small changes can reduce costs

Glen Cove residents can take several steps to reduce heating expenses without making costly home improvements, particularly as temperatures begin falling.

Lowering thermostats when sleeping or away from home can help reduce energy consumption. National Grid estimates that lowering thermostat settings by one degree could save between 1 and 3 percent on annual heating costs.

Sealing drafts around windows and doors, adding weatherstripping and closing curtains at night can also help retain warmth and reduce unnecessary heating expenses.

Regular heating-system maintenance and clean filtersimprove efficiency. New York's Energy Research and Development Authority also offers energy assessments and assistance with insulation and other improvements for homes.

3 Financial help and keeping warm

Glen Cove residents struggling with heating expenses can seek financial assistance through New York's Home Energy Assistance Program, known as HEAP.

Applications for regular benefits are scheduled to open Nov. 2. Eligibility depends on household income, size and heating source. Residents can apply through mybenefits.ny.gov or contact Nassau County's Department of Social Services.

National Grid also offers payment arrangements and bill discounts for qualifying customers who need help managing their monthly utility expenses.

The Glen Cove Senior Center, at 130 Glen St., provides a warm indoor gathering place for older residents during regular operating hours. Residents can call (516) 759-9610 for information about available services.

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HERALD SCHOOLS



Photos courtesy Glen Cove City School District

Connolly Elementary School students took to the streets Oct. 23 for the school's 14th annual Breast Cancer Awareness Walk-a-Thon, which raised a record $1,691.

Students step up for breast cancer awareness

By ROKSANA AMID

ramid@liherald.com

For Connolly Elementary School fourth-grade teacher Susan Bouza, the school's annual Breast Cancer Awareness Walk-a-Thon is personal.

Five years ago, Bouza was diagnosed with breast cancer, beginning months of treatment that required her to balance teaching with radiation appointments. Her mother, Elizabeth Bouza, a retired Glen Cove school district teacher, had already survived breast cancer and would later face a second diagnosis.

On Oct. 23, Bouza shared her experience with students before they took to the streets surrounding Connolly Elementary School for its 14th annual Breast Cancer Awareness Walk-a-Thon. The event raised a record $1,691 for organizations supporting cancer patients, research and early detection.

Bouza recalled receiving her diagnosis during the final week of school, just as she was preparing for summer vacation. When she returned to teaching, she needed to leave work early each day for radiation treatments.

"If it wasn't for the support that I had from my staff, from the district itself," Bouza said, describing how colleagues helped her through treatment.

Her mother's experience also played a role in her diagnosis. Because Elizabeth had previously battled breast cancer, Bouza's gynecologist recommended additional screenings, including an MRI that detected her cancer at an early stage.

"I was one of the lucky ones," Bouza said.

Elizabeth underwent surgery, chemotherapy and radiation following her first diagnosis. When the cancer returned approximately a decade later, she underwent a mastectomy and began hormone therapy.



Students and faculty at Connolly Elementary School joined together for the annual walk-a-thon, raising money for organizations supporting breast cancer research.



Connolly Elementary School's annual Breast Cancer Awareness Walk-a-Thon brought students, teachers and community members together to support families.

For Bouza, the walk-a-thon was an opportunity to teach students about compassion and the importance of supporting people facing difficult circumstances.

"Students don't realize what other kids are going through or what other adults are going through," she said. "It's not so much about the breast cancer, it's about the kindness."

Two fifth-graders, Isabella Martens and Madelyn Rios, both 10, decided to contribute to the cause by organizing their own fundraiser.

Martens, inspired by students who had raised money in previous years, recruited Rios to help make and sell handmade scrunchies and wristbands. The girls distributed flyers to classrooms and received orders from students throughout the school, ultimately raising more than $500.

"I was thinking since other years some kids would do stuff to try to raise money, I was thinking I could do something like that too," Martens said.

Rios said she wanted to participate because she knew people who had been affected by cancer, including a neighbor who survived and someone connected to a former teacher who died from the disease.

"I've been really caring about breast cancer and seeing all these, like a bunch of stories," Madelyn said.

Martens said the response from classmates exceeded her expectations.

"It felt really good to want to help people," she said. "I'm really glad that we were able to do this."

Principal Farrah Feygis said the annual event teaches students that even small contributions can help people in need.

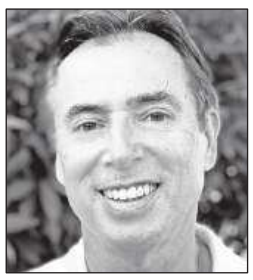
"A small step is a big win," Feygis said. "We kids can make a difference, and we are as a community."

Organized by the Connolly Student Council under advisers Susan Stanco and Nancy Gorman, the walk brought students and faculty through neighborhood streets with escorts from the Glen Cove Police and Fire departments.

Proceeds will benefit Glen Cove Cares, the American Cancer Society and Katz Women's Center. National Junior Honor Society students at the district's middle school also participated in fundraising efforts, selling pink lemonade and bracelets.

Should I get new gutters, or have them cleaned again?

Ask The Architect



MONTE LEEPER

Q. I'm debating whether to spend money to replace my gutters. Every year a man comes and climbs ladders to reach my gutters, which I can't do, and it's getting expensive. I see the commercials for gutters with mesh screens, and they guarantee you won't need to keep cleaning them. When mine back up, the rain comes in through the top of my patio door. I got a quote for the new gutters, and they're quite expensive. The cost was $5,000, and the man who cleans them charges $900, but just told me he has to raise his price due to inflation. Will I stop getting the brown streaks on my white gutters? Should I power-wash them? I realize it will take about five years, at this point, to pay for them if I don't need the gutter guy any longer. What do you think?

A. I recommend any building product that, in the long run, saves time and money. This has always been the dilemma of construction. Do you spend more money up front to get a longer-lasting, more economical outcome, or go for the more affordable product and pay over and over again to what adds up to many more times than the up-front, more expensive investment.

I can personally attest to investing in the stainless steel mesh screen gutter tops. They go over your existing gutters and really do keep debris out. In your case, it sounds like you want to get rid of the stains, which means either investing even more money in shiny new gutters, having the old ones cleaned or getting darker-colored ones.

I never recommend power washing as a way to clean because most of the time, the spray pressure is actually pitting the surface being cleaned, whether it's a sidewalk, a fence or a gutter. Once there are pits, dirt and mildew have a better surface to cling to, making the problem worse.

The staining will return if the contributing factors aren't solved, and what causes the staining is the first problem to address. Shingles leach oily substances that are part of their manufactured finish. Oily substances in the air due to pollution end up on your roof shingles, and are washed down into your gutters, especially during overflows from heavy rain your gutters can't handle.

Gutter installers often use the larger, commercial 5-inch or even 6-inch-wide gutters without adding a larger downspout or by doing anything about bends or the opening at the end of the downspout that gets clogged by plants and soil. Unfortunately, overflow causes stripes on your gutters to reappear just because we occasionally get extreme rain that nothing can fully handle. You may still have to clean the outside, but not as often. Good luck!

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Book Review:
"Outlive" by Peter Attia, MD (Part Two)

In his book, Dr. Attia describes the tactics necessary for the "compression of morbidity" — meaning shrinking the period of decline at the end of life and increasing the length of healthy life. To live longer without disease rather than simply extending the duration of disease.

Centuries of observations have shown that simply eating less extends life and prevents the onset of disease. As the old saying goes, "Eat breakfast like a king, lunch like a prince, and supper like a pauper." Similarly, the powerful adverse effects of poor sleep on metabolism and cognitive ability are fleshed out, including tips on sleeping better.

Tips for avoiding cardiovascular disease, including a review of the current cholesterol lowering medications, is provided. Cancer is analyzed for how it works in the body and the current as well as promising future therapies, while advocating for the best cancer treatment of all — "early detection."

Whereas Alzheimer's and other neurodegenerative diseases were, until recently, thought to be unpreventable, that is no longer true. While quality of sleep and nutrition play a role in preventing cognitive decline, nothing compares to exercise — both strength training and aerobic exercise — which reduce inflammation and oxidative stress and increase vascular function. Regular exercisers also live as much as a decade longer than sedentary people.

As the author states, "This is our objective: to delay death, and to get the most out of our extra years. The rest of our lives becomes a time to relish rather than to dread". It is not an easy read but with the healthy prescriptions provided in a range of areas, it is a worthwhile addition to the ever-burgeoning literature on life extension. As Muhammad Ali said "I never won a fight in the ring; I always won in preparation."

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CRIME WATCH

ARRESTS

- Police Officer Mozer arrested a 28-year-old Glen Cove woman on Oct. 26 for grand larceny on Merrick Avenue in Seaford.
- Police Officer Vezza arrested a 51-year-old Glen Cove man on Oct. 26 for trespassing and a Glen Cove City Court warrant for trespassing on Glen Street.
- Police Officer Troia arrested a 41-year-old Glen Cove man on Oct. 26 for driving while intoxicated on Sea Cliff Avenue.
- Police Officer Sican arrested a 27-year-old Glen Head woman on Oct. 23 for driving while intoxicated, aggravated unlicensed operation, covered plate, no lights, obstructed view and unlicensed operation on Glen Street.
- Police Officer O'Neil arrested a 31-year-old Locust Valley man on Oct. 23 for driving while intoxicated, insufficient lights, no seat belt, broken windshield and obstructed view on Forest Avenue.
- Police Officer O'Neil arrested a 37-year-old Glen Cove man on Oct. 22 for driving while intoxicated and unsafe lane change on Hendrick Avenue.
- Police Officer Caruso arrested a 41-year-old Wyandanch man on Oct. 20 for aggravated family offense and criminal contempt on Putnam Avenue.
- Police Officer Sanchez arrested a 26-year-old Glen Cove man on Oct. 18 for Glen Cove City Court arrest warrants for aggravated unlicensed operation, unlicensed operator and no seat belt on Valentine Street.
- Police Officer O'Neil arrested a 34-year-old Glen Cove man on Oct. 18 for criminal possession of a controlled substance, speeding and no seat belt on Forest Avenue.
- Police Officer Theodorou arrested a 30-year-old Glen Cove man on Oct. 17 for assault and criminal possession of a weapon on Bridge Street.
- Police Officer Phil Grella arrested a man from Locust Valley on Oct. 17 for aggravated driving while intoxicated, driving while intoxicated, failure to obey traffic device, failure to signal and unsafe lane change on Brewster Street.
- Police Officer Burns arrested a 24-year-old Glen Cove woman on Oct. 15 for rape on Glen Street.
- Police Officer Phil Grella arrested a juvenile from Syosset on Oct. 15 for reckless driving and unlawful fleeing of a police officer on Belvedere Drive in Syosset.
- Police Officer Caruso arrested a 39-year-old Glen Cove woman on Oct. 14 for aggravated unlicensed operation, obstructed view, improper right turn, unlicensed operator and dirty or covered registration plate on Glen Cove Avenue.
- Police Officer Sican arrested a 36-year-old Glen Head man on Oct. 11 for driving while intoxicated, speeding, passing a red traffic safety light, drinking alcohol in a vehicle and no inspection on Glen Street.
- Police Officer Bedell arrested a 34-year-old Glen Cove man on Oct. 8 for aggravated criminal contempt, two counts of aggravated family offense, assault, criminal contempt, criminal contempt, criminal trespass, criminal mischief, menacing and unlawful imprisonment on Glen Street.
- Police Officer Caruso arrested a juvenile on Oct. 7 for criminal possession of a weapon and menacing on Dosoris Lane.
- Police Officer Fernandez arrested a 36-year-old Glen Cove man on Oct. 6 for criminal mischief and an arrest warrant for driving while intoxicated on Cedar Swamp Road.

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

GLEN COVE HERALD

HOW TO REACH US

Our offices are located at **2 Endo Blvd. Garden City, NY 11530** and are open from 8:30 a.m. to 5:30 p.m., Monday through Friday.

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Council questions projected city revenue

CONTINUED FROM PAGE 1

County hotel tax, and currently would affect the Glen Cove Mansion, the city's only hotel.

In a call with the Herald on Wednesday, Assemblyman Charles Lavine questioned why City Attorney Tip Henderson waited until May, shortly before the legislative session ended in June, to request authorization for the hotel tax, leaving little time for consideration. Lavine also expressed concern that the tax would affect people visiting Glen Cove to see relatives, as well as local residents staying at the Mansion during home repairs or after fires.

"I want a public hearing," Lavine said. "I want the City Council to hear from the public with respect to the imposition of this new tax." He added that he wanted City Council consensus before advancing the legislation.

Panzenbeck said the administration initially anticipated implementing the tax in April, but reduced its revenue estimate to account for a possible August start.

Other revenue

The school Bus Patrol program uses cameras to ticket motorists who illegally pass stopped buses, generating revenue for the city. It has a backlog of around 3,500 tickets, including about 1,000 that motorists have challenged and are awaiting hearings. The administration expects to collect additional revenue as those cases are resolved.

"These adjudications have been processed in a very slow manner," Panzenbeck said, adding that officials expect hearings to accelerate.

Fugazy Scagliola questioned whether the city could count on the additional collection. She said there is no guarantee the county will start adjudicating tickets sooner.

Building permit revenue also raised concerns. As of Sept. 10, the city had collected just $240,000 of the $1.4 million projected for 2026. Despite higher permit fees, the 2027 budget anticipates $1.5 million in collections.

> After reviewing the numbers, I see a shortfall.
>
> **JOHN ZOZZARO**
> Glen Cove
> city councilman

The city also failed to receive approximately $3.1 million in sales tax revenue budgeted for 2026. In July 2025, the City Council voted to replace Nassau County's property-tax credit with direct collection of Glen Cove's 1.5 percent sales tax share. However, the county did not grant the required waiver in time, leaving the city with a shortfall. The change is now expected to take effect in March 2027, though council members questioned how much revenue it would generate.

Given these challenges, Fugazy Scagliola estimated that the city could finish 2026 facing a shortfall of at least $4 million.

Zozzaro warned that Glen Cove homeowners will lose a Nassau County property tax credit, potentially increasing their tax bills beyond the city's projected $97 increase from the County Sales tax agreement. The county has already removed the rebate that city property owners had received from its budget.

"After reviewing the numbers, I see a shortfall," Zozzaro said.

Perrone praised Panzenbeck and City Controller Mike Piccirillo for their work in preparing the budget, but said he could not support its financial assumptions. "To plan a budget on hope is a difficult thing that I can't do as a businessman," Perrone said.

Former Councilwoman Marsha Silverman addressed Panzenbeck during public comment and repeatedly questioned whether the budget would take any specific action to reduce the city's existing deficit. She cited the unrealized sales tax revenue, building permit collections, legal expenses and lower-than-anticipated investment interest as potential financial pressures.

"I don't see anywhere here where you're putting money aside to cover any of the deficit going into 2027," she said.

Panzenbeck said the administration intended to eliminate the deficit through sound budgeting practices. "We're planning to address it," she said. "We will be working to eliminate the deficit."

Panzenbeck defended her administration's financial record, citing an $87,000 surplus last fiscal year. Piccirillo has also cited four consecutive annual surpluses totaling more than $5 million.

Panzenbeck also emphasized rising personnel expenses, including an increase of roughly $860,000 in pension costs. Salaries, pensions, health benefits and other employee expenses account for about $44 million, or 75 percent of the general fund budget, she said.

Ktistakis defended the spending plan as necessary to maintain police, fire and emergency medical services, sanitation, roads, sidewalks and recreational programs amid rising operating costs. "This is an investment in keeping our community thriving," he said.







Photos courtesy Pete Prudente

At the omelet station, Andres Fuenzalida, Allison Prudente, Pete Prudente, and Marvin Alcantara.

Blood Drive saves lives during blood shortage

The Glen Cove Fire Department's Oct. 17 blood drive was another success, with more than 85 donation attempts yielding 77 pints of blood to help save lives. Pete Prudente praised the community's continued support, describing the department's blood drives as among the premier drives in the area. The drives bring together community members committed to helping patients in need of lifesaving blood donations during the nation-wide blood shortage. The event also recognized Jack Sujeski, who was remembered as a dedicated supporter of the blood drives and a fan of Allison's. Prudente thanked everyone who contributed to the drive's success and encouraged continued participation in future events. The next drive hosted by Prudente is scheduled for Dec. 23 at the Polish National Home in Glen Cove.

–Roksana Amid



Great Neck Alerts Fire Department ex-chief Jim Nuebert, Glen Cove firefighter Pete Prudente and Great Neck Alerts firefighter Jan Reitbrook donated blood together.



At the event, Megan Sujeski, Jack Sujeski, and Pete Prudente donate blood together.

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Senior center highlights outstanding citizens

CONTINUED FROM PAGE 1

event was established to acknowledge the contributions of older residents.

Christine Rice, executive director of the senior center, emphasized the importance of recognizing those who devote their time to helping others.

"Today is just so important," Rice said. "We have four honorees today. They're all people who have done amazing contributions to the community."

Mayreis, a lifelong Glen Cove resident and president of the Glen Cove Chamber of Commerce, received the Bob Howard Community Leadership Award. A third-generation chiropractor, she previously worked as a registered nurse at Glen Cove Hospital for 13 years and has remained active in numerous civic organizations, including Rotary, the Tribute and Honor Foundation and the Deep Roots Farmers Market.

Accepting the award, Mayreis joked about the irony of being recognized during a celebration for seniors after spending her career helping people remain youthful and active.

"Now, I have to admit, I'm not entirely sure how I feel about receiving an award on senior day," she said. "I've spent my entire professional life trying to keep people young and healthy, flexible, and moving. And now they're calling me a senior."

Beyond the humor, Mayreis emphasized that aging well involves more than physical health.

"Good health is really about keeping people active and engaged and socially connected and finding joy and purpose in every phase of life," she said.

Mayreis also recalled how her stepmother, whom she affectionately called Granny Franny, benefited from the Senior Center's adult day program, which provided companionship, activities and support while offering family caregivers peace of mind.

Like Mayreis, Angelina Stanco-Stone has devoted her career to older adults. She received the SAGE (Senior Activity Generational Endowment) Foundation Award for her community involvement.

The owner of How Can I Help Elder Care, an independent senior living advisory service, Stanco-Stone has more than 30 years of experience in senior care, including 25 years in assisted living and memory care.

Stella Shank, director at the Regency at Glen Cove, described Stanco-Stone as someone whose commitment to helping others extends far beyond her professional responsibilities.

> Good health is really about keeping people active and engaged and socially connected and finding joy and purpose in every phase of life.
>
> **DR. MAXINE MAYREIS**
> Honoree

"If there's a senior event in Glen Cove, Angelina's there," Shank said. "If there's a food drive, clothing drive, community event, or family meet, Angelina will always find a way to help."

Stanco-Stone credited the community for inspiring her continued involvement.

"I've always believed that helping others is about showing up, listening, and making a difference wherever you can," she said.

Russell F. Lerch, a retired Glen Cove Harbor Patrol sergeant, was named Volunteer of the Year for his work bringing comfort and companionshipto others through therapy dog visits.

Lerch began visiting the senior center with his dog, Koda, in 2023. Following Koda's death in August 2024, Lerch and his family welcomed Aspen, who has continued the tradition.

By Saturday's celebration, Aspen had completed 101 visits to the center, along with 79 visits to John F. Kennedy International Airport's Terminal 4, where the dog helps comfort travelers.

"He's like a white angel that walks through this building," Rice said. "Nobody can stop a smile on their face when Aspen comes in."

The fourth honoree, Saul Schachter, received the BRAVO Award for his contributions to education, writing and volunteerism.

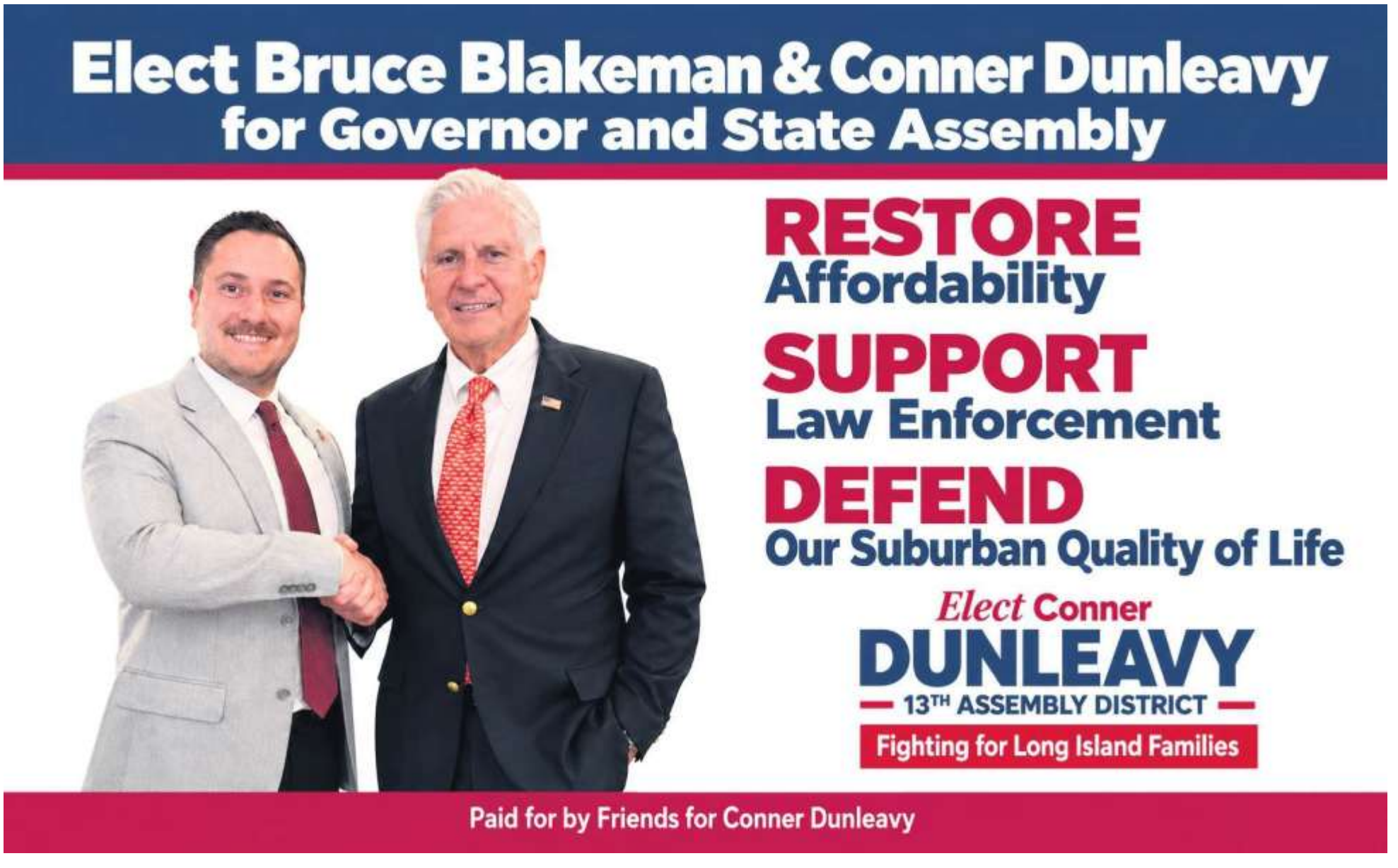
A Glen Head native and retired North Shore High School teacher, Schachter spent 35 years in education, including 33 years teaching American history at his alma mater. Since retiring in 2012, he has remained active through writing, traveling and community service.

Schachter has visited 103 countries and taught English to immigrants at the Glen Cove Public Library and volunteered as a tandem bicycle partner for people with visual impairments.

Nassau County Legislator Delia DeRiggi-Whitton recalled Schachter's habit of remembering birthdays and sending cards to friends, an example of his thoughtfulness.

Schachter, who helped establish the senior center's birthday celebrations, reflected on the influence of his mother, Vivian, whose compassion shaped his understanding of service.

The Glen Cove Senior Center, at 130 Glen St., offers recreational, educational, wellness and social programs for older adults. Adults must be 60 or older to become members, and membership is free. Nore information can be found at: glencoveseniorcenter.com.



NEWS BRIEFS

Music fest helps renovate park bathrooms

The Morgan Park Summer Music Festival Committee funded and completed renovations to the historic bathrooms near the stage at Morgan Park and installed new stage lighting, improving the facilities at the longtime summer concert venue. The project was completed without taxpayer funds.

The bathrooms, originally constructed in 1932, underwent extensive renovations that included new floors, ceilings, windows, lighting, partitions and upgraded utilities. The original porcelain fixtures were reglazed.

Tom Suozzi, chairman of the Morgan Park Summer Music Festival and the incumbent Democratic congressman, said the improvements would enhance the experience for concertgoers. Suozzi is being challenged by Republican Mike LiPetri in this year's election.

"Morgan Park is one of Glen Cove's real treasures, and our summer concerts have been bringing families, friends and neighbors together for generations," Suozzi said. "My father helped start this tradition, my mother worked for decades to build it, and I'm proud to help carry it forward."

Suozzi thanked Michal Cipriano of Cipcon Construction, electrician Adolfo Cimieri, Glen Cove Director of Youth Services and Recreation Spiro Tsirkas, and Glen Cove Project Manager Rocco Grazioso for their work on the improvements.

"Projects like these don't happen without dedicated people who care about our community," Suozzi said.

Tsirkas also thanked the festival committee for funding the bathroom renovations.

"Many thanks to Morgan Park Summer Music Festival and Chairman Tom Suozzi for renovating the bathrooms near the stage in Morgan Park," Tsirkas said. "This project will enhance the park experience not only for concert goers but for everyone who uses Morgan park throughout the year. The City of Glen Cove is grateful for this generous donation."

Morgan Park was donated to Glen Cove in 1932 by J.P. Morgan in memory of his wife. In 1959, then-Mayor Joseph A. Suozzi proposed free concerts at the park, working with Laura Parsons Pratt to establish the summer music festival.

Marge Suozzi later led the festival and its fundraising efforts, including the construction of the main stage in 1995.The all-volunteer nonprofit continues to present free professional concerts every Sunday in July and August, funded through donations from businesses and individuals.

—Roksana Amid

City seeks a new Christmas tree

The City of Glen Cove is seeking a donated Christmas tree to serve as the centerpiece of its annual holiday celebration and tree-lighting ceremony on Saturday, Dec. 5, in Village Square.

The city is looking for a beautiful, healthy tree measuring between 25 and 30 feet tall. Residents who have a suitable tree on their property and would like to contribute to the community's holiday festivities are encouraged to contact the Mayor's Office.

The annual celebration will begin at 1:30 p.m., bringing the community together for an afternoon of holiday festivities. The official tree lighting is scheduled for 4:45 p.m., marking a highlight of the city's seasonal celebration.

The donated tree will help create a festive setting for the event and provide a focal point for residents gathering to celebrate the holiday season. The city is inviting residents to take part by donating a tree that can be enjoyed by the community.

Residents interested in donating a tree can contact the Mayor's Office at (516) 676-2004. They can also reach out by email to Roni.Jenkins@glencoveny.gov or sgtripp@glencoveny.gov.

The city is encouraging anyone with a suitable tree to consider donating it and helping make this year's holiday celebration special for Glen Cove residents and visitors.



Courtesy Roni Jenkins

The City of Glen Cove is seeking a donated Christmas tree to serve as the centerpiece of its annual holiday celebration and tree-lighting ceremony.

With the Dec. 5 celebration approaching, the search for a tree offers residents an opportunity to contribute to a community tradition and help bring holiday spirit to Village Square.

Those interested in donating a tree are encouraged to contact the Mayor's Office for additional information.

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PAID FOR BY SUOZZI FOR CONGRESS



Roksana Amid/Herald photos

Halloween decorations bring a spooky touch to a Glen Cove home as residents prepare for the holiday.

City homes get into the Halloween spirit

As Halloween approaches, homes throughout Glen Cove are transforming into spooky spectacles, with residents embracing the annual tradition of decorating their properties for the holiday. From glowing jack-o'-lanterns and towering skeletons to cobweb-covered porches and eerie graveyard displays, decorations bring a festive atmosphere to neighborhoods across the city. For many families, decorating is a cherished tradition that offers an opportunity to get creative and celebrate the season. Whether residents prefer playful pumpkins or elaborate haunted scenes, their displays add a touch of Halloween magic to the community, giving neighbors and trick-or-treaters plenty to admire as Oct. 31 draws near.

–Roksana Amid



A festive display adds seasonal charm to a Glen Cove neighborhood ahead of Halloween.



Ghosts and other frightening figures help transform a residential property into a Halloween attraction.



Residents across Glen Cove embrace the Halloween spirit with creative decorations outside their homes.



From playful decorations to spine-chilling displays, Glen Cove homeowners celebrate Halloween with creativity and imagination.

PULL OUT SAMPLE ELECTION BALLOT PULL OUT

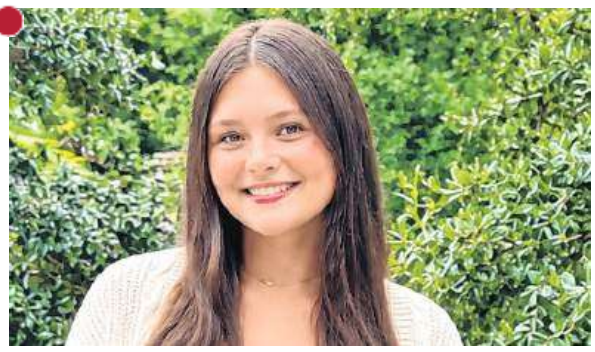
VIEWFINDER What is your favorite Halloween tradition?

Compiled by Julia Gillego

Arianna Quijano
Long Beach

One of my favorite Halloween traditions growing up was dressing up and participating in the Long Beach Halloween Day Parade. My family would come to watch me walk in the parade, and afterward, we would all enjoy the Fall Festival together! The haunted house and zeppoles were always my favorite!

Courtesy Arianna Quijano





Doug Beckerman
Lynbrook

I enjoy handing out candy to the trick or treaters and looking at their costumes. It reminds me when I was young and makes me smile knowing they are having so much fun.

Tim Baker/Herald



Ava Vishnudat
Malverne, Age 10

Going to costume Halloween parties and dressing up. I like getting dressed up as a character, a clown, Maleficent, Cat Woman, and Cruella de Vil. We hang out and do fun games.

Tim Baker/Herald



Jacqueline Agresta
Rockville Centre

My favorite Halloween tradition was "ghosting" with my four kids when they were young. Ghosting is packing brown paper bags with candy, drawing a ghost on the bag with a "boo — you've been ghosted" written on each bag. Then driving to friends' houses, sneaking up to the front door and leaving the bag after ringing the bell and running to back to the car before they answer.

Courtesy Jacqueline Agresta



Maggie Shea
East Meadow, Age 11

I love going trick-or-treating and hanging out with my friends on Halloween. I love all the candy. Last year for Halloween I was a dead schoolgirl.

Tim Baker/Herald

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In case of emergency find a responsible adult

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516-825-0030 • 631-689-7120
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Know the home where you trick or treat

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TREATER FROM A-Z

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Never eat unwrapped candy or snacks

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Only cross the street at crosswalks

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Toys and props should be made of cardboard to avoid injury

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Under no circumstances should you accept rides from strangers

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Visit homes that have their porch lights on

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Wear reflective costumes or clothing

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You should never go into homes while you are trick or treating

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From Your Friends at the Herald

Zero in on these safety tips for your enjoyable trick or treating

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mber 3, 2026
SAU COUNTY
OF ELECTIONS
EN COVE

This is not an actual ballot, but a composite of several sample ballots so as to reflect all the districts within the communities covered by your edition of the Herald. Complete reporting on candidates running in districts covered by the Herald may be found at **LIHerald.com under the Elections '26 tab.**

For election results after the polls close Tuesday night, go to LIHerald.com

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☐ Saritha Komatireddy

7

Vote for One (1)

REP
☐ Jake Blumencranz

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l Vote for One (1)

REP
☐ Conner Phillip Dunleavy

COUNTY

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assau, Distrito 11 Vote for One (1)

REP
☐ John Canning

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☐ Ellen Greenberg

DEM, REP, CON
☐ Ayesha Keri Brantley

District Court Judge – 3rd District

JueZ de tribunal de distrito

Vote for One (1)

DEM, REP, CON
☐ Lisa M. Petrocelli

DEM, REP, CON
☐ William P. Bodkin

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Photos by Tim Baker and Holden Leeds/Herald

Healthcare leadership and innovators are recognized at the 2026 Herald's Excellence in Healthcare Awards.

Herald honors long Island healthcare leaders at fifth annual awards

By JULIA GILLEGO
jgillego@liherald.com

Healthcare professionals, first responders, community leaders and innovators from across Long Island gathered at the Heritage Club at Bethpage on Sept. 23 for the fifth annual 2026 Herald's Excellence in Healthcare Awards, recognizing their contributions to patients and the communities they serve.

The evening honored representing hospitals, medical practices, human service agencies, emergency medical services and other areas of healthcare.

Emmy Award-winning investigative reporter Kristin Thorne served as master of ceremonies.

Stuart Richner, publisher of Herald Community Media and president of Richner Communications, welcomed the honorees and guests.

"Tonight's honorees represent that extraordinary commitment to others. They are physicians, nurses, healthcare executives, innovators, caregivers, first responders and community leaders," Richner said. "While their roles may be different, they share something important. A commitment to improving the lives of others."

Richner also highlighted the Sofia Valsamos Foundation, which empowers youth, combats bullying and promotes mental and emotional well-being in memory of Sophia Valsamos.

Among those recognized was Aaron Tomlinson, police medic supervisor with the Nassau County Police Department, who received the Excellence in Emergency Medical Care Award, sponsored by Suffolk Credit Union. Richard Robertson, a police medic with the department, was also honored with the award.

For Tomlinson, the work is driven by the opportunity to help patients and see the results of the care provided in the field.

"It's great to be able to follow up on patients and know that the care that we did, and bringing them home safely, can lead to a positive outcome," he said.

He said providing care also allows him to serve communities he has known throughout his life.

"It's nice to be able to serve our friends and family," Robertson said. "I've grown up here my entire life, mostly in Suffolk, but it's nice to come over to Nassau side and be able to provide care for the community as well."

Laura Racioppi, vice president of corporate and community partnerships at Suffolk Credit Union, said the medics aligned with the credit union's community giving priorities.

The credit union's giving pillars include education, health and wellness, military and first responders, including fire, police and veterans.

"Suffolk Credit Union is all about people helping people," Racioppi said. "And what better way than to honor two police medics. That's what they do every day. They're always out there, helping people."

The Excellence in Leadership Award recognized Theresa Dillman, vice president and chief nursing officer at Northwell Plainview and Syosset hospitals, and Lisa Burch, president and CEO of the EPIC Family of Human Service Agencies.

For Dillman, the recognition also reflected the people she leads and works alongside each day.

She said developing other healthcare professionals is one of the most meaningful aspects of her role.

"It's the ability to leave a legacy behind," Dillman said.

Burch, who leads EPIC Long Island, South Shore Guidance Center and the Epilepsy Foundation Long Island, said the award was particularly meaningful as she approaches three years as CEO.

"It's just really wonderful to have peers and other people around, and to be recognized for doing something that, to me, I'm just privileged and honored to do," Burch said.

The Community Impact Award recognized Mark Soberman, field sales consultant at Henry Schein, Inc.

"Hopefully, I made an impact not just on the sales side," Soberman said. "We sell equipment and technology, but just helping people build their practices and helping develop a lot of customers and health centers."

The Mariwalla family was recognized with the Clinical Care Excellence Award for its longstanding contributions to health care across Long Island.

Together, the four physicians have spent more than four decades caring for patients across Long Island, creating a family legacy that spans multiple generations and medical specialties.

Technology and its role in healthcare also emerged as a theme throughout the evening.

PointVOIP, a telecom sponsor of the event, was represented by JP Panetta, partner and CEO of PointVOIP LLC, and Danielle Scotti Belli, vice president of business development.

Panetta said the company has long-standing ties to healthcare after initially providing telecommunications services to healthcare organizations.

The 2026 Herald's Excellence in Healthcare Awards were supported and sponsored by Episcopal Health Services, Maple Pointe Senior Living, Henry Schein Inc., The Stroke & Brain Aneurysm Center of Long Island, Plattduetsche Senior Living, Suffolk Credit Union, Primary PartnerCare Physicians, PLLC, Women's Health Care of Garden City, Complete Neuropsychology, P.C., Vibrance 360, Spring Fertility, LiveOnNY, Ayur Interventional & Vascular Care, Northwell Health, Nurse Connect, Mariwalla Dermatology, Gurwin Healthcare System, Parker Jewish Institute for Health Care and Rehabilitation, The Bristal Assisted Living and PointVOIP.



Suffolk Credit Union's Senior VP of Retail Banking John MacAvoy, left, and VP of Corporate & Community Partnerships Laura Racioppi with Police Medic honorees Richard Robinson and Aaron Tomlinson from Nassau County Police Department, with Herald Community Media Publisher Stuart Richner.



Vice President & Chief Nursing Officer Theresa Dillman, of Northwell Plainview and Syosset Hospitals.





President Harry S. Jacob, MD, of Primary PartnerCare Physicians, PLLC.



Dr. Nitin Mariwalla, left, Kavita Mariwalla, MD, FAAD, Dr. Rajesh Mariwalla, and Dr. Rajkumar Mariwalla, of Mariwalla Family of Physicians.

Field Sales Consultant Mark Soberman, of Henry Schein, Inc.



Honoring the dedicated professionals recognized with the Excellence in Emergency Medical Care Award, sponsored by Suffolk Credit Union.



Department of Surgery Chairman Sheldon Genack, MD, FACS, of Episcopal Health Services.



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STEPPING OUT



Courtesy Morrison Mentors
Attendees as young as age 6 can explore the wonders of electricity while interacting with a plasma.



Alkemy, an ice cream experience, has crew members demonstrate the science behind making ice cream using liquid nitrogen to rapidly freeze ingredients at last year's STEM·X Festival. They prepared fresh ice cream for visitors in real time.

STEM•X makes science an adventure

Free two-day festival returns to Cradle of Aviation

By Stacy Driks

Science, technology, engineering and mathematics aren't just subjects taught in school. At STEM•X, they're opportunities for children to experiment, create and discover — all while having fun with their families.

That's the idea behind STEM•X, a free annual science festival organized by Hempstead-based nonprofit Morrison Mentors Inc., which returns to the Cradle of Aviation Museum this weekend.

Now in its second year, the festival invites families to explore the world of STEM through an estimated 60 to 70 activity stations spread across two days. From robotics and drones to virtual reality, live science demonstrations and engineering challenges.

And with Halloween falling on opening day, visitors can expect some spooky science fun, too. Besides the inside activities, the plan is to hold a small trunk-or-treat outdoors.

The festival was created to introduce children to science and technology in ways that go beyond traditional classroom instruction, according to Leonardo Lynch, Morrison Mentors' marketing and programs coordinator.

"We try to take a different spin with how kids can explore these topics in a fun, engaging way," Lynch says. "We want it to be an annual thing where we introduce parents to different ways where their kids are able to learn different concepts outside of school."

Last year's inaugural session offered families a little bit of everything. Slime-making and a station where children customized t-shirts using heat-pressed designs were among the most popular attractions. Animals, including a donkey, also made an appearance, giving kids an opportunity to learn about biology, agriculture, food chains, and the relationships between predators and prey.

The festivities will begin a day early for a special school trip — a school-only session scheduled for Oct. 30. Seven school districts had expressed interest in attending, including Baldwin, Freeport and Roosevelt, with additional inquiries continuing to come in, Lynch adds.

"This year it's going to be for three days — last year we did two, the Friday is only for schools. We invite the schools to come on out, I would call it a way for schools to see the services we provide."

STEM•X is about more than a weekend of experiments and entertainment.

For Morrison Mentors, the festival is also an opportunity to introduce families to educational experiences that can continue long after the activity stations are packed away.

The nonprofit provides educational programming for elementary and middle school students and other young learners, with an emphasis on making STEM subjects accessible and engaging. Through this event, organizers aim to connect families with learning opportunities they might not otherwise encounter.

And if last year's response is any indication, the approach is working.

The inaugural STEM•X festival drew more than 3,000 participants from approximately 1,300 families, according to Lynch. Visitors traveled from communities across Long Island, as well as Queens, Brooklyn and the Bronx.

For some families, the experience didn't end when the festival did.

"After the festival concluded last year, we have a few parents who reached out to us," Lynch says. "They were like, 'my child really liked a certain station that they explored. Do you guys offer programs after school?'"

Those conversations helped inspire Morrison Mentors to expand its offerings beyond partnerships with schools and districts. The organization introduced STEM•X Saturday classes for children ages 6 to 14 and STEM•X Summer Camp, this year enrolling 45 students in a four-week pilot program.

"For them, it's more like they're playing a game, but they're also learning how to code," Lynch says. "Essentially, it's how we try to do it at that younger age … [Parents] say they'd never seen their kid wanted to go back to another day of learning."

Morrison Mentors, which celebrates its 15th anniversary in January, aims to expand the festival to other locations.

"Other people can get the opportunity to see what their kid can do once they receive access to STEM learning," Lynch says.

For now, the upcoming event offers local families another chance to experiment, explore and discover what science, technology, engineering, and mathematics have to offer — and perhaps find a new interest that lasts well beyond the weekend.

"We're excited to go back into year two, with high hopes and to reach to all regions of Long Island, not just Nassau County," Lynch adds.

WHERE & WHEN

- Saturday and Sunday, Oct. 31-Nov. 1, 10 a.m.-3 p.m.
- Free admission; registration is required; visit tinyurl.com/STEMX26
- Cradle of Aviation Museum, Charles Lindbergh Blvd., Garden City



A futuristic illuminated robot costume walked around last year. highlighting the creativity and technology-inspired experience.



'Halloween Spooktacular'

Calling all ghosts and goblins! Kick off Halloween weekend with the South Shore Symphony at the Madison Theatre. Music Director-Conductor Adam Glaser leads the orchestra musicians — all decked out in costumes for the second annual "Spooktacular" — in an evening of orchestral favorites, including some of the most popular and accessible works in the repertoire. Everyone is strongly encouraged to join in the fun by wearing costumes (but are also welcome to "come as you are"). Many in the audience will instantly recognize some of the music from movies and TV, such as the riveting theme from "Mission Impossible" composed by Lalo Schifrin, and the Batman-inspired music from "The Dark Knight by Hans Zimmer and James Newton Howard.

Friday, Oct 30, 7:30 p.m. $35, $30 seniors, $10 students. Madison Theatre, Molloy University campus, 1000 Hempstead Ave., Rockville Centre. Madisontheatreny.org or (516) 323-4444.



Dweezil Zappa

Guitarist Dweezil Zappa brings his DZ20 Like Father, Like Son tour to the Paramount, marking 20 years of performing his father Frank Zappa's music. With jaw-dropping musicianship and a deep appreciation for his father's singular sound, Dweezil takes audiences on a thrilling ride through a wildly inventive, technically dazzling musical legacy. His virtuosity on the guitar is matched only by his prolific compositional skills, which have generated numerous original works spanning multiple albums including "Confessions of Deprived Youth" (1991) and "Via Zammata" (2015). His music effortlessly traverses genres, seamlessly weaving together elements of rock, fusion, and experimental sounds, all while maintaining a signature style that is unmistakably his own.

Thursday, Nov. 4, 8 p.m. Tickets available at ticketmaster.com or paramountny.com. The Paramount, 370 New York Ave., Huntington.

YOUR NEIGHBORHOOD & CALENDAR

OCT 29

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) 484-9338

OCT 31

Deep Roots Farmers Market

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

- **Where:** 100 Village Square, Glen Cove
- **Time:** 9 a.m. to 1 p.m.
- **Contact:** deeprootsfarmersmarket.com

Halloween Parade/ Festival

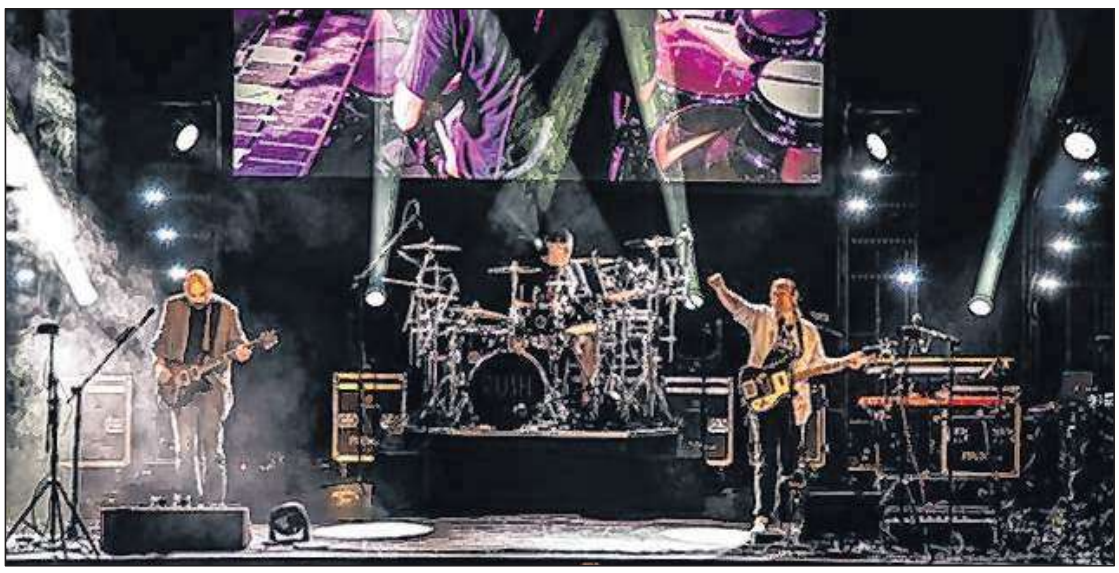
Celebrate Halloween with an afternoon of costumes, community fun and festive activities! Hosted by the Glen Cove Downtown Business Improvement District, the annual Halloween Parade & Festival invites families and children to dress in their favorite costumes and enjoy a spirited celebration throughout downtown. Bring the whole family for an afternoon of Halloween excitement.

- **Where:** Downtown Glen Cove
- **Time:** 1-3:30 p.m.
- **Contact:** Glen Cove City Hall at (516) 676-2000 or glencoveny.gov

Art explorations

Converse, collaborate and create with kids when Family Saturdays resumes at Nassau County Museum of Art. Get inspired by the art and objects in the galleries and then join educators at the Manes Center to explore and discover different materials to create your own original artwork at the drop-in program. 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) 484-9338



NOV 10

Rush Tribute Project

The Rush Tribute Project delivers an electrifying homage to one of rock's most iconic bands. This concert features Moving Pictures performed in its entirety, bringing to life beloved hits "Tom Sawyer," "Red Barchetta," "YYZ," and "Limelight." The band's two full sets of music includes other greatest hits as well as deep cuts like "La Villa Strangiato" and "Enter Nous," performed with vintage instruments, multi-camera projection, lasers and spectacular lighting. Vintage gear fills the stage while screens flash above, and lights will dance in time with each note. Every piece of equipment matches the exact specs used by the Rock & Roll Hall of Fame members themselves. This seasoned trio includes Sean Jones, who is a classically trained multi-instrumentalist, which comes in handy when needing to cover Geddy Lee; Bill Heck, a 37-year veteran of guitar who has been playing at some level since childhood and always considered Rush and Alex Lifeson as the primary force behind his love for guitar; percussionist Thomas Slawnick, who has been with RTP since its start in 2013 and started banging the drums at the young age of 4 and hasn't stopped since. They recreate Rush's sound, look and live energy with stunning precision. Combining skilled musicianship with exciting performances, RTP painstakingly recreates the sound and energy that made Rush one of the top-selling rock bands of all time.

- **Where:** The Paramount, 370 New York Ave., Huntington
- **Time:** 7:30 p.m.
- **Contact:** ticketmaster.com or paramountny.com

NOV 1

Artist in the Studio: Frank Olt

Join Nassau County Museum of Art Chief Curator Franklin Perrell at the Manes Art Education Center for a special visit to the studio of NCMA's Artist in Residence, Frank Olt. Step inside Olt's creative space to explore his striking ceramic works, gain insight into his hands-on studio process, and learn about the unique inspirations that shape his art. Space is limited. Registration required. $20, $10 members.

- **Where:** 1 Museum Drive, Roslyn Harbor
- **Time:** 4:30 p.m.
- **Contact:** nassaumuseum.org or (516) 484-9338

NOV 3

Little Sound Explorers

Bring the little ones to Planting Fields to wiggle, wonder, and make some music! Join an educator from Notes & Nirvana for a playful, interactive music experience designed for young children and their caregivers. Inspired by the sights, sounds, and rhythms of the natural world, explore unique instruments through movement, sensory play, songs, storytelling, and hands-on activities. Each class ends with a simple craft, giving families a chance to continue the musical fun at home. No musical experience needed, just come ready to play, explore, and connect! For ages 2-5. $25 per child.

- **Where:** Education Center, 1395 Planting Fields Road, Oyster Bay
- **Time:** 3:30-4:30 p.m.
- **Contact:** plantingfields.org or call (516) 922-9210

NOV 4

Pre-Council Meeting

The Glen Cove City Council holds a Pre-Council Meeting to discuss city business.

- **Where:** Glen Cove City Hall, 9 Glen St.
- **Time:** 6:30-8 p.m.
- **Contact:** (516) 676-200

NOV 5

Owl Prowl

Visit Sands Point Preserve to explore the mysterious creatures of the night. Program begins indoor presentation to 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, instructs participants on how to develop your night vision — flashlights are not needed! Space is limited. Registration required.

- **Where:** 127 Middle Neck Road, Sands Point
- **Time:** Adult session, 7:30-9 p.m.; also family session, Nov. 6, 7-8:30 p.m.
- **Contact:** sandspointpreserveconservancy.org or call (516) 571-7901

NOV 7

Storybook Studio

Nassau County Museum of Art welcomes families to step into the pages of beloved children's books and watch stories come alive through art! In this highly interactive, collaborative workshop, children ages 4-7 and their parents/ caregivers team up to explore literature through tactile crafting, playful mechanics, and creative engineering. Each session begins with an engaging reading of a celebrated storybook, followed by a hands-on art project that transforms abstract themes into beautiful, functional and kinetic sculptural objects. This is a true partner class! Come ready to cut, color, tape, and create right alongside your child. $25 One adult/child ($20 members), $5 additional child.

- **Where:** Manes Center, 1 Museum Drive, Roslyn Harbor
- **Time:** 10-11 a.m., also Dec. 5
- **Contact:** nassaumuseum.org or (516) 484-9337

NOV 8

North Shore Historical Museum Director Reception

The North Shore Historical Museum welcomes its new director, Gaitley Stevenson-Mathews, during a reception celebrating his appointment.

- **Where:** North Shore Historical Museum, 140 Glen St., Glen Cove
- **Time:** 3 p.m.
- **Contact:** (516) 801-1191

NOV 19

Alzheimer's/ Dementia Workshop

Learn about the impact of Alzheimer's disease and dementia during an informative community program presented by the Alzheimer's Association in partnership with the City of Glen Cove. Explore how these conditions affect individuals, families and caregivers, while learning about local resources and ways to support those living with dementia. Opportunities to get involved in the fight against Alzheimer's disease are also highlighted. Advance registration is recommended.

- **Where:** Glen Cove City Hall, 9 Glen St.
- **Time:** 6:30-7:30 p.m.
- **Contact:** alz.org/longisland or call (800) 272-3900

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.

Taking strides of hope at Jones Beach

By JORDAN VALLONE
jvallone@liherald.com

Every step carried a reason at Jones Beach on Oct. 18 — a loved one remembered, a diagnosis confronted or the hope that another family might someday be spared the words "you have cancer."

Survivors, people living with breast cancer, caregivers and supporters came together for Making Strides of Long Island, an American Cancer Society fundraiser presented by Teachers Federal Credit Union. The walk brought a shared purpose to the boardwalk: honoring those affected by breast cancer and supporting the effort to end the disease.

With its main festival area at Field 5, the event combined opportunities for remembrance with celebrations of resilience. Participants could follow an approximately five-mile route, taking breaks or turning around whenever they needed. The emphasis was on participating at their own pace and finding connection along the way.

That personal connection was reflected in the "I Walk For" signing wall, where participants could write the names of loved ones or the reasons behind their steps. A Tribute Garden offered space to reflect, remember and celebrate.

At Field 1, the Fence of Hope marked a turnaround point and a place to honor those touched by breast cancer. Photos, notes and small mementos could be left in tribute to loved ones, giving walkers an opportunity to pause before continuing along the boardwalk.

Support for people at different stages of their cancer experience was central to the event. A pink survivor and thriver tent offered American Cancer Society resources, commemorative shirts and medals, and opportunities to connect with others.

The society defines a survivor as anyone who has received a cancer diagnosis, including those newly diagnosed, undergoing treatment or in remission. Making Strides uses the term "thriver" for people living with metastatic breast cancer.

Caregivers were also welcomed into the space, recognizing the family members and friends who accompany loved ones through appointments, treatment and the uncertainty that can follow a diagnosis. Nearby, a Bell of Hope offered another way to mark the experience.

A new tent focused on "previvors" — people who have not been diagnosed with cancer but have an increased risk because of an inherited genetic mutation, family history or other known risk factors.

Beyond the tributes, the festival area offered ways to learn about support services and become involved. A Community Village connected participants with Long Island nonprofit organizations, while an exhibit highlighting the American Cancer Society's Hope Lodge program drew attention to free lodging available to people traveling for cancer treatment.



Tim Baker/Herald photos

A large crowd gathered to walk for Colleen Mooney Truono, who died two years ago from Triple Negative breast cancer. She was a teacher in the Island Trees School District.



Supporter Shawn Hunt from St. Albans walked with her poodle, Dior.

Other activities emphasized breast cancer screening, advocacy and the experiences of Black women. The American Cancer Society Cancer Action Network provided information about advocating for research funding and access to care.

Team photo stations and walls for messages of encouragement added opportunities to celebrate friendships and support networks. Together with the spaces for remembrance, they reflected the walk's overlapping emotions: grief for those lost, gratitude for those alongside them and hope for those still facing treatment.



Cara DeSantis, Jaziela Trelles, Juan Trelles and Wendy Estrella offered their support at the walk.

HERALD PUBLIC NOTICES

LEGAL NOTICE
SUPREME COURT COUNTY OF NASSAU.
BONITA WEST LLC, Plaintiff -against-ANTHONY DIBLASIO, et al Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale dated July 14, 2026 and entered on July 27, 2026, I, the undersigned Referee will sell at public auction on the North Side steps of the Nassau County Supreme Court "Rain or Shine" located at 100 Supreme Court Drive, Mineola, NY on November 18, 2026 at 2:30 p.m. premises situate, lying and being in the City of Glen Cove, Town of Oyster Bay, County of Nassau and State of New York, bounded and described as follows: BEGINNING at a point on the east side of Maryland Avenue, 296.29 feet southerly from a stone monument set at the intersection of the South line Landing Road and the East line of Maryland Avenue, as measured along the East line of Maryland Avenue; from said point beginning; being a plot 74.46 feet by 40 feet 74.46 feet by 40 feet.
Section: 31 Block: 46 Lot: 5
Said premises known as 9 MARYLAND AVENUE, GLEN COVE, NY
Approximate amount of lien $7,113.42 plus interest & costs.
Premises will be sold subject to provisions of filed Judgment and Terms of Sale.
Index Number 617387/2025.
JARED A. KASSCHAU, ESQ., Referee
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OPINIONS

We have Robert Moses to thank for what, exactly?



KARL GROSSMAN

When I was a beginning reporter on Long Island in 1963, for a story on traffic I interviewed Austin M. Sarr, district engineer for the state Department of Public Works. Sarr was quite familiar with the ever-busier highways on Long Island, and told me about what he called Sarr's Law.

The law, he said, stated that when a highway is built to relieve traffic on another congested highway, the new road will soon be discovered — and become congested, too. The lesson, Sarr said, is that this area needs a mix of transportation options, and especially public transit — buses and trains — to move people.

Unfortunately, that wasn't the view of the state's public works czar, Robert Moses, who was devoted to cars (although he didn't drive one; he was chauffeured around). Moses made transportation in this region car-centric, diverting funds from public transit to construct highways. He oversaw the construction of the Southern State and Northern State parkways and the Long Island Expressway. And that's what we've been left with.

Over the decades, various public officials on the Island have pushed for public transit. In his 1980 annual report, Suffolk County Executive Peter Cohalan called for "development of an efficient and reliable mass transportation system," and that year Suffolk Transit was created and bus routes set up. The presiding officer of the Suffolk Legislature, Lou Howard, sought to have a monorail built on the center median of the LIE.

Autos and highways rule on Long Island, and have brought no end of problems.

But because of Moses, autos and highways became the dominant transportation form here. And what problems that has caused. Oh, how I wished, during my 47 years as a professor at SUNY Old Westbury, that I could have traveled the 75 miles in each direction in a way other than driving. I got on the LIE in Manorville, and on every trip I encountered extreme speeding. Some drivers consider the LIE a counterpart of the Indianapolis Speedway, weaving in and out of traffic at 85 mph and faster.

In March, Alfonso Castillo, who has been covering the transportation beat at Newsday since 2008, wrote a piece in the series "Dangerous Roads" headlined, "Going fast vs. being safe is a perpetual Long Island debate." "What made the LIE so alluring when master builder Robert Moses thought it up a century ago remains one of Long Island's greatest curses — the promise of getting from point A to point B in a straight line as quickly as possible," Castillo wrote. "More than 50 years after the LIE was finally finished … the expressway mentality remains, and is an impediment to efforts to rein in fast driving." It has "cost hundreds of lives with its invitation for motorists to drive fast."

Also in March, Gov. Kathy Hochul signed legislation requiring drivers with 16 or more speed camera violations in a year to install what's called Intelligent Speed Limiter technology in their vehicles. As WABC-TV explained: "A device is wired into the car's onboard computer and interfaces with GPS tracking to restrict the car's maximum speed to the posted speed limit."

"If you don't install it after 45 days, you lose your registration," Hochul said. "You should not be on the roads if you don't care whether or not you're going to kill somebody."

On. Sept. 22, the 14th annual Car Free Day, Castillo used public transit to go back and forth from his home in Valley Stream to Newsday's office in Melville. He used the LIRR, and had to take a circuitous route.

"The trip — which on an average day takes about 40 minutes to an hour each way by car — took two hours and 10 minutes on my way to work," Castillo wrote, "and about two hours and 45 minutes on the way back."

Suffolk County Executive Ed Romaine, in his State of the County presentation on Sept. 4, spoke of the "clogged" highways and lack of LIRR double tracks. "We need convenient transportation that's available to link our trains and our buses," Romaine said. "We need electrification, we need double rail, we need the investment that should have been made. This [transportation strategy] should not be car-centric."

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

H.S. education in N.Y. will suffer without Regents exams



NICK BUGLIONE

New York state is about to make a gigantic mistake.

The Board of Regents' vote last month to eliminate Regents exams as a graduation requirement will further erode any standard of measuring student achievement, and eliminate the last remains of accountability in schools. What's more, it threatens to destroy the very concept it purports to defend: equity.

And I say this as a teacher for 20 years who has been critical of state exams in the past.

The Regents have existed in New York since the Civil War. (Visit jmap.org if you want to see what math Regents looked like in the 1860s.) The exams were used as a measure of student learning on everything from history to homemaking. Yes, there was once a Regents in homemaking, featuring questions like "Labels on draperies are least likely to indicate …?"

The tests have become a permanent feature of our state's educational landscape. That's because, contrary to what you might hear, standardized exams are an excellent way to measure student learning.

The Regents weren't always compulsory for graduation, however. They were once optional, reserved for students who could handle their academic rigor. But even in my high school days, students still had to pass mandatory, standardized competency exams in order to get a diploma.

Then, about 25 years ago, the state decided to make the Regents mandatory, in the interest of raising the academic bar. It sounded like a good idea, but it only weakened graduation standards in the long run. That's because the exams had to be watered down to ensure that weaker students could pass them and graduate. Passing grades were lowered for students with disabilities. To get a 65 on this June's algebra Regents, for example, a student needed to earn just 29 out of 82 possible points — a score, if you know your basic math, of about 35 percent.

So, year after year, we began graduating weaker students. And now the Board of Regents is eliminating the exam requirement altogether.

The Regents won't completely disappear. The plan is to make them optional, but now students will be judged fit to graduate by myriad criteria at a school district's disposal. Though the details are still vague, some of the terms I've heard kicked around include portfolios, classroom assessments, teacher observations and performance-based learning experiences.

The state says we'll have a more equitable system. Nonsense.

This is what frightens me most. Who will determine whether students choosing these pathways to graduate are in fact worthy of graduating? It'll be virtually impossible.

State Education Commissioner Betty Rosa applauded the move, saying it will create a more equitable system in which a student's opportunity for success won't be dictated by their background or ZIP code.

Nonsense. It will do the opposite.

How is the state supposed to ensure that students everywhere are following the same rigorous curricula without statewide exams that all must take to demonstrate learning?

My guess is that students in affluent, well-resourced school districts will benefit from the new policy. They'll have access to exciting learning opportunities and enrichment activities. Students in impoverished school districts will get the opposite. With no Regents exam requirement holding anyone accountable, how will we ensure that a history teacher at a tough inner-city school isn't going to throw his hands up and show his students a movie every day?

For a glimpse of how this will play out, one need only look at the test-optional experiment colleges undertook after the coronavirus pandemic. In 2020, the makers of the SAT and ACT college entrance exams urged institutions to adopt a test-optional policy, since the pandemic deprived so many students of the chance to take them. The University of California even declared itself test-blind, meaning that SAT and ACT scores would no longer be considered in its admissions process at all.

Six years later, UC is reconsidering that decision, after an open letter signed by over 3,000 faculty members urged it to reinstate testing requirements. Apparently, ever since the university began relying more on inflated transcript grades and other subjective data for admissions, it has admitted more students who simply couldn't handle the work. Other colleges have already gone back to requiring the exams.

It's not too late for New York to reverse course as well.

Nick Buglione, who lives in East Meadow, is a teacher, a freelance journalist and a former editor of the East Meadow Herald.

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HERALD EDITORIAL

A fun, safe, welcoming Halloween

Halloween should be about imagination, community and a little harmless fright — not preventable injuries, overwhelmed children or frightened parents. Because it falls on a Saturday this year, families have an opportunity to enjoy the festivities while taking extra care to keep children safe and having nothing but fun.

The first responsibility belongs to adults. Parents should plan ahead, establish clear ground rules and remember that a successful Halloween doesn't require visiting every house or collecting the biggest bag of candy. A shorter, calmer outing can be just as memorable.

Costumes are part of the fun, but they must be safe. Choose outfits that fit properly, avoid trailing fabric and include comfortable walking shoes. Costume accessories should be soft and flexible, not sharp or cumbersome. Masks that obstruct vision should be replaced with face paint when possible. Bright colors and reflective tape help drivers spot children after dark. Flashlights or glow sticks can improve visibility, too.

Young children should always have adult supervision. The American Academy of Pediatrics recommends that children 12 and younger be accompanied by an adult while trick-or-treating. Older children who go with friends should have an agreed-on route, a check-in plan and a firm time to return home.

Children should use sidewalks, cross at intersections and crosswalks, and look both ways before entering the street. They should never dart between parked cars or assume drivers see them. Motorists have an equally important responsibility: Slow down in residential neighborhoods, watch for children near driveways and intersections, and put away distractions.

Parents should inspect collected candy before allowing children to eat it. Discard treats with damaged wrapping or anything that looks suspicious, and check labels for potential allergens. For toddlers and young children, avoid hard candies and small items that pose choking hazards.

Homeowners can help by clearing walkways of hoses, toys, wet leaves and decorations. Keep pets secured, provide adequate outdoor lighting and use battery-operated lights instead of open flames in pumpkins and other decorations.

But safety involves more than avoiding traffic accidents and tripping hazards. Halloween can be overwhelming for children who are sensitive to noise, crowds, flashing lights, unfamiliar costumes or changes in routine. Children with sensory sensitivities, including some who are autistic, may find the usual festivities exhausting rather than enjoyable.

Parents can prepare children by explaining what to expect, showing them pictures of costumes and decorations, and devising a Halloween-night plan. Choose quieter streets or earlier outings when practical. Bring familiar comfort items, allow breaks and identify a quiet place to retreat if the excitement becomes too much.

Most important, respect a child's limits. If someone wants to stop early, skip a crowded event or avoid a frightening decoration, listen. There is no need to force participation to meet someone else's expectations. Staying home, enjoying a small gathering or handing out treats can be just as rewarding.

Neighbors can make a difference by offering a welcoming atmosphere without demanding that every child speak or wear a costume. Nonfood treats, such as stickers or small age-appropriate toys, can help accommodate food allergies and broaden participation. A little patience goes a long way.

The best Halloween isn't about candy collected or scares delivered. It's about children returning home safely, feeling included and carrying happy memories into November. This weekend let's make safety, kindness and consideration the traditions that last long after the jack-o'-lanterns go dark.

LETTERS

Randi's right about Trump — and the Republicans who follow his lead

To the Editor:

Re Randi Kreiss's op-ed, "Hitting bottom on the decency meter," in last week's issue: Many thanks to Kreiss for calling out President Trump's indecency. Trump supporters like to say that the people in the media are too obsessed with criticizing him, but Trump's willfully consistent heinousness, catalogued by Kreiss, obliges decent people to reassert our values just as consistently, in the hope that no such person of any party ever again attains high office.

Trump's tactics have trickled down into Nassau County, where each election season, Republican (mostly) candidates have been filling our mailboxes with reams of campaign fliers that grotesquely caricature their opponents and willfully mislead us about their backgrounds and positions. These fliers make me sick when I get them, and make me avoid the



OPINIONS

Is your lifestyle a risk for Alzheimer's disease?

Regardless of who you are, the answer to the question above is always yes.

One of the most damaging misconceptions about Alzheimer's disease is that it is an inevitable part of aging that we are powerless to change.



CHARLES J. FUSCHILLO JR.

But growing evidence suggests that your lifestyle choices influence your risk of developing the disease. That news empowers everyone.

Many factors determine our chances of getting Alzheimer's. Some are impossible to alter. The likelihood of developing it increases as we age, but we can't change our age. The same goes for genes and family history: Our genetic makeup and DNA are not modifiable.

Lifestyle habits, however, are 100 percent in our control, enabling us to directly impact our chances of developing Alzheimer's disease. Diet, exercise, social activity, sleep, alcohol and tobacco consumption, and overall health all play a role — whether good or bad depends on the choices you make.

November is National Alzheimer's Awareness Month, so it's a great time to take stock and commit to making changes, if necessary, to reduce your risk and protect your brain health.

> We know that our choices influence our chances of getting it.

One of the best things you can do is regularly challenge your mind by learning new things. Taking up new hobbies, playing new sports or games, or participating in different activities are great ways to strengthen your brain, with the added benefit of social interaction. Even something as simple as brushing your teeth with your non-dominant hand stimulates the brain by forcing it to think outside its normal routine.

Review your diet, because what you put in your body affects your mind. Generally, "heart healthy" foods are "brain healthy," so limit intake of red meats, fried and processed foods, salt and sugar. Aim for a low-fat diet high in fruits and veggies like strawberries, blueberries and broccoli.

Incorporating exercise into your lifestyle increases circulation to the brain and can also help improve mood and overall well-being. That doesn't mean you have to live at the gym, lifting weights, or run several miles a day. Just walking briskly increases blood flow to the brain and can enhance cognitive function. Movement enhances circulation, so incorporate physical activity into your lifestyle whenever and however you can.

Pay attention to other facets of your health as well, because they influence what happens in your head. Insomnia or sleep apnea can have serious physical effects and negatively affect memory and thinking. Diabetes, cardiovascular disease, high blood pressure and obesity can all impact cognitive health. Be vigilant about visiting the doctor, and act quickly to address these or other health concerns. Excessive alcohol consumption and smoking are extremely harmful to the brain and your overall health, and should be avoided.

Finally, maintain an active social life. Social interaction is crucial for brain health, cognitive stimulation and mood. Whether it's spending quality time with family or friends, engaging with community organizations or taking part in group activities, try to stay connected.

The AFA Barbara Rabinowitz Education & Resource Center, in Amityville, offers free, daily activity programs such as creative arts, music, brain games, and movement and rhythm, which help you exercise your mind and socialize with others. Visit afalongisland.org or call (631) 223-4000 to learn more.

If you're already taking these steps, keep it up. If not, try to incorporate them into your lifestyle. Even if you can't do everything, be sure to do something.

While we don't yet know the cause or have the cure for Alzheimer's, we do know that our choices influence our chances of getting it. That knowledge is a tool of empowerment. Use it to reduce your risk.

Charles J. Fuschillo Jr., of Merrick, is president and CEO of the Alzheimer's Foundation of America.

LETTERS

candidates who sent them when they approach me at civic events or on the LIRR platform during my morning commute.

Democracy is a game best played fairly and in good faith. Politicians who refuse to do that may succeed in furthering their own careers, but they poison our political culture with fear, mistrust and rage-addiction.

If local Republican candidates are not as mean as their ads, it's up to them to prove it. So I call on them to clean up their campaigns, give up slandering everyone who runs against them, and run honestly on their records. I also challenge them to turn away from the man who models this behavior for them and explicitly repudiate the heinous behavior of Donald Trump.

If they have any moral compass left in their hearts, they'll do it once he leaves office and civil conduct comes back into fashion. But if they have courage, they'll do it sooner. Either way, I'm voting Democratic until they do.

ALEX DILLON
Cedarhurst

The author is a high school social studies and civics teacher.

Why are we still banning — and burning — books?

To the Editor:

Jordan Vallone's op-ed, "The books that challenge us belong on shelves" (Oct. 1-7), is true. The ideas, positions and points of view of any book are valuable and should be respected. Literacy is essential. Books offer growth and understanding not always in line with our own values.

Books are valuable, as are languages and texts yet to be understood, as we wish we knew their origin and meaning. Books take us places we may not know existed.

I took a group travel trip to Egypt, where we were talking about hieroglyphics and the erasure of existence. The conversation turned to burning books. One of my trip-mates said that books had always been burned, and that the present-day burning of books is nothing new. My position was that it costs money, time and effort to make a book, and we aren't living in the Dark Ages. Burning a book doesn't kill an ideology. It only shows an inability to be open to others and their ideas.

CYNTHIA KING
Freeport

FRAMEWORK by Tim Baker



At the Long Island Chidren's Museum's Ghostly Gala — Garden City

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