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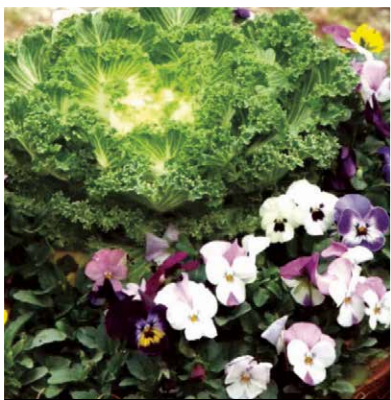
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#1. Chicken Parm 9" tray
Penne ala Vodka 9" tray
Bread OR House Salad **\$39.95**

#2. Pasta choice of Marinara or
Vodka Sauce 9" tray,
House Salad 9" tray,
Loaf of Bread **\$28.95**
Add 1/2 Doz. Meatballs **\$9.95**

#3. Grilled Chicken 9" tray
Grilled Vegetables 9" tray
Choice: Bread or House Salad **\$39.95**

#4. Eggplant Parm 9" tray
Penne ala Vodka 9" tray
Italian Bread **\$39.95**

#5. Lasagna 9" tray Small Side
Salad & Italian Bread **\$39.95**

#6. 1 Lg. Cheese Pizza, 2 Lt. Soda,
Choice House Salad 9" or
Chicken Roll **\$29.95**

#7. Sausage, Peppers & Onions 1/2
tray Small Side Salad &
Italian Bread **\$39.95**

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Sat 9:30-6, Sun 12-5**

EARTH TALK

From the Editors of E/The Environmental Magazine

Why do eco-advocates consider backyard gardens so crucial to conservation?

- Paul Murphy, Garden City

Backyard gardens might seem like just a hobby or a way to make a home look nice, but they actually play a much bigger role in conservation. As cities expand and natural habitats shrink, small green spaces like home gardens can provide essential food and shelter for wildlife. This idea falls under garden ecology. This is a field that looks at how gardens function as ecosystems. Homeowners can make a real difference in supporting biodiversity by choosing the right plants and maintaining these spaces with care.

Backyard gardens help is by supporting pollinators like bees, butterflies and birds, all which rely on plants for food. In return, they help plants reproduce. "Urban gardens can act as mini-refuges for pollinators, especially in places where natural habitat is disappearing," says Dr. Susannah Lerman, research ecologist with the U.S. Forest Service. First of all, without enough green spaces, pollinator populations decline. This then affects everything from wild plant growth to food production. Gardens also create small patches of habitat that connect larger green spaces. This makes it easier for wildlife to move around safely.

Not all plants offer the same benefits. Native plants that naturally grow in a specific area are

the best choice for conservation gardening. They require less water and maintenance since they're adapted to local conditions, and they provide the right food and shelter for local wildlife. On the other hand, non-native or ornamental plants look nice but can do more harm than good, aggressively taking over native habitats.

Garden ecology research also shows that diverse gardens help improve soil health and support a wider variety of species. A mix of trees, shrubs, and flowers at different heights can create a more balanced ecosystem. The more plant diversity a garden has... the more kinds of insects, birds, and small mammals it can support. Some homeowners even participate in citizen science projects e.g. they can track the species that visit their yards to contribute to conservation research.

Making a garden more wildlife-friendly doesn't require a complete overhaul. One can start by planting a few native species, reducing pesticide use, and letting part of their yard grow more naturally. Even small changes can make a difference. For example, leaving fallen leaves for insects to hide in or providing a water source for birds. Backyard gardens may not seem like much, but when enough people take the right steps they become an important part of conservation efforts.

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GOT AN ENVIRONMENTAL QUESTION?

Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881;
submit it at: www.emagazine.com/earthtalk/thisweek/, or e-mail: earthtalk@emagazine.com.

Local Events & Concerts



SPOOKY FEST ADVENTURE

Every weekend thru October. 6-9pm. Safe, fun and festive. This year includes a new Pirates Cove to the enchanted walk. Spooky haunted woods to not too spooky walk, face painting, slime making, fortune telling & more. Not scary tickets \$22, all attractions \$28. Book tickets online: www.cstl.org CSTL-Center For Science, Teaching & Learning 1450 Tangelwood Rd., RVC. 516-764-0045

AMAZING CORN MAZE AT QUEENS COUNTY FARM

Now thru 10/26, Sats. & Sun & 10/13, 10/20. 11am-4pm.

The adventure begins with a Stalk Talk to prepare you for the challenge of finding clues, solving puzzles, and mazing your way to Victory Bridge where the stunning vista of this 3-acre living labyrinth is revealed. \$16 adults, \$10 kids. See website for details. 73-50 Little Neck Pkwy, Floral Park. www.Queensfarm.org.

PAT FARRELL-BILLY JOEL TRIBUTE

10/8, 11/5, 12/3 Food & drink 6:30, Concert 7:30. Pat Farrell & the Cold Spring Harbor Band. Live at Manhasset Cinema. 430 Plandome Rd. \$35. Buy tickets: www.GMCINEMAS.com

ITALIAN HERITAGE MONTH

10/9. 6:30pm. Presented by the TONH, Cellini & Marino Lodges. Honoring cultural and contributions of residents from our Italian community. Cultural artifacts, refreshments and performance by Antonio Guarna, The Voice of Naples. At Clinton G. Martin Park, 1601 Marcus Ave. New Hyde Park. Call 311 or 516-869-6311 for more info.

STAY SAFE & SAVVY- SELF DEFENSE FOR SENIORS

10/10. 10-11am. Presented by the TONH and Nassau County Comptroller Elaine Phillips. Elaine is a sixth degree blackbelt and shows valuable techniques to enhance personal safety and greater awareness. At Clinton G. Martin Park, 1601 Marcus Ave., New Hyde Park. Free. Limited space register by calling 311 or 516-869-6311

FALL FUNGI FORAY-LOCUST VALLEY

10/10 4:30pm

Led by Carter Rogan, walk through the forest and explore and look for mushrooms and other fungi. Learn the vital role they play in our ecosystems. Free but advance registration needed. Either Cushman Woods or Iselin Preserve in Locust Valley. 516-922-1029. www.northshorelandalliance.org

COLONIAL CULINARY SERIES

10/11, 11/8. 10am-11:30pm. Queens County Farm Museum in Adirondack Farm House. Each session focuses on a hands on experience with food, culture & history. Adults & teens 16 and up. \$58 per class. Sign up for individual dates or multiple ones. Register online: www.queensfarm.org 73-50 Little Neck Pkwy, Floral Park.

WHIMSICAL WIZARD SCHOOL

10/11 11-12:30pm or 1:30-3pm. Old Westbury Gardens. Step into a magical herbology class and make your own decorative wand. Design your own Terrarium herb garden. Go on a Wizard Quest through the gardens solving riddles along the way. Games & prizes. Adults \$18, Seniors \$15, kids \$12. 71 Old Westbury Rd., OW. 516-333-0048. Register: www.OldWestburyGardens.org

JAPANESE STROLL GARDEN

10/11. 11am-2pm

Each month, Daniel Nyohaku Soergel will return to bring the evocative sounds of the Shakuhachi. No registration required for this event. 3 Dogwood La., Locust Valley Free. 516-922-1029. www.northshorelandalliance.org

INVENTIONS OF THE RENAISSANCE WORKSHOP

10/11, 10am-12pm, Science Museum of Long Island. Da Vinci designed a variety of innovative 'flying machines' that gave to scientists basic understanding of aerodynamics. Hands-on family workshop; learn how Da Vinci's designs were inspired & explore flight and physics, while taking on the challenge of building one of Da Vinci's glider prototypes. Free. www.sml.org 1526 N. Plandome Rd., Manhasset.

REVOLUTIONARY WAR ENCAMPMENT- OBV

10/11, 10am-4pm. Old Bethpage Village Restoration. Step back to 1776 with re0enactors, period drills, encampments an colonial era activities in historic setting. Tickets avail at the door, \$15 adults, \$12 for seniors & kids 5-12, under 4 free. 1303 Round Swamp Rd., Old Bethpage. 516-572-8409

COLUMBUS DAY PARADE VILLAGE OF NEW HYDE PARK

10/12. 10am. A celebration of Italian heritage. Rain date Oct 13. Grand Marshal is Mary Modica. Starts at Lakeville Rd. and heads east on Jericho Tpke., to Village Hall where refreshments & Italian treats will be served in the lot. For more info call 516-354-0022

WANTAGH FALL FEST

10/12, noon-6pm. Free event. Local businesses, vendors, craft vendors, food trucks, live Inflatable rides for kids, By Mulcahy's on Railroad Ave.

ECOTHERAPY

10/12, 10:30am-12:30pm. Also known as Forest Bathing. Led by Certified guide Linda Lombardo, allowing you to open up to the beauty of the natural world. Register online. \$45 members, non \$50. 12 Middle Neck Rd., Sands Point. www.SandsPointPreserveConservancy.org

BIRD WALK MILL POND PARK

10/12. 9am. Hosted by the South Shore Audubon Society. Weather permitting. Free and open to the public, children also encouraged to come. Register by texting Joe Landesberg: 516-467-9498 leave your name and date you want to attend. www.ssaudubon.org

BEATLES AT THE MOVIES

10/12 7-9pm, My Father's Place The Liverpool Shuffle Band has been delighting audiences since 2003. \$38 1221 Old Northern Blvd., Roslyn. 516-580-0887

CLASSIC JAGUAR CAR SHOW AT VANDERBILT

10/12 11am-4pm. Rain date 10/18. The Jaguar Drivers Club of Long Island presents all Jaguars and other British makes. Regular admission: Adults \$14, seniors and students \$10, kids under 12 \$8. Military and kids under 2 free. 180 Little Neck Rd., Centerport, 631-854-5579. Purchase tickets online: www.vanderbiltmuseum.org

FALL FOLIAGE WREATHS- LICM

10/14—10/17 2:30-4pm. Age 3+. Make your own customized wreath. Drop in program, free with admission. **Long Island Children's Museum.** Free with museum admission. For more info: www.licm.org 11 Davis Ave., Garden City

MEET & GREET CANDIDATES

10/15. 7-8:20pm. Lakeville Estates Civic Association Jenn DeSena TONH Supervisor and Dave Kerpen, Candidate for TONH Supervisor. Guest speakers after 8:20pm TBA. Manhasset-Lakeville Firehouse, 21 78th Ave., New Hyde Park. Open to general public. Members who have questions to be addressed, submit to leca11040@gmail.com 5 days before the meeting for consideration.

SKETCHING & WATERCOLOR FOR ADULTS AT OWG

10/15 & 10/22. 4-5:30pm. Old Westbury Gardens, Explore the gardens with Education Manager Laura Erwin. No experience needed. \$5. class fee plus general admission. 71 Old Westbury Rd. 516-333-0048. Register Early: www.OldWestburyGardens.org

TONH PROPERTY TAX EXEMPTION SEMINARS

Free. Town of N. Hempstead Receiver of Taxes, Mary Jo Collins will host in the following locations:

10/15: 6-7pm: Hillside Public Library 155 Lakeville Rd. NHP

10/21: 7-8pm: East Williston Public Library 2 Prospect St. East Williston.

10/22 6-7pm: Shelter Rock Library 165 Seasingtown Rd, Albertson

10/23: 1-2pm: Port Washington Library, 1 Library Dr. call 516-869-7800 or email: tax@northhempsteadny.gov

TAI CHI IN THE GARDENS

10/15, 10/22, 10/29. 10:30-11:30am. Old Westbury Gardens With Linda Cafiero. \$28. Includes garden admission. 71 Old Westbury Rd., Old Westbury. 516-333-0048. Register: www.OldWestburyGardens.org



More Local Events

SEA TURTLE CHALLENGE- HUMES PRESERVE

10/16, 4:00pm

Steve Abbondandolo of NY Marine Rescue Center leads this program to teach more about cold stunning and other challenges local marine animals face and what we can do to help them. The sooner these animals are found and reported to the New York Marine Rescue Center, the higher their chance of survival! Free but advanced registration required. Oyster Bay Rd., Mill Neck. 516-922-1029. www.northshorelandalliance.org

WORLD OF BEES AT QUEENS COUNTY FARM

10/17, 6-7:30pm Ages 13+ What's inside a beehive? What are bees' roles? Find out this and more from resident bee-keeper, Ruth Harrigan. \$65p.p. See website for details. 73-50 Little Neck Pkwy, Floral Park. www.Queensfarm.org

FASHION THROUGH THE AGES EXHIBIT- GARDEN CITY

10/17, 4-7pm Presented by The Garden City Historic Society. Special preview reception. 1910's midcentury garments on display celebrating the 100th anniversary of the Great Gatsby. Info: 516-746-0900.

SENIOR HALLOWEEN BASH

10/17, 11am-2pm. Presented by the TONH, Join in costume for a light lunch, dessert, music, dancing & games. At Fuschillo Park, 200 Carle Rd., Carle Place. Call 311 or 516-869-6311 for reservations.

DIWALI FESTIVAL OF LIGHTS VILLAGE OF NEW HYDE PARK

10/17, 5pm. Enjoy cultural performances and activities for all. Wear your best Indian attire. At Village Hall, 1420 Jericho Tpke., New Hyde Park. All are welcome. For more info call 516-354-0022

LITTLE LEARNERS AT PLANTING FIELDS

10/17, 10-11am. Ages 2-5. Pumpkin themed hands on adventures and craft making. \$15 per child includes 1 adult at the Education Center. 1395 Planting Fields Rd., Oyster Bay. For more details & reserve: www.plantingfields.org

MINEOLA FALL FESTIVAL

10/18 & 10/19, 12-6pm. Raindate 10/25 & 26. Pie eating contest on Sunday, games, prizes, live music, vendors, food trucks, beer & wine. Costume Contest Sat. 10/18, 3 winners: Ages 3-12, Ages 13 & up and best group/family costume. Free entry. Mineola Memorial Park, 195 Marcellus Rd.



KOREAN CULTURE DAY

10/18, 2-5pm. Old Westbury Gardens, Enjoy Korean food, dances, Tae Kwon Do performances & more. 71 Old Westbury Rd. 516-333-0048. Included with admission. www.OldWestburyGardens.org

RODGERS & HAMMERSTEIN CINDERELLA- MOLLOY

10/18-10/26 Various times. Tickets \$40. Madison Theatre at Molloy U. 1000 Hempstead Ave., Rockville Centre. Tickets call 516-323-4444 OR www.madisontheatre.org

PLAYFUL PIGS AT QUEENS COUNTY FARM

10/18, 11am-12pm. 30 minute deep dive into the animals followed by 30 minutes of hands on activities. \$12p.p. See website for details and tickets. 73-50 Little Neck Pkwy, Floral Park. www.Queensfarm.org

GHOSTLY GALA- LICM

10/18, 6-9pm. Age 3+. Join the Monster Mash Dance Party in costume, visit the spooky studio, make cool and creepy crafts, decorate your trick or treat bag and go gather treats! \$16 admission. Long Island Children's Museum. Order tickets online with optional \$5 theatre show: www.licm.org 11 Davis Ave., Garden City

CRADLE OF AVIATION GIRLS ROCKET DAY

10/18, 10 am or 12pm. Ages 6+. Learn the mechanics of rocket design and make your own rocket craft. Kids \$22. Buy tickets online: www.cradleofaviation.org 516-572-4066

PRINCESS & VILLIANS DAY

10/19, Various times. A Trick or Treat Adventure! The Princesses are back at the Hempstead House and bringing 10 enchanting characters with them! Decorate your own trick or treat bag and then embark on a journey through the castles magical rooms and collect treats and meet all the characters. \$70 per child, adults free. Includes all fees. Purchase tickets online and early. 12 Middle Neck Rd., Sands Point. www.SandsPointPreserveConservancy.org

FISHING CLINIC AT JONES BEACH

10/19 1:30-3pm. Adults & Kids ages 6+ Join our educator for a free rod and reel fishing session. Catch and release only. Jones Beach Energy and Nature Center, 150 Bay Pkwy, Wantagh. RSVP required: www.jonesbeachenc.org

GLORIA'S MIAMI NIGHTS PLAZA THEATRICAL THEATRE

10/19 2:30pm. Tribute to Gloria Estefan Tickets are \$40-\$45. Purchase online or call 516-599-6870. Elmont Memorial Library Theatre, 700 Hempstead Tpke., Elmont. www.plazatheatrical.com

HOWL-O-WEEN DOGS NHP

10/19 12-3pm. Presented by the TONH. A doggie Halloween fest and pet costume contest. Free family event with music, crafts, giveaways & more. Prizes for the best dog costumes and best human/dog duo costumes. Dogs must be leashed. Michael J. Tully Dog Park, 1801 Evergreen Ave., New Hyde Park. Call 311 or 516-869-6311 for more info.

CREEPY CRITTERS FAMILY WORKSHOP

10/19 10am-11am, Science Museum of Long Island. Meet and greet and pet a variety of animals while learning about them. \$22 per child. Adults receive \$10 discount. Register: www.sml.org 1526 N. Plandome Rd., Manhasset.

EAGLES NEST TOUR AT VANDERBILT

10/19, 2pm. Take an intriguing walking tour of the Vanderbilt Estate with knowledgeable Museum educators. Learn about the history of the Eagle's Nest estate; Warren & Wetmore's design and exterior architectural details of the 24-room Spanish Revival mansion 180 Little Neck Rd., Centerport, 631-854-5579. Purchase tickets online: www.vanderbiltmuseum.org

STORYTIME UNDER THE STARS VANDERBILT

10/19, 6pm. Special Halloween themed evening in the Reichert Planetarium. Kids are invited to wear their comfy pajama's and bring their favorite stuffed animal. A live narrator will bring story book pictures to life and explore seasonal constellations. \$18 p.p. Purchase tickets online. 180 Little Neck Rd., Centerport, 631-854-5579. www.vanderbiltmuseum.org

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10/21, 10am-2pm. St. Francis Mobile Clinic. Blood pressure check, blood tests & wellness visit. Fushillo Park, Carle Rd. at Broadmoor La., Carle Place Call 311 or 516-869-6311 for more info

FALL FOLIAGE WREATHS- LICM

10/21, 22, 23 & 24. 2:30-4pm. Age 3+. Make your own customized wreath. Drop in program, free with admission. Long Island Children's Museum. Free with museum admission. For more info: www.licm.org 11 Davis Ave., Garden City

TINY TOTS AT JONES BEACH

10/22 1:30-3pm. Kids age 3-6. Learning activity in nature. This weeks theme is Fossils. \$4p.p. Jones Beach Energy and Nature Center, 150 Bay Pkwy, Wantagh. RSVP required: www.jonesbeachenc.org

BACK TRACK VOCALS

PLAZA THEATRICAL THEATRE 10/22 2:00pm. Harmony Through Time Tickets are \$40-\$45. Purchase online or call 516-599-6870. Elmont Memorial Library Theatre, 700 Hempstead Tpke., Elmont. www.plazatheatrical.com

MEET & GREET CANDIDATES

10/22, 7-8:20pm. Lakeville Estates Civic Association Bruce Blakman Nassau County Executive and Seth Koslow, Candidate for Nassau County Executive. Guest speakers after 8:20pm: Scott Strauss, Nassau Legislator District 9 and Juleigh Chin, Candidate for Legislator District 9. Manhasset-Lakeville Firehouse, 21 78th Ave., New Hyde Park. Open to general public. Members who have questions to be addressed, submit to leca11040@gmail.com 5 days before the meeting for consideration.





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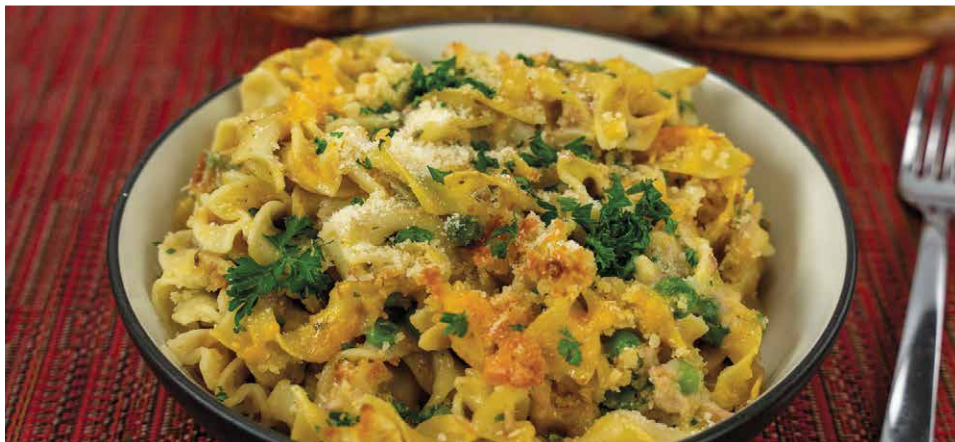
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RECIPE OF THE WEEK

Tuna Noodle Casserole



6 oz egg noodles
1 cup peas (canned or frozen)
2 cans (5 oz each) light chunk tuna in water, drained
1 can (10 1/2 oz) cream of celery soup
1/2 cup milk
1 1/2 cups shredded cheddar cheese, divided
1/2 tsp celery salt
1/4 tsp black pepper
2 tbsp fresh parsley, chopped, plus additional for garnish (optional)
nonstick cooking spray
1/4 cup dry breadcrumbs
2 tbsp butter, melted
Parmesan cheese

Preheat oven to 350 F and cook egg noodles according to package instructions.

In large bowl, mix egg noodles, peas, tuna, soup, milk, 1 1/4 cups cheddar cheese, celery salt, pepper and 2 tablespoons parsley.

Spray 9-by-13-inch casserole dish with nonstick cooking spray and add tuna mixture. Cover with aluminum foil and bake 20 minutes until hot and bubbly. While casserole is baking, mix breadcrumbs and melted butter. Remove casserole from oven and top with breadcrumb mixture and remaining cheddar cheese.

Bake, uncovered, 5-10 minutes, until breadcrumbs are golden brown and cheese on top is melted. Sprinkle with Parmesan cheese and additional parsley, if desired, before serving.

Recipe adapted from "Spaceships and Laser Beams"

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This Week's Winning Birthday
MARCH 27TH

Winner for Birthdate January 18:
Susan Duttner of Floral Park

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Check our weekly digital edition at
Marketplacepublications.com to see if you are a
winner from a previous week. Winner will be called &
announced with their name & photo on our Facebook &
Instagram pages. Answer must be received by following Tuesday at 12pm.

Picture It!

Guess This Familiar Place in Nassau County



**WIN! Bag of Bagels
& Cream Cheese**
from
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October 1st Answer:
Science Museum
of Long Island
Winner: Kathy Weiss
of Bellerose

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PERFORMANCE DATES

Fri.	Oct.	24	8 pm
Sat.	Oct.	25	8 pm
Sun.	Oct.	26	2 pm
Sat.	Nov.	1	2 pm & 8 pm
Sun.	Nov.	2	2 pm



TO PURCHASE TICKETS:

Visit: herricksplayers999.com

Call: (516) 317-4242

Adults	\$34
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Winners Chosen & Announced by October 23, 2025

This production is not being offered through the Herricks School District.

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