

© Best Version Media

HUNTINGTON

village life

OCTOBER 2025



The Zaccaro's

love of family
& community

Photo: SherwoodPhotographers.com

POWERED BY
BVM
BEST VERSION MEDIA



WE'RE RIGHT AT HOME IN HUNTINGTON VILLAGE!



FROM OUR FAMILY TO YOURS...
LET'S BUILD SOMETHING REMARKABLE TOGETHER.

WE LIVE IN THIS VILLAGE COMMUNITY and as a proud family-owned and operated business for 32 years, we've been transforming homes with love and dedication. Our new showroom in Huntington Village is now open, inviting you to explore a world of possibilities.

Whether you're renovating, expanding, or redesigning, we're here every step of the way. Stop by, meet our family, and let us transform your house into the home of your dreams.

EXPERIENCE YOU CAN TRUST:

Generations of family expertise and commitment.

PERSONALIZED SERVICE:

Tailored design solutions with every detail in mind.

CRAFTED WITH CARE:

Quality workmanship that stands the test of time.

3-YEAR WARRANTY:

On all of our work, to give you total peace of mind.

NEW INSPIRATIONS:

Visit our showroom and bring your vision to life.

 **New Showroom Location**
263 Main Street, Huntington, NY 11743

 **For appointments and inquiries**
631-427-1111

 **Visit us**  
ambassadorhi.com

LET'S FALL INTO AUTUMN!



It's a little scary to know that it's already October, but scary October's are the best, well in a good way...right?

I can remember October being my younger daughter's favorite time of year as a kid. She loved Halloween more than Christmas. Crazy costumes, pumpkin carving, spooky movies, haunted houses, all that inspired her creativity. Now as a young woman she's writing screenplays. It's all about what inspires our imagination, and October is chock full of fun inspiration!

It's also that time of year to dig out your favorite sweatshirt or cozy sweater and head over to Heckscher Park for the Long Island Fall Festival. Check out our calendar of events and our "Fall Bucket list" in this issue. Such a busy time of year with so much going on in and around our village. October really is the official kick off for the holiday seasons.

Speaking of busy times, our cover story featuring the Zaccaro's is all about staying busy as a family and then giving back to our community. Check out their Haunted House in their Ambassador Home Improvement showroom in the village this month. It's a fun time for our trick-or-treaters and the whole family!

It's time to get our imagination in high gear to decide who or what we want to be for Halloween this year, and then let's all meet up on Main Street for our annual Huntington Village Halloween Parade.

I'll see you there for a fun October scare!

With warm regards,

Jeff Damiano

PUBLISHER

jdamiano@bestversionmedia.com



The smell of pumpkin is the air, the warm taste of apple cider and spooky monstober...I mean October events are here! Enjoy this month's bone-chilling stories, and if that didn't scare you away read this month's feature on Gary Zaccaro, if you dare!

Warm regards,

Eesha Butt

CONTENT COORDINATOR

ebutt@bestversionmedia.com

HUNTINGTON village life

PUBLICATION TEAM

PUBLISHER: JEFF DAMIANO

CONTENT COORDINATOR: EESHA BUTT

DESIGNER: JASON BLANK

PHOTOGRAPHER: SHERWOODPHOTOGRAPHERS.COM

ADVERTISING

Advertising

Contact: Jeff Damiano

Email: jdamiano@bestversionmedia.com

Phone: 516-313-5588

FEEDBACK/IDEAS/SUBMISSIONS

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 10th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: jdamiano@bestversionmedia.com.

CONTENT SUBMISSION DEADLINES

Content Due:	Edition Date:
December 10	January
January 10	February
February 10	March
March 10	April
April 10	May
May 10	June
June 10	July
July 10	August
August 10	September
September 10	October
October 10	November
November 10	December

POWERED BY



Any content, resident submissions, guest columns, advertisements and advertorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, homeowners associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted, inclusive of materials generated or composed through artificial intelligence (AI). All content submitted is done so at the sole discretion of the submitting party. © 2025 Best Version Media. All rights reserved.



expert contributors



HOME IMPROVEMENT EXPERT

Gary M. Zaccaro, President & CEO
Ambassador Home Improvement, Inc.
631-427-1111
www.ambassadorhi.com



PAIN MANAGEMENT EXPERT

Dr. Frank Ocasio
North Shore Headache and Spine
631-551-5130
www.nshsc.com



MEDICARE EXPERT

Paul Barrett, Licensed Agent
The Modern Medicare Agency
631-358-5793
www.paulbinsurance.com



REALTOR EXPERT

Linda Lugo, Licensed Real Estate Broker
Realty Masters North Shore
516-852-7179
www.realtymastersnorthshore.com



MENTAL HEALTH EXPERT

Shafeena Khan
Breakthrough Mental Health Counseling
516-537-8112
www.bmhccounseling.com

To learn more about becoming an Expert Contributor,
contact BVM at jdamiano@bestversionmedia.com



north shore WOUND CARE



Healing Wounds, Restoring Lives

Fast Healing • Non-Invasive •

Insurance Accepted

WHY CHOOSE US :

98% Healing success rate

20+ years of clinical experience

Non – Invasive, pain free treatments

Insurance & Medicare accepted

Onsite & at – home wound care options

Evidence – based protocols

OUR SERVICES :

Diabetic & Pressure Ulcers

- Prevent infection and reduce amputation risk

Surgical & Post-Op Wound Care

- Speed recovery with tailored plans

Biologic Skin Substitutes

- Promote tissue regeneration for hard-to-heal wounds

Custom Dressings & Topicals

- Optimized solutions for every wound

Mobile & At-Home Wound Care

- Expert care, right where you need it



631-551-5130



Info@nswoundcare.com



www.nswoundcare.com

I Scream, You Scream, We All Scream FOR Halloween

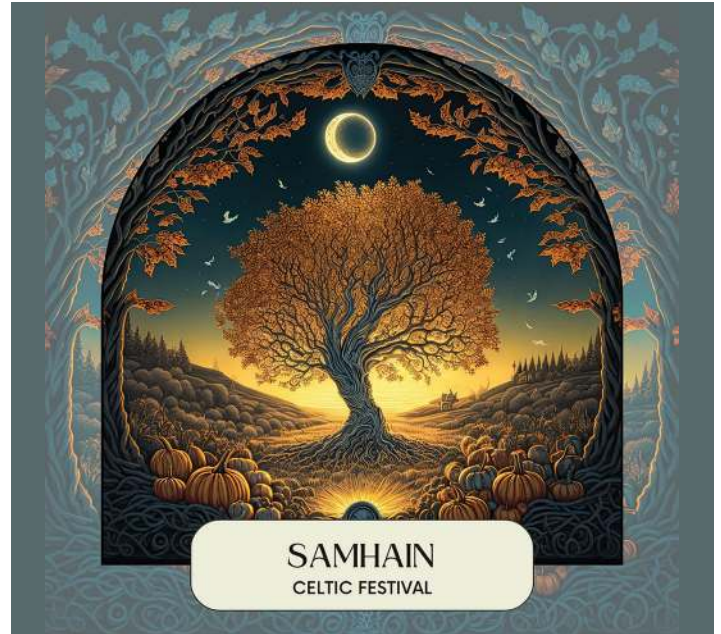
BY EESHA BUTT

Halloween is like the Christmas of October. The month is filled with haunting events like creepy corn mazes and carving pumpkins, all leading up to the spooky day! As we chew on candy corn and watch horror classics, do we ever stop and think where Halloween even came from?

You may have been celebrating Halloween for some decades now, but the origins of this spooky holiday are as old as mummies.

Halloween dates back 2,000 years ago during the ancient Celtic festival of Samhain run by the Celts. Our beloved October 31st, known for sweet treats and tricks, was a day the Celts marked as the end of summer harvesting and the beginning of the dark cold winters. November 1st marked the start of their new year. The Celts believed that the last day of October was the boundary between two worlds, the living and the deceased.

So the next time you're putting a sheet over your head and cutting out eyes and a mouth to dress up as a ghost for Halloween, the Celts celebrated Samhain, believing real ghosts returned to earth.



NEED HELP WITH MEDICARE?

Let me help you select the right Medicare insurance plan, and best choice for your healthcare needs.

Paul Barrett is a seasoned Health Life & Accident agent who has carved out a niche as a dedicated Medicare expert since 2007. With a career kickoff in 2001, Paul boasts of a distinguished track record, having personally served over 10,000 clients in navigating the complex waters of Medicare.

His staunch commitment to client education and his ethical stance against biased plan recommendations led him to branch out as an independent agent in 2012. Paul is revered for his unwavering principle that no single coverage is universally superior. He is a fervent advocate for personalized client empowerment, ensuring that each individual is well-informed to select the Medicare coverage that aligns perfectly with their unique needs - not the one that merely offers the highest commission to agents.

PAUL BARRETT | Licensed Agent

THE MODERN MEDICARE AGENCY

631-358-5793 | medicare@paulinsurance.com

www.paulinsurance.com



MARINE INSURANCE



WWW.BOAT-INS.COM

631-549-BOAT (2628)



Alan R. Mott Agency, Inc.
Marine Insurance Specialists

- Personal, Friendly Service
- Competitive Rates
- Agents for 6 Major Companies
- 30 Years Experience

Specializing In Pleasure Boats, 6-Man Charter Boats, Marinas, Boat Dealers And More



BUILDING...A FAMILY BUSINESS

BY EESHA BUTT

PHOTOS BY SHERWOODPHOTOGRAPHERS.COM

With honorary titles like six-year military veteran, “man of the year” for his community outreach and the CEO of Ambassador Home Improvement, Gary Zaccaro is a family-oriented man with a passion for handcrafting perfect homes for his customers and giving back to his community.

Gary was brought up in New York's cultural hub, the Bronx, later in life he would settle in another cultural core, Huntington Village.

Gary's father, Michael Edward Zaccaro, an Italian immigrant, came to the United States at the youthful age of 13. As a young man his father became a brick mason, working hard to make a name for himself. A few years later he began following his true passion which was construction. Eventually he did make a name for himself, becoming a contractor for his very own business, Enzo's Construction. Young Gary would help his father from time to time, working alongside him in the summer. However, he didn't have the

*“It's kind of cool to do work with your own hands and look at something and say, “wow” that is probably going to be there for a long time and I did it.”
-Gary Zaccaro*

same passion and drive his father had for building, well at least not yet.

In 1984, Gary would go on to enlist in the military for six years. He would then attend Fordham University obtaining a Bachelor of Science degree. His father continued to push Gary towards the family business, but Gary would decline every time. However, the constant "no's" would soon turn into "yes" after tragedy struck in the Zaccaro family.

"My father was always saying, "you should work in the family business." I wasn't a big fan of doing that. I didn't like the hours he worked. I didn't like that he was always stressed out," Gary said.

In 1993, a shift in Gary's mindset occurred after his father's unfortunate passing. Gary was just 27 years old. His father held down the fort and with him gone his mother didn't know what to do. Gary had to take over, not only aiding his family but upholding his father's legacy. He made the decision that from then on, he would follow in his father's footsteps, but the trek to fulfilling such a huge role didn't come easy.

In 1995, Gary got married and his mother moved in with them for comfort and stability. He started working odd jobs to make ends meet. Eventually with only \$25K in the bank he opened his own company, Ambassador Home Improvement. His business focused on smaller-scaled construction work for windows, bathrooms, kitchens and basements. Finally, a few years later he hired his first employee.

"I didn't do any major construction because I was just one person," Gary said.

In 1999, after a short period of time, the business really expanded. Gary now had 25 employees and 12 trucks at his Massapequa headquarters. Ambassador Home Improvement rebranded, now ranging from simple renovations to highly customized interiors, outdoor living spaces and new construction. Thus, making Ambassador Home Improvement the only remodeling company to have a full-time in-house design staff (one of them being his wife, Monica).

Now, Ambassador Home Improvement has since flourished into a full-fledged family-owned business with a showroom located in Plainview, run by his son, Jeremy. His other son Joshua runs estimates for all locations. In September 2024, his third showroom opened in Huntington Village, run by his daughter, Nikayla. Next year, Gary plans to open a fourth showroom in Garden City and it won't be long before his two youngest children, Victoria, 9 and Dominic, 8 join the family business as well.

"Money was never my motivator, it was to work with my family," Gary said.

August 24, 2025, marks 32 years of Ambassador Home Improvement being a successful remodeling business with a list of accolades. They continue to maintain a zero-complaint rate with "Better Business Bureau" and "Consumer Ratings," has an A+ rating with the "Better Business Bureau" and "Consumer Affairs" along with receiving the houzz.com Service Award 6 years running. They are also "Green Certified Contractors" and have been voted "Contractor of The Year," two years in a row by the Long Island Press.

"Ambassador takes pride in their work and the finished product is evidence of that." -Jim Zervas, customer said.



KITCHEN RENOVATION

*"That's how I built my company, on honesty, integrity and transparency."
-Gary Zaccaro*



NEW HOME CONSTRUCTION

“I never thought of a backup. I always said I had to be a builder.”
-Gary Zaccaro

Along with his long list of business accomplishments he also has a list of philanthropic achievements.

In 2009, another set of misfortunes for Gary occurred, with both his mother and brother passing just 12 hours apart. To fill this void, he devoted his time and talent in helping those less fortunate.

“There are a lot of people who have it worse than me. Why don't I worry about others and try to help others, instead of worrying about the fact that I am depressed, by doing charity work,” Gary said.

In 2012, Gary helped the Sopack family. He and his team built a basement apartment to ensure a family member recovering from Leukemia would be able to have a germ-free and isolated environment.

Ambassador Home Improvement was also featured in three episodes of NBC: “George to The Rescue.” This nationally televised show features Gary and his team rescuing and renovating three different homes for those in need, specifically children with severe disabilities.

“Being rescued means being loved,” said homeowner Denise Hayden, featured on “George To The Rescue.”

In 2024, he built a two-story hall of fame building and donated it to the Hamlet of Massapequa, in the town of Oyster Bay. He coached his two sons in baseball through the Massapequa Coast Little League and wanted to give back.

Although Gary's business is fairly new to Huntington Village, he has immersed himself in being an active member of the community.



SHOWROOM HAUNTED HOUSE

In October 2024, the Ambassador Home Improvement Huntington Village showroom hosted a spooky haunted house that was a big hit!

In December 2024, he and his team oversaw building just about everything for Huntington's annual Holiday Spectacular on Wall Street. They will now oversee this set up for years to come.

This year, Gary built and donated a \$58,000 graduation stage for the Huntington YMCA.

This month, he plans on bringing back his haunted house to Huntington Village, located at his Ambassador Home Improvement showroom.

He was voted “Man of Year” for the community outreach he has done, and he won't be stopping anytime soon.

Gary has shown that he is not only a businessman, but a community and family man, as he and his team continue to treat your family and your home's needs like his own, one brick at a time.

“The choice that we've made to go with Gary and Ambassador Home Improvement for our home renovation over a decade ago has paid off in spades, as they continue to stand behind their high-quality workmanship.” -Scott Moore, Customer

Real Estate UPDATE

SOLD HOMES IN YOUR NEIGHBORHOOD

SOLD				
ADDRESS	BED	BATH	HALF BATH	SOLD PRICE
48 Hildreth Avenue	5	3	0	\$1,650,000
26 Preston Street	4	3	1	\$875,000
14 Auserehl Court	5	4	2	\$2,050,000
57 Cliftwood Drive	4	3	0	\$840,000
13 Trainer Court	4	2	0	\$905,000
15 Nathan Hale Drive Unit#45A	1	1	0	\$389,000
45 Dunlop Road	4	2	1	\$1,425,000
98 Cuba Hill Road Unit#Lot #3	4	3	1	\$1,275,000
250 Soundview Road	3	3	0	\$650,000
46 Mechanic Street	3	1	1	\$785,000
15 Banbury Lane	5	5	2	\$3,400,000
2 Lynbrook Court	4	2	1	\$1,551,000
4 Skunk Hollow Road	5	3	1	\$1,500,000

SOLD				
ADDRESS	BED	BATH	HALF BATH	SOLD PRICE
50 Fort Hill Road	3	2	1	\$1,437,500
12 Strawberry Lane	5	3	0	\$1,200,000
3 Longacre Drive	3	3	0	\$1,090,000
5 Lakeridge Drive	3	3	0	\$895,000
113 Woodbury Road	4	2	1	\$875,000
1 Harvest Hill Lane	3	2	0	\$805,000
22 Overlook Drive	4	2	0	\$770,000
17 Brennan Street	4	2	0	\$690,000
31 Birch Avenue	3	2	0	\$675,000
9 Marlboro Drive	3	1	0	\$650,000
29 Nathan Hale Drive Unit#32B	2	1	0	\$525,000

Best Version Media does not guarantee the accuracy of the statistical data on this page. The data does not represent the listings of any one agent or agency but represents the activity of the real estate community in the area. Any real estate agent's ad appearing in the magazine is separate from the statistical data provided with is in no way a part of their advertisement.



Matching the right home with the right buyer to find the right lifestyle.

Ruth has over 45 years of Real Estate Brokerage experience. With her strong networking and negotiating skills, paired with creative marketing & communication strategies, Ruth has what it takes to close any sale. She's a household name in Huntington where she lives & works and has dedicated her business to the community she loves!



Ruth Sansiviero GRI | CRS

Licensed Associate Real Estate Broker
Douglas Elliman Real Estate
c. 516.449.6472 (Please Text)
O. 516.364.2049
ruth.sansiviero@elliman.com



© 2025 DOUGLAS ELLIMAN REAL ESTATE.
EQUAL HOUSING OPPORTUNITY.

Spook-tober EVENTS

ALL OCTOBER

WEEKDAY HOURS, 3PM-5PM
& WEEKEND HOURS, 10AM-5PM

Elwood Pumpkin Fair, Elwood Pumpkin Farm

Kick off this ghoulish month by picking the perfect pumpkin. elwoodpumpkinfarm.com

FRIDAY-SATURDAY, 6PM-10PM
& SUNDAY, 5PM-9PM

Restless Souls Haunted House Complex, 301 West Hill Road, Huntington Station

Nonprofit Restless Souls Haunted House Complex returns this Spook-tober with four horrifying haunted attractions that will have you screaming! lihauntedhouses.com/halloween/restless-souls-haunted-house-complex-ny.html

OCTOBER 2, 16, 4PM-8PM

Ambassador Huntington Showroom Spookfest, 263 Main Street, Huntington

For the second year in a row, stop by Ambassador Home Improvement's Huntington Village showroom to get a trick-or-treat from Gary Zaccaro. Don't forget to sign up using the link below! https://docs.google.com/forms/d/e/1FAIpQLScNvRPA5-VPVY10M7v4SdKo-xUMLqLoxfMUOdY1I9mGdLg8TA/viewform?fbclid=PARIRTSAMwMxdleHRuA2FibQlxMAABp0Khz6g7FXC_KWLJBSj0yGwN6sFIUD4AzpKqHE7039W-WBG9yFEBNoML8bhi9_aem_nbuDPwltZgay-THSN4vltfw

OCTOBER 4 & 18, 11AM-3PM

Ambassador Huntington Showroom Spookfest, 263 Main Street, Huntington

For the second year in a row, stop by Ambassador Home Improvement's Huntington Village showroom to get a trick-or-treat from Gary Zaccaro. Don't forget to sign up using the link below! https://docs.google.com/forms/d/e/1FAIpQLScNvRPA5-VPVY10M7v4SdKo-xUMLqLoxfMUOdY1I9mGdLg8TA/viewform?fbclid=PARIRTSAMwMxdleHRuA2FibQlxMAABp0Khz6g7FXC_KWLJBSj0yGwN6sFIUD4AzpKqHE7039W-WBG9yFEBNoML8bhi9_aem_nbuDPwltZgay-THSN4vltfw

OCTOBER 5, 3PM-6PM

Rocktoberfest, Suffolk County Vanderbilt Museum and Planetarium

The Townwide Fund of Huntington is thrilled to announce its first ever Rocktoberfest, an afternoon of live music, beer, and spirits, friendly cornhole competition and community spirit, all to support the organization's mission to improve the lives of those in need within the Huntington area. townwidefund.org/rocktoberfest/

OCTOBER 7, 2PM-4PM

Acrylic Painting with Joseph Socci: Pumpkin Scene, Huntington Public Library

Join artist Joseph Socci to create a beautiful acrylic painting of an autumnal pumpkin scene. myhpl.libnet.info/event/14282564

OCTOBER 10, 5PM-10PM

Fall Festival, Heckscher Park

From carnivals to live entertainment, including 300 vendors. You wouldn't want to miss this fall-tastic event! biz.huntingtonchamber.com/events/details/long-island-fall-festival-2025-3559

OCTOBER 11 & 12, 11AM-10PM

Fall Festival, Heckscher Park

From carnivals to live entertainment, including 300 vendors. You wouldn't want to miss this fall-tastic event! biz.huntingtonchamber.com/events/details/long-island-fall-festival-2025-3559

OCTOBER 12, 12:30PM

Breast Cancer & Nutrition Seminar, Healthy Living Center, Huntington YMCA

In honor of Breast Cancer Awareness Month the YMCA is hosting a seminar, educating the public on proper nutrition to help with Breast Cancer Prevention. ymcali.org/sites/default/files/2022-10/huoctober_calendar_events_2022.pdf

OCTOBER 13, 11AM-5PM

Fall Festival, Heckscher Park

From carnivals to live entertainment, including 300 vendors. You wouldn't want to miss this fall-tastic event! biz.huntingtonchamber.com/events/details/long-island-fall-festival-2025-3559

OCTOBER 15, 10:30AM-11:30AM

Hispanic Heritage Zumba Party, Huntington YMCA

End off Hispanic Heritage Month with a Latin-inspired Zumba party. Guests and members are welcome. ymcali.org/sites/default/files/2022-10/huoctober_calendar_events_2022.pdf

OCTOBER 25, 11AM-12PM

Free Coindre Hall Historical Tours, Coindre Hall

Join nonprofit organization Splashes of Hope on a tour of the beautiful Coindre Hall. huntingtonmatters.com/events/free-coindre-hall-historical-tours/?occurrence=2025-10-25&time=1761390000

OCTOBER 25, 4PM-10PM

2025 Huntington Official Halloween Bar Crawl, The Rust & Gold

Get ready for a frightful night of fun, hopping from one eerie venue to another in search of chills and thrills! This is a 21+ event. eventbrite.com/e/2025-huntington-official-halloween-bar-crawl-tickets-1374298175839?aff=ebdssbdestsearch

OCTOBER 28, 12:30pm-1:30pm

Senior Social Hour, HLC Lobby, Huntington YMCA

Calling all seniors! Come dressed up in costume for lunch and a spook-tastic activity. ymcali.org/sites/default/files/2022-10/huoctober_calendar_events_2022.pdf

OCTOBER 28-31, 12PM-5PM

Trick or Treat At The Heckscher, The Heckscher Museum of Art

All are welcome to celebrate Halloween at the Museum! Create a spooktacular art activity, make a haunted digital action painting, and take home a festive treat! heckscher.org/stec_event/trickortreat/

OCTOBER 30, 3:30PM-4:30PM

Haunted Gingerbread, Huntington Public Library

Build a spooky gingerbread house filled with ghosts, ghouls and plenty of candy! For teens in grades 7-12. myhpl.libnet.info/event/14104254

OCTOBER 31, 10AM-10:45AM
& 11AM-11:45AM

Halloween Parade, Huntington Public Library

For ages 5 years old and younger, enjoy a morning of stories and photos before celebrating Halloween by parading around the library in Halloween costumes! myhpl.libnet.info/event/13982845



Teen Wellness in the Fall:

SUPPORTING MENTAL HEALTH DURING SEASONAL CHANGE

BY SHAFEENA KHAN, LMHC-D, CCTP, NIDHW



As summer ends and fall begins, many teens notice changes in mood, energy, and motivation. Shorter days, cooler weather, and the pressures of a new school year can all affect mental health. Recognizing these shifts early helps teens stay balanced and supported during this transition.

Why Fall Affects Teen Mental Health:

- **Less daylight** can disrupt sleep patterns and lower mood.
- **Back-to-school stress** brings new schedules, academic challenges, and extracurricular demands.
- **Social adjustments**—changing friendships or new environments—can create anxiety or isolation.
- **Seasonal Affective Disorder (SAD)** may emerge as daylight decreases.

Supporting Teen Wellness in Fall:

1. Keep a Routine

Consistent sleep, study, and activity schedules help regulate mood and reduce stress. Encourage regular wake and sleep times, even on weekends.

2. Move the Body

Physical activity boosts energy and improves mood. Brisk walks, sports, or outdoor play—even in chilly weather—can make a big difference.

3. Eat for Energy

While fall comfort foods are tempting, aim for balanced meals with whole grains, fruits, vegetables, and protein to support brain health.

4. Seek Daylight

Spending time outside, especially in the morning, helps regulate mood and sleep. For some, a light therapy lamp can help combat seasonal lows.

5. Talk It Out

Teens often keep stress to themselves. Encourage open, non-judgmental conversations so they feel heard and supported.

When to Get Extra Help

It's normal for teens to feel occasional stress or low energy as seasons change. But if sadness, withdrawal, big sleep changes, or dropping grades persist, professional support from a counselor or therapist may be needed.

Final Thoughts

Fall is a season of change—and also an opportunity for growth. With healthy routines, open communication, and mindful self-care, teens can thrive even as the days grow shorter.



FIND YOUR BREAKTHROUGH MOMENT!



Offering individual therapy and specializing in Trauma and Tech Wellness

Accepting Fidelis, HealthFirst, Northwell Direct, and CompPsych



www.bmhccounseling.com



755 New York Ave, Suite 230
Huntington, NY 11743



516-537-8112



info@bmhcounseling.com

VILLAGER OF THE MONTH

Eileen Knauer

BY EESHA BUTT

Eileen Knauer is the Senior Vice President of Operations at YMCA Long Island. She oversees every branch on Long Island and plays a pivotal role in projects such as long-term planning, budgeting and fundraising for the continued betterment of the YMCA(the Y). As she retires this month after a lengthy time at the YMCA she reflects on her time and contributions to this beloved organization.



Originally from Massapequa she never knew what the YMCA was. Little did she know she would devote 35 years of her life to aiding and improving the organization.

"We didn't have a Y so I wasn't familiar with the organization," Knauer said.

Eileen moved to Huntington after she got married. She worked in the banking industry and took a break from her career to mother her two children. Having children and being around her friends' kids pushed her to want to become CPR and first aid certified. Her mother-in-law introduced her to the Y and Eileen fell in love with it ever since.

At the YMCA Huntington she started teaching swim lessons as a side gig.

"I always intended to go back into the banking industry but I just fell in love with the work I experienced here," Knauer said, "I got very involved in the aerobics side of it and saw the impact it had on seniors.

During her lengthy time at the YMCA Huntington Eileen has held multiple positions. She was a program director, fitness director and was the executive director for eight years. She eventually worked her way up to a regional vice president, overseeing multiple branches. Ten years ago, she even served as the chief senior vice president and chief operating officer.

"It's been a wonderful ride and I have always been very passionate about the health and wellness side in the work that we do," Knauer said.

Her time as an executive director allowed her to really flip the YMCA business model for the better.

Her most proud accomplishment being the addition of the Jorge Family Healthy Living Center, a 30,000 square-foot health and wellness state of the art facility.

As Eileen says goodbye to the YMCA it isn't goodbye forever. Her niche for helping her community isn't over either as she hopes to aid in other nonprofit organizations in her community.

"I'm going to start coming back here and reconnect with people in this community. This is my home," Knauer said.



Offering **in-person** and **Telehealth** sessions in
Huntington Village.



- Accepts Empire NYSHIP, United Healthcare, Oxford, UMR, Aetna, Northwell Direct and others.
- Therapeutic mental health group practice offering therapy to children, adolescents, families, and couples.



PEACEFUL MENTAL HEALTH COUNSELING
75 Prospect Street, Suite 402
Huntington, NY 11743
631-334-2233

Nicole Falzone, LMHC
NicFalzone@PeacefulMentalHealthCounseling.com
PeacefulMentalHealthCounseling.com

Since 1957

Huntington Art Center

CUSTOM FRAMING & ART GALLERY

ART WALK HUNTINGTON VILLAGE

FALL 2025
SUNDAY, OCTOBER 5TH • 12 - 5PM

HIT ALL OUR STOPS TO MEET THE ARTISTS AND ENJOY ALL HUNTINGTON HAS TO OFFER.

HUNTINGTONARTCENTER.COM/ARTWALK.HTML

Come experience the fabulous art on this free, self guided tour!

Local Fine Art and Photography

Shop Local
Shop Small

Tues-Sat: 9am - 5pm
Frame Design
by Appointment

Custom Mirrors
Restorations
Fine Art
Artisan Jewelry
Photo frames
Pottery by Puzzuoli

7 Wall St. Huntington

631-423-6010
huntingtonartcenter.com

Designers of Fine Framing

A Front Row Seat FOR Classic Rock History

BY GREGG PRAETORIUS

Huntington Village Life caught up with longtime resident Gregg Praetorius to talk about his memoir of his years presenting classic rock giants including Aerosmith, AC/DC, Van Halen and many others in Long Island and New England venues in the 70s and 80s. Released in 2021 by Sonic Bond publishing, *Babysitting A Band On The Rocks* is available online at Amazon and locally at the NY Music Garage on New York Avenue in Huntington.

"I've been a writer all of my life, but never an author until I published *Babysitting A Band On The Rocks*. I take that back. I wrote a fantasy at age five about having a dog (my mom was adamantly anti-pooch) and then a short story in 1st grade entitled "Dibs". It was quite the serious tale of a Vietnam infantryman who was always first to claim what was worth keeping from the possessions of his fallen comrades. Ultimately, he gets his, and a new Dibs is christened. They almost took me to the psychologist over that one.

After leaving the concert business in my early twenties, I began a forty-year stint in marketing and advertising. While I wasn't what the industry terms a "creative" – a career copywriter, artist, art director or creative director – I was nonetheless always writing. The "author" part really began the day after my wife and I spent a serendipitous evening with Keith Richards of The Rolling Stones, in Turks & Caicos in 2008. The next morning, I simply had to write down every detail that I could recall despite my hangover from trying to go drink for drink with Keith. I venture to guess that there were plenty of nuggets I forgot.

When I got back to the States, I carved out the time to put the whole experience into an essay,

which I then distributed to friends – particularly the Stones fans within my circle. It was a hit, so I started to write more, starting with an Aerosmith piece, then a Van Halen piece and other bits. That led to a more wide-ranging memoir that I again circulated to friends. A college buddy of mine, an author by trade, true crime his specialty (he's been a talking head on ABC's 20/20), suggested that I write more rock and roll stuff and compile it all into a book, and that he'd submit it to his literary agent.

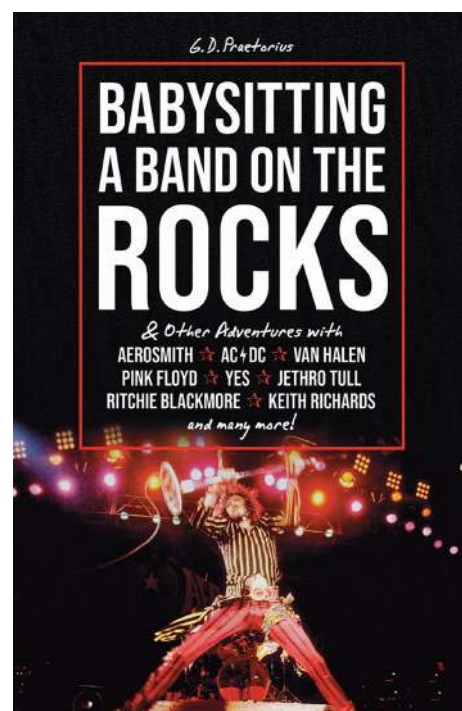
By the time I completed it in 2017, the agent had become a full-on alcoholic and he got fired, so I ended up being a self-publisher before Sonic Bond picked it up.

The title refers to a multi-chapter story of a year spent with a down and out Steven Tyler and Aerosmith. The Keith bit is near the tail end of the book, under the title "Tossing 'em Back with the Real Cap'n Jack." But probably my favorite chapter is the one titled "A Day in the Life." It's a walk-through of everything that happens during the typical day of an arena rock show, from 6 a.m. when the tractor trailers pull in to about 1 a.m. or 2 a.m. the next morning when they're all packed up and roll out on the road again. You'll never go to a rock concert again without considering all the details that go into giving you your money's worth. It was also the easiest to write. Though it's about three-and-a-half decades since I produced my last concert, after almost 200 of them the drill is ingrained in you. I sat on my front porch in the sun one day and it just poured out, every moment, the sights, sounds, smells and emotions as fresh as if it were yesterday.

But what I was going for overall was for the book to be more than my story, for it to be a

snapshot in time. My hope is that maybe a few decades from now someone can read *Babysitting* and experience the era through my writings.

Not being an author by trade, it's a real kick knowing that my ideas and words are striking a chord with so many people (forgive the pun.) Online sales are great, but it's even more gratifying when people purchase it at a bookstore or other retail location. Those people happen to spot it among the hundreds of books on display, pick it up, thumb through it, maybe read a page or two, and then they decide to buy it. That's a pretty great feeling."



Keep Your Books Balanced and Your Business Thriving!

We specialize in helping entrepreneurs and small business owners stay financially organized, compliant, and profitable—so you can focus on what you do best: growing your business.

Affordable, accurate, and personalized bookkeeping services.
Easy to work with. Always ready to help.



E and D Bookkeeping

Duncan Schechter

O: (631) 209-7040 C: (917) 837-6563

Huntington, NY

SERVICES:

- Monthly Bookkeeping
- Bank and Credit Card Reconciliations
- Accounts Receivable
- Accounts Payable

QuickBooks Advanced Pro-Advisor



Fall into Autumn with This Bucket List

BY EESHA BUTT

Crisp mornings, colorful leaves, and the smell of fresh apple cider—fall in Huntington is a season that's made for cozy adventures and outdoor fun. Whether you're a pumpkin-spice-everything kind of person or just looking to soak in the beauty of autumn, there's no shortage of ways to make the most of these cooler days.

The season filled with ghoulish goblins and perfect weather is finally here! These are some of my essential fall festivities to try, so take out your fall bucket lists with me! How many will you check off before winter arrives?



Visit a Local Pumpkin Patch:

Nothing says fall quite like a trip to White Post Farms. Pick out the perfect pumpkin, take a hayride, and snap a few family photos among the fields.



Get Lost in a Corn Maze:

Channel your sense of adventure by going through a corn maze at Schmitts Family Farm. Will you be able to make it out without a map?



Go Apple Picking:

Spend a sunny afternoon at Richter's Orchard. This apple-tastic place will have you filling your bags (and bellies) with fresh, juicy apples. (Bonus points if you bake a home-made pie with your picked goodies!)



Host a Cozy Bonfire Night:

Don't forget to stay warm this season with some toasty smores. Gather your friends and light up a fire pit. Be sure to roast those marshmallows (and not your hands) as you enjoy a cool night under the stars.



Attend a Fall Festival: Did you really celebrate the autumn season if you didn't attend a fall festival? From pumpkin-themed rides to sweet treats and delights Huntington has plenty of festivals that all ages will like. The Long Island Fall Festival at Heckscher Park is my go-to each year. Join me on October 10th-13th for a carnival, food courts, live entertainment and much more!



Take a Scenic Leaf-Peeping Walk:

The changing leaves in Caumsett State Historic Park Preserve are breathtaking this time of year. Pack a thermos of hot cocoa and enjoy an afternoon of scenic fall views.



Try a Seasonal Treat:

Stop by Kerber's Farm for their warm apple cider and you won't be able to resist the delicious selection of oven fresh pies—it's seriously the best!

FRED ASTAIRE DANCE STUDIOS.

Your ticket to quicker learning, and lots & lots of smiles!

Dance
TO CELEBRATE LIFE

- wedding dance instruction
- a romantic way to connect
- boost your social life
- improve physical & emotional health

For Introductory Special Call: 516-838-0676

315 Main Street, Huntington, NY 11743

[fredastaire.com/huntington-ny](https://www.fredastaire.com/huntington-ny)

The Tuohy Agency

Proudly Serving Huntington for over 25 years.

DAVID TUOHY
ALLSTATE EXCLUSIVE AGENT/OWNER
PERSONAL FINANCIAL REPRESENTATIVE

Born and raised in Huntington, I built my Allstate Agency here to serve the people in my community. From their homes and vehicles to their families and financial futures- I help my neighbors protect what matters most.

Allstate
You're in good hands.

[LEARN MORE HERE:](https://www.allstate.com)

DAVIDTUOHYJR@ALLSTATE.COM

TEXT US ANYTIME
631-423-1200

P: 631-423-2400 - F: 833-795-2799 | 202 East Main St. Suite 107, Huntington, NY. 11743





SUITE PIECES

DESIGN • SHOP • REFURBISH



Refresh for the Season Ahead

Interior Design • Custom Furniture • Window Treatments
Wall Coverings • Floor Coverings • Home Decor

1038 New York Avenue, Huntington, NY, 11746 • 631.560.9759 • suitepieces.com



learn more



REALTY MASTERS
— NORTH SHORE —

ONLY THE BEST MAKE IT TO THE MASTERS



Linda Lugo Licensed Real Estate Broker

2022 Chairperson – OneKeyMLS
2016 President – New York State Association of Realtors
2012 President – Multiple Listing Service of Long Island
2007 President – Long Island Board of Realtors

I specialize in buying and selling homes throughout
Huntington, Long Island and Manhattan.
With over 37 years of experience, I'm here to make sure
that your process is a fun and rewarding one!

181 Main Street
Huntington, NY 11743

m: 516.852.7179

o: 631.499.4040

lindalugo@lindalugo.com

realtymastersnorthshore.com

HUNTINGTON

village life
6204



The Little Garage was founded on the belief that quality oriented customers deserve the finest service available. Since its inception in 1974 - The Little Garage has been privately owned and fiercely dedicated to providing the kind of superb, responsive, personalized service that can only come from an independent organization.



Jake

The Little Garage

A Big Name in high quality Automotive services



Mehr



Hugh



Julian



Kevin



MEET MATT AND THE TEAM

Concerned Maintenance for BMW
and other German Motorcars
24-Hour Phone Message Retrieval
Pick-Up & Delivery

Matthew T Meng
President
631.673.1700

info@LittleGarage.com ~ LittleGarage.com
456 West Jericho Turnpike, Huntington, N.Y. 11743



Come visit us, we are located
right next door to La Parma

The Little Garage is not associated in any way with BMW, BMW AG A13.12.24.1/2



ESTABLISHED 1989
Family Owned

631-424-0404

miracleworkerscleaningcorp.com
HOURS: 8:00AM - 5PM
739A Park Ave, Huntington, NY 11743

Follow us on Instagram & Facebook
@miracleworkerscleaningcorp

HUNTINGTON'S OLDEST & MOST TRUSTED MAID SERVICE FOR 35 YEARS

Let us be a part of the routine that makes your life better, healthier and cleaner.



CLEANING SERVICES

- Reoccurring Residential Maid Service
- Commercial Cleaning
- Move In/Out Cleaning
- Post Construction Cleaning and More

INSURED & BONDED

Peace of mind knowing you're in the hands of trained professionals

THOROUGH & RELIABLE

We pride ourselves on our meticulous attention to detail and consistent quality.

