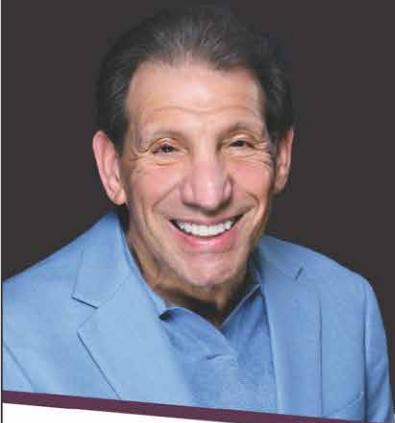


Autumn Festivities Inside

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RECIPE OF THE WEEK

Lemon Chicken Spaghetti



- 1 lb spaghetti noodles
- 2 chicken breasts
- 1/2 cup flour
- 2 tbsp lemon pepper
- 1/2 cup avocado oil
- 3 tbsp butter
- 2 cups chicken broth
- 1/2 cup heavy cream
- 1/2 cup Parmesan cheese
- 1 tbsp onion powder
- salt, to taste
- pepper, to taste
- 1 tsp lemon pepper (optional)

Cook noodles according to package instructions. Cut chicken into bite-sized pieces.

In bowl, mix flour and lemon pepper. Mix chicken in flour until evenly coated.

In skillet over medium heat, add oil and butter. Add chicken and fry until golden brown. Remove from skillet and set aside.

Empty skillet but don't wipe clean. Add chicken broth and, using spoon, stir bits from chicken over medium heat. Add heavy cream, Parmesan cheese and onion powder. Season with salt and pepper, to taste. Add lemon powder, if desired. Stir until well combined then add chicken.

Serve over cooked noodles or mix noodles into skillet.

Recipe courtesy of "Cookin' Savvy"

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Local Events & Concerts



GABBYS DOLLHOUSE AT LICM
9/24-9/26. 12-2pm All ages. Meet Gabby character, play, create & discover alongside Gabby. **Long Island Children's Museum.** Free with museum admission. For more info: www.licm.org 11 Davis Ave., Garden City

TAI CHI IN THE GARDENS
9/24. 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

NOONTIME CONCERT SERIES
9/24, Noon-2pm. **Risky Business** Eisenhower Park field 1. Weather permitting. Free, bring blanket/chair. Info: 516-572-0200.

SEASONAL SIPS, FALL PAINTING IN THE GARDENS
9/25, 7-9pm. **Old Westbury Gardens**, Step by step painting experience. No experience or supplies needed, Age 12 and up. \$30p.p. Reserve. 71 Old Westbury Rd., OW. 516-333-0048. Register: www.OldWestburyGardens.org

GREEK FESTIVAL ON HARBOR
9/25-9/28 11am-5pm. Free event. Local businesses, vendors, craft vendors, food trucks, live Inflatable rides for kids, North Hempstead Beach Park.

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 3acre living labyrinth is revealed. \$16 adults, \$10 kids. See website for details. 73-50 Little Neck Pkwy, Floral Park. www.Queensfarm.org

STEVE AOKI & DJ THEO
9/26, 8pm With The Untamed. Eisenhower field 6. Free, bring blanket/chair. Weather Info: 516-572-0200

RYDER CUP FESTIVAL

9/26. 6-10pm. Presented by the Garden City Chamber of Commerce. On Seventh Street., Garden City. www.gcchamber.org

FREE HEALTH SCREENINGS

9/26, 10am-2pm. St. Francis Mobile Clinic. Blood pressure check, blood tests & wellness visit. Yes We Can Community Center, 141 Garden St., Westbury. Call311 or 516-869-6311 for more info.

FALAISE GUIDED TOUR AT SANDS POINT PRESERVE

9/26, 27 & 28. 12, 1, 2 or 3pm. Interior access of this cliff side French Norman style mansion. Tours are limited in size and purchase day of in Castle Gould's Welcome Center, \$15 p.p. includes parking. 12 Middle Neck Rd., Sands Point. 516-570-2185. Register early. www.SandsPointPreserveConservancy.org

VANDERBILTS TREASURES & EAGLE NEST

9/27 & 10/19. 12 or 1:15pm. Intriguing walking tour of the Vanderbilt Estate with knowledgeable museum educators. Adults \$16, seniors & students \$15, kids \$14 age 8 & up recommended. 180 Little Neck Rd., Centerport, 631-854-5579. Purchase tickets early online: www.vanderbiltmuseum.org

QUEENS AGRICULTURAL FAIR QUEENS COUNTY FARM

9/27 & 9/28, 11am-6pm. Pie eating & corn husking contests, Square dancing, hay and pony rides, lawn games, live music and theatrical shows, craft & food vendors, farm animals, blue ribbon competitions in baking, vegetable growing, arts & crafts. Submit your entry form via website. Farmhouse tours & corn maize. Various ticket prices, purchase online. www.Queensfarm.org 73-50 Little Neck Pkwy, Floral Park

AROMATHERAPY AT APEC

9/27. 11am-12:30pm Class centered around grounding essential oils. Through aromatics, breathwork & mindful practices you will learn how to support your body with Certified Aromatherapist, Annie Mascia. \$30 p.p. register online: www.alleypond.org Alley Pond Environmental Center. 229-10 Northern Blvd., Douglaston



ANIMALS IN FALL AT APEC

9/27. 11am-12:15pm. Ages 4-5 with an adult. Stories, nature walk and fall themed craft. Meet some of our animals. \$26 for child and adult, Register online: www.alleypond.org Alley Pond Environmental Center. 229-10 Northern Blvd., Douglaston

MONTHLY MEDITATION

9/27, 8:30-9:30am at Planting Fields. Led by H.E Gegye Yongyal Tulku Rinpoche, a 3rd seat reincarnate Buddhist Master and scholar in Buddhism. Free, donation appreciated. Register early. Planting Fields. \$15 per child. 12 Middle Neck Rd., Sands Point. www.SandsPointPreserveConservancy.org

MONARCH TAGGING JONES BEACH

9/27. 1:30-3pm. Adults & Kids ages 6+ 3 Join educators for a community science program to capture, tag and release Monarchs. This was initiated back in 1992 to understand the dynamics of their spectacular fall migration through mark and capture. Free, reserve online. Jones Beach Energy and Nature Center, 150 Bay Pkwy, Wantagh. Free but rsvp required: www.jonesbeachenc.org

TOTALLY 80's TRIBUTE

9/27, 7:30pm. Bon Journey, Rock of 80's, All about Joel, DJ Jeff Nec & Dominique. Tickets \$50-\$90. Madison Theatre at Molloy U. 1000 Hempstead Ave., Rockville Centre. Tickets call 516-323-4444 OR www.madisontheatre.org

POETICA MUSICA VOICES OF GREENWICH VILLAGE

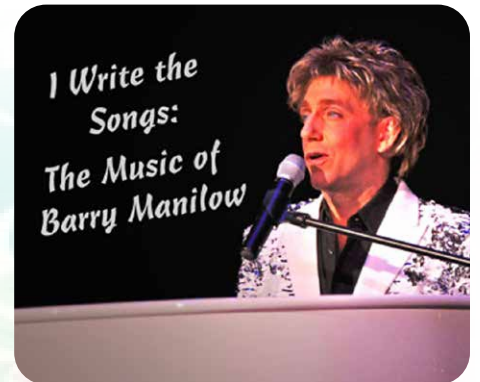
9/27. 8-10:30pm. **Old Westbury Gardens**, Works by Gershwin, Dvorak, Bartok, Piazzolla & more. See website for list of performers. \$30, seniors, students & members \$25. 71 Old Westbury Road. 516-333-0048. Purchase tickets: www.OldWestburyGardens.org

EAGLES NEST TOUR AT VANDERBILT

9/27 & 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

SOLAR SHINDIG

9/28. 10am-2pm. **Jones Beach for Adults & Kids.** Hands on activities, solar observing with special telescope, crafts. Free. reserve online. Jones Beach Energy and Nature Center, 150 Bay Pkwy, Wantagh. Free but rsvp required: www.jonesbeachenc.org



MUSIC OF BARRY MANILOW PLAZA THEATRICAL THEATRE

9/28. 2:30pm. **I Write The Songs** Starring Jay Gates. Tickets are \$30-\$40. Purchase online or call 516-599-6870. Elmont Memorial Library Theatre, 700 Hempstead Tpke., Elmont. www.plazatheatrical.com

HISTORY OF ROSLYN GRIST MILL AT CLARK BOTANIC

9/28, 1-3pm. Led by Carol Clarke, Archivist of the Bryant Library. The Mill was placed on the historic register in 1986 and undergoing preservation since 2018 and recently completed. \$15 p.p. Register: www.clarkbotanic.org

BIRD WALK AT APEC

9/28. 10am-11:30pm Adult walk led by Queens County Bird Club Member. The marsh and habitat in the area offers great opportunities to spot a variety of species. \$5 donation. Register online: www.alleypond.org Alley Pond Environmental Center. 229-10 Northern Blvd., Douglaston

BIRD WALK – JONES BEACH

9/28, 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. Coast Guard Station Parking Area, West End Boat Basin. www.ssaudubon.org



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More Local Events

SOUTH SHORE SYMPHONY MUSICAL COMEDIANS

9/28, 3pm. See show details on website, Tickets \$35. Madison Theatre at Molloy U. 1000 Hempstead Ave., Rockville Centre. Tickets call 516-323-4444 OR www.madisontheatreyny.org

FALL FUN FEST AT SANDS POINT PRESERVE

9/28: 12-4pm. Raindate 10/5. Pumpkin painting, family games, face painting, live music, contests, animal petting, nature walks, food trucks, autumn market & more. \$45 per car, members \$40. 12 Middle Neck Rd., Sands Point. 516-570-2185 www.SandsPointPreserveConservancy.org

CULINARY DELIGHTS AT THE CRADLE OF AVIATION

9/29 6-9pm. Presented by the East Meadow Chamber of Commerce for their fundraiser. Taste the finest cuisine and spirits from Long Island. \$75 p.p. Cradle of Aviation, Charles Limburgh Blvd., Garden City. Purchase tickets: www.EastMeadowChamber.com

YOGA IN THE GARDENS

9/29, 10/6, & 10/13. 10:30-11:30am: Old Westbury Gardens, With Nancy Rich. \$28. Includes garden admission. 71 Old Westbury Rd., OW. 516-333-0048. Register: www.OldWestburyGardens.org

KIDS BIRDING- JONES BEACH

9/30 2-3pm. Ages 7-12 Tricks and tips learned from the wilderness. \$4p.p. Reserve online. If it rains class moved indoors. Jones Beach Energy and Nature Center, 150 Bay Pkwy, Wantagh. Free but rsvp required: www.jonesbeachenc.org

TAI CHI IN THE GARDENS

10/1, 10/8 & 10/15. 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

FALL EMBROIDERY CLASS

10/1. 4-6pm. Old Westbury Gardens Learn basic stitches, all supplies included. The Barn at Orchard Hill. Age 12 & up. \$! 2.p.p. 71 Old Westbury Rd., Old Westbury. 516-333-0048. Register: www.OldWestburyGardens.org

FRAUD PREVENTION FOR SENIORS- NEW HYDE PARK

10/1. 10-11am. Presented by the TONH and Nassau County Comptroller Elaine Phillips. Info session designed to help seniors recognize, avoid and report common scams. Protect your identity, finances & peace of mind. Free. At Clinton G. Martin Park, 1601 Marcus Ave., NHP. Limited space. register 516-869-6311



FALL FOLIAGE WREATHS- LICM

10/1-10/3. 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

PUMPKIN PAINTING

10/2, 4-5pm., Old Westbury Gardens. Fun family activity, perfect after the fall tour. Decorate your own pumpkin, supplies included. Admission & pumpkin \$20 p.p. 71 Old Westbury Rd., OW. 516-333-0048. Register: www.OldWestburyGardens.org

SEASONAL SPROUTS KIDS FALL TOUR

10/2, 11am-12pm, Old Westbury Gardens, Kids Only ages 4-10. Fun and fresh air with guided tour and activities in our fall gardens. Adults \$18, Seniors \$15, Kids \$10. Includes garden admission. 71 Old Westbury Rd., OW. 516-333-0048. Register: www.OldWestburyGardens.org

PUMPKIN PAINTING

10/2, 1-2pm, Old Westbury Gardens. Fun family activity, perfect after the fall tour. Decorate your own pumpkin, supplies included. Admission & pumpkin \$20 p.p. 71 Old Westbury Rd., OW. 516-333-0048. Register: www.OldWestburyGardens.org

LITTLE LEARNERS AT PLANTING FIELDS

10/3, 10-11am. Ages 2-5. All about Owls. Includes craft. \$15 per child includes 1 adult at the Education Center. 1395 Planting Fields Rd., Oyster Bay. For more details & reserve: www.plantingfields.org

COVERT AVE. STREET FAIR

10/4, 11am-5pm. Free event. Local businesses, vendors, craft vendors, food trucks, live Inflatable rides for kids, Covert Ave from Tulip to Cisney.

DRAGON BOAT & LANTERN FESTIVAL

10/4. 9am-7pm. Hosted by Ohana Paddling Association & Councilwoman Christine Liu. A day of racing, community & cultural celebrations at 10-11:30, 1:30-3pm. North Hempstead Beach Park. 175 West Shore Rd., Port Washington. Call 516-869-6311 for more info.

GIVE OUR REGARDS TO BROADWAY- MOLLOY

10/4, 8pm. Tribute to Maury Yeston. Directed by Artistic Director Angelo Fraboni with staging by Jessica McRoberts, they bring together original Broadway cast members with Molloy's CAP21 students and the South Shore Symphony for a spectacular evening of stories, music, and dance. Tickets \$50-\$75. Madison Theatre at Molloy U. 1000 Hempstead Ave., Rockville Centre. Tickets call 516-323-4444 OR www.madisontheatreyny.org

FALL FEST LOCUST VALLEY

10/4. 11am-3pm. Live music, petting zoo, festive food & drink, pony rides, kids activities, antiques, artists, raffles, sidewalk sales in town. Thomas Park, near LIRR. 10 Elm St., Rain or shine.

MINEOLA STREET FAIR

10/5. 10-5pm Sponsored by the Mineola Chamber of Commerce & Mineola Village. Rain date Oct. 12. Live music, vendors, entertainment, attractions, food, kids golf, food eating contests, petting zoo, local merchant sales & more. On Jericho Tpke., between Mineola Blvd and Willis Ave.

THE JERSEY FOUR

PLAZA THEATRICAL THEATRE

10/5. 2:30pm. Tribute to Frankie Valli Tickets are \$40-\$45. Purchase online or call 516-599-6870. Elmont Memorial Library Theatre, 700 Hempstead Tpke., Elmont. www.plazatheatrical.com

FALL FAMILY FESTIVAL

10/5. 12-5pm Presented by the TONH. North Hempstead Beach Park. Live music, bouncy rides, pumpkin patch, character meet & greets, craft vendors, spooky slime bar, train rides, arts and crafts, food trucks, beer & wine tent. 175 West Shore Rd., Port Washington. Call 516-869-6311 for more info.

FIESTA IN THE PARK

10/5. 1-5pm Presented by the TONH. Latin band, food trucks, performances, kids activities, free admission. Rain-date Oct 12.. Blumenfeld Park, Port Washington. Call 516-869-6311 for info.

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10/5/25: 9am-3pm. Residents of N. Hempstead can dispose of their household hazardous waste such as chemicals, pesticides, fertilizer, thermostats, light bulbs, batteries, TV's, computers etc. & shred up to 6 "Bankers Box" sized boxes or paper bags of documents, CDs, DVDs. No pharmaceuticals. Donate clothing, toys, sporting equipment, books, bikes and more. Call 311. For a full list visit of acceptable items visit their website. North Hempstead Beach Park, North Lot. www.NorthHempsteadNY.gov/StopProgram

FREE HEALTH SCREENINGS

10/7, 10am-2pm. St. Francis Mobile Clinic. Blood pressure check, blood tests & wellness visit. Clinton G. Martin Park, 1601 Marcus Ave., New Hyde Park Call 311 or 516-869-6311 for more info.

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



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EARTH TALK

From the Editors of E/The Environmental Magazine

**What can we do to make our neighborhoods
more walkable? – D.F., New York, NY**

Walkability is essential for healthy communities. A pedestrian-friendly community lets residents access vital services without cars. This improves public health by encouraging physical activity, reducing pollution and easing traffic congestion. Neighborhoods designed for pedestrians also foster stronger community ties and local economies. However, many urban and suburban areas still depend on vehicles.

A significant ecological benefit of walkable communities is a reduced carbon footprint. Transportation accounts for nearly 30 percent of greenhouse gas emissions in the U.S. By designing communities that promote walking or biking for daily activities, cities can lower emissions and improve air quality. Locations that are pedestrian-friendly also encourage public transit usage. And residents are more likely to walk to the nearest bus or train stop. This reduces total traffic, enhancing safety and lowering fuel use. Moreover, cities that emphasize walkability typically allocate resources for green infrastructure, like tree-lined roads and permeable surfaces. Urban planner Jeff Speck notes, "The pedestrian is an indicator species. If you can build a successful place where people want to walk, you've done something right."

A genuinely walkable area incorporates several essential characteristics. Mixed-use development,

featuring residences, retail spaces, workplaces and educational institutions within strolling distance lessens the necessity for lengthy travels. Secure and inviting pedestrian features ensure that walking remains a practical choice. Measures to calm traffic, such as narrower roads and intersections designed for pedestrians, enhance street safety.

Making a neighborhood more walkable requires efforts at both personal and policy levels. Residents can encourage local authorities to allocate funds for safer sidewalks, crosswalks and areas exclusive to pedestrians. Zoning regulations can likewise be enhanced. Many suburban regions are designated for single-use development, thus separating residences from commercial activities and requiring car travel. Mixed-use zoning promotes walking—and businesses can help by setting up bike racks, offering outdoor seating, and designing shop fronts that are welcoming to pedestrians to improve the look of their areas.

A valuable resource for evaluating neighborhood walkability is Walk Score, which evaluates locations based on closeness to stores, public transit and walking facilities. Residents can use it to assess their locality or examine the walkability of prospective living locations.

Walkability extends beyond convenience; it's an essential aspect of sustainability, public health and urban design. By enhancing pedestrian facilities, supporting smart zoning and leveraging tools like Walk Score, people can help create more pedestrian-friendly communities.

GOT AN ENVIRONMENTAL QUESTION?

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