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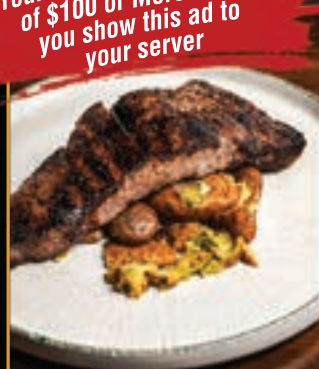
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Tzatziki

CHICKEN SALAD

*Creamy. Herby. A little taste
of the Mediterranean.*

INGREDIENTS

- 3 cups cooked chicken,
shredded or chopped
(rotisserie chicken works great!)
- ¾ cup plain Greek yogurt
- ¼ cup mayonnaise
- 1 cup cucumber, finely diced
(about 1 small cucumber)
- ¼ cup red onion, finely diced
- 2 tablespoons fresh dill,
chopped
- 1 tablespoon fresh lemon juice
- 1 tablespoon olive oil
- 1 garlic clove, minced
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper

OPTIONAL ADD-INS

- ✓ ¼ cup crumbled feta
- ✓ A pinch of fresh mint
- ✓ Extra lemon juice to taste



*Simple
ingredients.
Big flavor.* ♥

DIRECTIONS

- ❶ In a large bowl, whisk together the Greek yogurt, mayonnaise, lemon juice, olive oil, minced garlic, oregano, salt and pepper.
- ❷ Add the diced cucumber, red onion and fresh dill. Stir to combine.
- ❸ Fold in the cooked chicken (and feta, if using) until everything is well coated.
- ❹ Taste and adjust seasoning with more salt, pepper or lemon juice if needed.
- ❺ Chill for at least 30 minutes to let the flavors meld.
- ❻ Serve and enjoy!

SERVING IDEAS



On a bed of
greens



Stuffed in
pita pockets



With crackers
or veggies



As a sandwich
or wrap

A FEW TIPS

- ✓ For best flavor, use full-fat Greek yogurt.
- ✓ Squeeze excess water from the cucumber if you prefer a thicker salad.
- ✓ Keeps well in the fridge for up to 3-4 days.
- ✓ Great for meal prep.

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food
brings
people
together.* ♥ ♥

*Good
Food
Ahead!* ♥



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BE PREPARED. STAY PROTECTED. WEATHER ANY STORM.



Long Island may not face hurricanes, but powerful nor'easters, coastal storms, heavy snow, high winds and flooding can all disrupt our lives in a moment.

A little preparation today can make all the difference tomorrow.



YOUR PLAN. YOUR PROTECTION.

Follow these steps to keep you and your loved ones safe before, during and after the storm.



BEFORE THE STORM

- ✓ Stay informed. Monitor local forecasts and alerts.
- ✓ Sign up for notifications from your town or Nassau/Suffolk County.
- ✓ Secure outdoor items – grills, patio furniture, garbage cans, decorations.
- ✓ Check your home – clear gutters, trim trees, inspect windows and doors.
- ✓ Know your evacuation routes and have a plan for your pets.



DURING THE STORM

- ✓ Stay indoors and away from windows.
- ✓ Avoid driving – roads can flood quickly.
- ✓ Use flashlights, not candles.
- ✓ Conserve phone battery and power.
- ✓ Check on neighbors, especially seniors.



AFTER THE STORM

- ✓ Check for injuries and seek help if needed.
- ✓ Avoid downed power lines and flooded areas.
- ✓ Report outages to PSEG Long Island.
- ✓ Document damage and contact your insurance company.
- ✓ Help your community and stay patient – recovery takes time.



STAY INFORMED. STAY CONNECTED.

Follow local news, PSEG Long Island and your town's emergency management for updates.

*We may not stop the storm,
but we can be ready for it.*

BUILD YOUR STORM KIT

Have supplies ready for at least 3–7 days.



WATER

1 gallon per person per day



NON-PERISHABLE FOOD

Easy-to-prepare items & manual can opener



LIGHT & POWER

Flashlights, batteries, power bank



FIRST AID & MEDICATIONS

First aid kit, prescription meds, sanitizer



COMMUNICATION

Battery-powered radio, extra cell phone chargers



WARMTH & SHELTER

Blankets, extra clothing, rain gear



EXTRAS

Cash, important documents in waterproof bag



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Fri, Sep 25–Sun, Sep 27, 2026



**Gallery North Outdoor
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Sat, Sep 26–Sun, Sep 27, 2026



Greenport Maritime Festival
Greenport — FREE
Sat, Sep 26–Sun, Sep 27, 2026



**Heritage Farm & Garden
Fall Festival**
Muttontown — FREE
visiting options available
Opening Weekend
Sat, Sep 26–Sun, Sep 27, 2026



**Art in the Park
in Farmingdale**
Farmingdale — FREE
Sun, Sep 27, 2026



**Glen Cove Family
Fall Festival**
Glen Cove
Sun, Sep 27, 2026



**Fall Fun Fest at
Sands Point Preserve**
Sands Point
Sun, Sep 27, 2026

OCTOBER HIGHLIGHTS



**Howl-O-Ween at the
Long Island Aquarium**
Riverhead
Weekends in October



**Pumpkin Fest
Long Island**
Waterdrinker Family Farm,
Manorville
Weekends in October



Bayville Fall Festival
Bayville Adventure Park,
Bayville
Weekends in October



**The Great Jack
O'Lantern Blaze**
Old Bethpage Village
Restoration, Old Bethpage
Through Nov 1, 2026

NOVEMBER HIGHLIGHTS



**Long Island
Garlic Festival**
Mattituck
Sat, Nov 7–Sun, Nov 8, 2026



**Long Island
Restaurant Week**
Various Locations
Sun, Nov 1–Sun, Nov 8, 2026



**Holiday Light
Spectacular**
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Consistency, Not Perfection:

*Staying Healthy
Through the Holidays*

By Lisa Tesoriero

I love the holidays. I love the food, the parties, going out to dinner, a great glass of wine and spending time with the people I love. And I don't think being healthy means giving any of that up.

But I also don't think the holidays need to turn into a two-month free-for-all followed by, "I'll start January 1st."

For me, it comes down to consistency, planning and discipline. Not perfection.

A Realistic Approach

I count my macros. I know that sounds like a heavy lift at first, but once you start doing it, it becomes pretty routine. You learn what foods have protein, what portions look like and how to plan your day without obsessing over every bite.

I actually think having some structure gives you more freedom, especially around the holidays.

If I'm going out to dinner, I look at the menu ahead of time. Most of the time I already have an idea of what I'm ordering before I get there. If I want pasta, dessert or a couple glasses of wine that night, I plan around it.

That does NOT mean starving myself all day to "save calories." I'll have lighter, protein-focused meals during the day and then go out and enjoy dinner. Because that's the whole point.

Meal Prep, But Make It Realistic

Meal prep helps me tremendously, especially during the holidays when life gets even busier.

But my version of meal prep is not five identical containers lined up in the refrigerator. I prep the basics.

I'll grill a bunch of plain chicken and brown 96% lean ground beef so I have protein ready to go. I keep the seasoning simple—olive oil spray instead of pouring oil on everything, salt, pepper, garlic powder and onion powder. Then I can turn it into whatever I feel like eating.

The ground beef can become taco

night. The chicken can go into a salad, wrap or bowl. You're not eating the same boring meal every day. You're just giving yourself a head start.

For me, meal prep is really about prepping the things that take time, not necessarily the entire meal.

Cook the protein. Keep it simple. Keep it ready. I also look for easy ways to get more protein in. I use Meal Boosters Parmesan protein powder in recipes where I want that Parmesan flavor and some extra protein. Little things like that add up when you're trying to hit a protein goal.

One of my favorite meals is my spaghetti squash and ricotta bake. It feels like comfort food without being ridiculously heavy.

WHAT A TYPICAL DAY MIGHT LOOK LIKE

I personally aim for around 1,500 calories and 160 grams of protein, so a more structured day might look something like this:

BREAKFAST

- 2 whole eggs + ½ cup egg whites with spinach
- Whole-grain toast
- Fresh berries

LUNCH

- 5 oz grilled chicken breast
- Large salad with vegetables
- ½ cup quinoa
- Light vinaigrette

SNACK

- FAGE nonfat plain Greek yogurt
- ½ scoop whey protein
- Fresh berries

DINNER

- 5 oz filet mignon
- Grilled or roasted vegetables
- Small baked potato

Obviously portions and macros will vary depending on brands and what works for you. And does every single day of my life look like this? Absolutely not. Especially during the holidays.

FAGE is my favorite. It's thick, satisfying and I pretty much always have it in my refrigerator.



My High-Protein Spaghetti Squash & Ricotta Bake

Makes about 4 servings

What you need:

- 1 medium spaghetti squash
- 1 lb 96% lean ground beef
- 1½ cups Michael's of Brooklyn Marinara Sauce
- 1 cup part-skim ricotta cheese
- ½ cup shredded part-skim mozzarella
- Meal Boosters Parmesan protein powder, to taste
- Olive oil spray
- Salt
- Pepper
- Garlic powder
- Onion powder

How I make it:

- 1 Cut the spaghetti squash in half and remove the seeds. Lightly spray it with olive oil and season with salt, pepper, garlic powder and onion powder.
- 2 Roast it cut-side down at 400°F for about 35–45 minutes, until tender. Once it cools enough to handle, scrape out the strands with a fork.
- 3 If I meal prepped over the weekend, my ground beef is already cooked. See? Half the work is already done.
- 4 If I'm not making homemade sauce, I use Michael's of Brooklyn Marinara Sauce. It's relatively low in calories and, to me, tastes the closest to homemade. I always keep a jar around.
- 5 Warm the marinara with the ground beef and season it if needed.
- 6 Mix the spaghetti squash with the ricotta and some Meal Boosters Parmesan protein powder. Put it into a baking dish, top with the meat sauce and mozzarella and sprinkle a little more Parmesan protein powder on top.
- 7 Bake at 375°F for about 20 minutes until it's hot and bubbly. If you want the cheese a little browned, broil it for a minute or two at the end.

*Dinner is done.
And hopefully tomorrow's lunch too!*

Meal prep certainly doesn't have to mean eating dry chicken and broccoli out of the same sad container for five days.

And Because I Need Dessert...

My High-Protein Cheesecake Bowl

I have a sweet tooth. I'm not giving up dessert. One of my favorites takes about two minutes.

Ingredients: FAGE nonfat plain Greek yogurt, sugar-free Jell-O cheesecake pudding mix, graham cracker crumbs, protein powder and/or berries, to taste.

Mix a little cheesecake pudding mix into the yogurt until it gets thick and creamy. If I need more protein that day, I add protein powder. Then a little graham cracker crumbs and berries on top. Sometimes berries. Sometimes protein powder. Sometimes both. It tastes like cheesecake, takes two minutes and gives me something sweet while still helping me hit my protein goal.



Holiday Health Tips

REAL LIFE STRATEGIES THAT WORK

1 Plan around dinner —don't starve all day.

Have lighter, protein-focused meals earlier so you can enjoy the food, the party, and the moment.

2 Prep the protein.

Cook chicken, beef or turkey ahead of time so healthy choices are easy.

3 Enjoy the wine. Eat the cake. Then get back to your routine.

One day (or one meal) doesn't define you

4 Not Perfection. Consistency.

Small, realistic choices add up to big results.

The Gym Is My Mental Medicine

Strength training has become even more important to me as I've gotten older. Maintaining muscle and bone strength matters.

You do not need to become the Hulk. You do not need to lift insanely heavy weights. But you do need to lift weights. For me, though, the gym has become about so much more than what my body looks like. The gym is my mental medicine.

There are days when I'm tired, stressed, overwhelmed and honestly don't want to do anything. Those are the days I prioritize the gym the most. I know myself. I know I'm going to feel better afterward.

Maybe it isn't my best workout. Maybe I don't lift as heavy. Maybe I'm there for 30 minutes and call it a day. Who cares? I went.

I have never walked out of the gym thinking, "Wow, I really wish I hadn't done that." It clears my head. It resets me. It gives me somewhere to put the stress of the day. And when life gets crazy—which it inevitably does around the holidays—I try really hard not to make taking care of myself the first thing I cross off the list.

Sometimes the days you least want to go are the days you need it the most.

Find Something You Actually Like Doing

This is important. Find exercise you actually enjoy. I happen to love lifting weights. Maybe you love running, Pilates, yoga, cycling, CrossFit, dancing or walking with your friends. I don't care what it is. Find your thing. Because you're much more likely to keep doing something you actually enjoy.

And then find your people. Having a tribe around you makes a huge difference. People who support you, push you, make you laugh and notice when you're missing. Sometimes you go to the gym because you're motivated. Other times you go because you know somebody is going to ask, "Where the hell have you been?" Both work. There's something about having people who expect to see you that keeps you accountable. And it makes working out more fun. Find people who want to see you do well. And be that person for them too.

My Go-To Workouts

Glutes & Legs

Personally, I LOVE leg day. Give me glutes and legs all day.

- Hip thrusts — 4 x 8-12
- Romanian deadlifts — 3 x 8-12
- Squats or leg press — 3 x 8-12
- Bulgarian split squats — 3 x 8-12/leg
- Leg curls — 3 x 10-15
- Glute kickbacks — 3 x 12-15/leg
- Hip abductions — 3 x 5-20

A Strong, Sexy Back

And I want a strong, sexy back.

- Lat pulldowns — 4 x 8-12
- Seated rows — 3 x 8-12
- Single-arm DB rows — 3 x 10-12/side
- Reverse flies — 3 x 10-15
- Face pulls — 3 x 12-15

And Then WALK

I aim for 10,000 steps a day. Some days I get more. Some days I don't. I'm human. But having the goal keeps me moving. Always take the stairs. Park in the farthest spot. Walk while you're on the phone. Take a walk after that big holiday meal. I also don't believe you need to kill yourself with intense cardio every day. Strength train. Walk. Move your body. Exercise is not punishment for what you ate.

No Gym? Figure it out

The holidays mean travel, family and schedules getting completely screwed up. And sometimes the hotel gym has three dumbbells and somehow none of them match. You can still do something. I ALWAYS travel with a resistance band. It takes up basically no room in my suitcase. I will literally stand there drinking my coffee in the morning doing banded hip abductions.

The Anywhere Workout

Banded hip abductions — 3 x 15-20
Squats — 3 x 15
Reverse lunges — 3 x 10-12/leg
Romanian deadlifts — 3 x 12-15
Glute bridges — 3 x 15-20

Banded hip abductions — 3 x 15-20
Bent-over rows — 3 x 12-15
Reverse flies — 3 x 12-15
Push-ups — 3 x 8-15
Plank — 3 x 30-60 sec

Enjoy the Holidays. No Guilt. Not Perfection. Consistency.

— BRUCE BLAKEMAN —

★ FOR GOVERNOR ★

A MORE AFFORDABLE, A SAFER, STRONGER NEW YORK

**REAL LEADERSHIP. REAL RESULTS.
FOR WORKING NEW YORKERS.**

Every day, hardworking New Yorkers are feeling the squeeze. Whether you're in a union, a first responder, running a small business, or putting in long hours to support your family, the bills keep climbing - higher taxes, rising utility costs, and everyday expenses that make it harder to get ahead.

I know what it's like, and I know how to fix it. As Nassau County Executive, I've done it - keeping costs down, delivering results, and always putting taxpayers first. New York needs that same common-sense approach at the state level.

*New
York
First.*

Paid for by Blakeman for New York



PUT TAX PAYERS FIRST

Cut wasteful spending and make New York more affordable for middle-class families. Rein in fees and mandates that drive up costs for families and businesses.



LOWER UTILITY COSTS

Review utility charges and support energy projects to expand supply and reduce costs. Nearly 70% of your bill isn't even electricity; it's delivery charges, taxes, and policy mandates.



FOCUS STATE SPENDING

Prioritize schools, hospitals, roads and infrastructure - not political pet projects. Currently billions are spent on luxuries for illegal migrants, while American taxpayers are paying more and getting less. This will stop!



SAFER COMMUNITIES

Support law enforcement and invest in public safety across our state and protect homes, businesses, and families.

"I KNOW HOW TO FIX IT. I'VE DONE IT IN NASSAU COUNTY."

I stopped a \$150 million tax hike, didn't raise taxes one penny, and made our county the safest in America. I invested in police and corrections officers, protecting homes, businesses, and families. I know how to put working people first — and how to keep your money in your pocket instead of Albany's.

AS GOVERNOR, MY PRIORITIES WILL BE

- Cut your utility bill in half — that's a promise.
- Cut middle-class taxes and roll back hidden fees.
- Stop wasting billions on reckless programs.
- Invest in schools, hospitals, roads, and infrastructure — not lavish spending for illegal migrants.
- Stand with police, firefighters, and all first responders.
- Fight to make your neighborhoods safe.

THE RIGHT CHOICE IS CRYSTAL CLEAR

A more affordable New York is right around the corner once Bruce Blakeman is elected Governor.

*Together, We Can Make New York Affordable.
We Can Make It Safe. And We Can Put Money Back in Your Pockets.*

— BRUCE BLAKEMAN FOR GOVERNOR —

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At JTS Associates CPAs, we understand that modern entrepreneurs face unique challenges and require expert advice to succeed. Our team is dedicated to providing quality services and insights that nurture and support your entrepreneurial spirit. We take pride in empowering our clients with personalized solutions that deliver quantifiable results.

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WICKED SIPS

5 HALLOWEEN PARTY COCKTAILS

for a Spellbinding Night

Raise a glass to a night of mischief and magic! These playful, colorful cocktails are easy to make and perfect for your Halloween gathering. From eerie eye-catching sips to chillingly delicious treats, each one is sure to cast a spell on your guests.

1 Purple People Eater

INGREDIENTS

- 1½ oz vodka
- ½ oz blue curaçao
- ½ oz grenadine
- 4 oz lemonade
- Lemon wedge
- Eyeball garnish

DIRECTIONS

Shake the vodka, blue curaçao and grenadine with ice until well chilled. Strain into an ice-filled glass and top with lemonade. Garnish with a lemon wedge and a spooky eyeball.



2

Halloween Margarita

INGREDIENTS

- 50 ml tequila blanco
- 20 ml blue curaçao
- 30 ml lime juice
- 4 drops black food coloring

DIRECTIONS

Shake all ingredients with ice and fine strain into a chilled glass.



Tip: Set up a self-serve cocktail station with fun garnishes, spooky straws, and glowing lights for an unforgettable Halloween party!

3 Black Magic Jello-O Shots

INGREDIENTS

- 2 packages purple Jell-O
- 2 cups boiling water
- 2 cups vodka
- Black food coloring
- Lime wedge
- Black sanding sugar

DIRECTIONS

Dissolve the gelatin in boiling water, stir in vodka, tint with black coloring, pour into shot cups. Chill until set, and rim serving cups with lime and black sugar.



4 Drunk Ghost

INGREDIENTS

- 2 oz coconut rum
- 1 oz vanilla vodka
- 2 oz coconut cream
- 4 oz lemon-lime soda

DIRECTIONS

Shake the coconut rum, vanilla vodka, and coconut cream with ice, strain into a glass over ice. Top with lemon-lime soda, and garnish with a ghost candy.



5 Witches Brew

INGREDIENTS

- 1½ oz Midori
- 1½ oz Cointreau or triple sec
- 1 oz fresh lemon juice
- Cocktail cherry
- Optional dry ice

DIRECTIONS

Stir the Midori, orange liqueur, and lemon juice with ice, strain into a lowball glass, and garnish with a cherry. Add dry ice for a bubbling, magical effect!



PARTY GARNISH IDEAS



Black sugar rims



Gummy or candy eyeballs



Dry ice for effect



Citrus wedges



Spooky cocktail picks



Ghost marshmallows



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you're behind them!**

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