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THIS MONTH

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Meet the people behind the publication that make the magic happen each month.



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A Mother's Day Lesson in Joy

Do it. Not because it leads somewhere. But because it brings you joy.

My mom turned 70 this year. And she made a big life change—one that felt like a full circle. One that took her a lifetime to make.

See, my mom has always loved to bake. She's always been magnificent in the kitchen. But she had a rough start—left home at 17, patched together a college education over years, and carried around a quiet insecurity because of it. For a long time, she didn't see her gift for baking as a strength. She saw it as a fallback. A skill she leaned on because she hadn't finished her degree.



So if you're waiting for a sign—this is it.

Eventually, when my sister and I were ten, she went back to school, earned her degree, and became an English teacher. She kept going—becoming an administrator, then a principal. She worked nights and weekends, made sure we lived in a good town, went to good schools, and had what we needed. And after all those years, she retired. Pension and all.

And then... she got a job at a bakery.

Not long after that, she did something even bolder: she applied to culinary school.

It wasn't an easy yes. It was a painstaking, drawn-out, day-by-day decision. For months, she wrestled with doubt. She wasn't sure if she should go—because she might not “do anything with it.” She agonized over the practicality of it all.

And it struck me—how different her experience had been from mine. How much better mine was because of her. My mom simply didn't have the luxuries I did. But here's what I told her—something I hope helped her finally say yes: *Who cares?*

That's the beauty of it. This wasn't about a career. This was about joy.

The life she gave me through her sacrifices meant I got to dabble. I took French just because I liked the sound of it. Took an investing course just to understand what my brother-in-law was talking about. I even took a class on publishing eBooks, knowing full well I might never write one. I had the freedom to

explore, to follow curiosities—not outcomes.

And in the end, she went. Not for a career. Not for some result. Just because she wanted to.

And the magic is, when you choose what brings you joy—what you're good at, what lights you up—it shifts everything. It changes your energy. It introduces you to the right people. It opens new doors, sometimes quietly, sometimes all at once. Joy becomes a kind of currency—one that attracts opportunity and clarity in ways you could never have planned.

This month's stories echo that same truth. From *Jack Loeffler*, a Portledge junior whose love for basketball and discipline in the fundamentals is already shaping a bright path forward, to *Sybil Sternlieb*, a former math teacher who became one of Long Island's most accomplished financial advisors, joy and passion have a way of pointing us where we're meant to go.

So if you're waiting for a sign—this is it.

Do the thing. Not because it makes sense. But because it makes you feel something.

The rest has a way of working itself out.
Happy Mother's Day,

Brynn
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Stroll Upper Brookville Bulletin

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RESIDENT BUSINESS GUIDE

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Ready? Questions? Please email strollupperbrookville@n2co.com. BE



IN THE MAGAZINE You deserve it!

Let *Stroll* capture your precious memories in 2025! These are just a few ideas to spark inspiration—but no celebration is too big or small. Feature Families have the opportunity to work with our amazing *Stroll Upper Brookville* photographer, JKD Photography (IG: @jkdphotography; jkdphotography.com).

- New babies and adoptions
- Fabulous vacations & adventures
 - Anniversaries
 - Retirement
- Career achievement or promotion
 - Pet adoptions
- Home renovations or updates
 - New garden or outdoor space (we want to see your new pickleball court!)
- Launching a creative project
- Recognized community service or volunteering achievement
 - Overcoming personal challenges or health issues
 - Family tradition
- Kid-Specific Opportunities
- Coming of age milestones and birthdays (communion, graduation, etc.)
- Special achievements in academics, sports, or hobbies



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Neighbors' Night Out

Hosted at Birch Hill Market

“Stroll has phenomenal aspects well beyond its print such as this great event hosted at Birch Hill Market! Tom and Americo were hospitable with delicious food and wine. It was a great opportunity to connect with all those associated with the publication!”
—STEVE ALCHERMES



“We were thrilled to have attended the Stroll social event at Birch Hill Market and to connect with so many local residents and business owners who also generously support Greenville Baker Boys & Girls Club. Our community is so special; I am proud to call Locust Valley my hometown, and to be a part of developing our next generation of residents!”
—MELISSA RHODES, EXECUTIVE DIRECTOR.



“I had a wonderful experience at the event and truly appreciated the exploring the market in depth and discovering all that it has to offer! Taking the time to leisurely browse the shelves and sample their delectable offerings opened my eyes to just how much this charming market provides. Much like our beloved Locust Valley, it may be small, but it is brimming with quality and character. Since attending the event, I’ve already found myself returning to the market—and I know it won’t be my last visit!”
—GABRIELLA FODOR



1. Braised beef cheek & tongue en croute with remoulade sauce. 2. Braised short rib tortellini. 3. Smoke salmon pizza with creme fraiche. 4. Confit potato and caviar. 5. Crispy bougerones potato chip. 6. Imported Italian wines

The Difference Between Deficit and Debt

BY MICHAEL DISPIRITO, MBA, CHFC, AEP, MSFS, UPPER BROOKVILLE RESIDENT

When the federal government spends more money than it collects in taxes in any given fiscal year (the government’s fiscal year runs from October 1 to September 30), there is a deficit. The opposite of a deficit is a surplus.

To fund its operations when there is a deficit, the government borrows money by selling Treasury notes, bills, bonds, and other securities to investors, paying interest based on the interest rate environment at the time the security is issued. The interest owed to these investors adds to each year’s spending deficit (if any) and further increases the national debt over time.

In the past 50 years, the U.S. has run a deficit 46 times. The last U.S. budget surplus was in 2001. In 2024, the deficit was \$1.83 trillion, the third-highest on record. The highest deficit was in 2020 during the pandemic, when it was \$3.13 trillion.

Why is the national debt so high?

There are several reasons for the ballooning national debt. One reason is previous tax cuts and pandemic spending. Another major reason is the increasing cost of Social Security



and Medicare, two popular programs that serve a growing demographic of older Americans and make up the two biggest slices of the federal budget pie.³ Cutting spending on these programs is not politically popular, though in theory, future benefits could be trimmed. Military spending also consumes a significant portion of the federal budget.

A category of spending that can’t be cut is the interest the federal government must pay to investors who have purchased Treasury securities, which is consuming an increasing share of the federal budget. This is sometimes referred to as “servicing the national debt.” As of September 2024, \$1.13 trillion went toward maintaining the debt, which was 17% of total federal spending in fiscal year 2024.

Comparing a country’s total debt to its gross domestic product (GDP) is typically a better way to gauge a country’s ability to pay down its debt than just looking at the raw debt number. For fiscal year 2024, the U.S. debt-to-GDP ratio was 124%. This was just under the record 126% in 2020.⁵ According to the nonpartisan Congressional Budget Office, based on current spending and revenue projections, the debt-to-GDP ratio is projected to reach 179% by 2054.

Clearly, Congress has work ahead to better balance U.S. revenue and spending.

Projections are based on current conditions, subject to change, and may not come to pass.

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Sybil Sternlieb

A Mother Many Times Over

From math classrooms to managing millions, Sybil built an extraordinary career—then passed the torch to the next generation.

PHOTOS BY MORGAN BURLEY OF MORGAN WHITLEY PHOTO

This Mother’s Day, we honor a woman who defied convention at every turn. From chalkboards to boardrooms, Sybil Sternlieb built a life that spans decades of brilliance—as a teacher, entrepreneur, top-tier financial advisor, and most recently, as the joyful matriarch of a multigenerational family business. Her story is a masterclass in reinvention, resilience, and living fully at every age.

In Upper Brookville, it’s hard not to know **Sybil Sternlieb** —and even harder not to be inspired by her. As we celebrate Mother’s Day, we honor not

only her devotion to family but also her remarkable career as a **trailblazer in wealth management**.

Sybil didn’t begin on Wall Street. She began in the classroom—teaching AP Calculus and building math clinics at high schools across Long Island. A Magna Cum laude, Phi Beta Kappa graduate from Queens College, Sybil was a brilliant educator with a passion for helping young minds excel. But in the late 1970s, when shifts in student populations led to frequent layoffs, Sybil, decided to reinvent her life.



Sybil dancing with John

“I was tired of the uncertainty and wanted a more secure, lucrative future for my family,” she recalls. A friend she played tennis with mentioned that Merrill Lynch had just lost a gender discrimination lawsuit and was required to hire more women. Sybil saw the opportunity—and took it. She walked into the Garden City office with no financial background, nailed the interview, and walked out with a job that would change everything.

That first year, she tripled her teaching salary. And by age 42, Sybil had officially become one of the **first million-dollar female producers on Long Island**. She was one of just two women in an office of 90 male brokers. With grit, intellect, and a sharp sense of strategy, she broke through barriers and shattered expectations.

But it wasn’t easy. Sybil faced deeply embedded gender bias—from being excluded from client account rollovers



Jennifer Rosenberg, Sybil, David Rosenberg, Barbara Rosenberg, John Gurwicz



1



2



3



4



5

1. Sybil Sternlieb with daughters (Susan Novick and Debra Morris) and granddaughter (Olivia Novick) at Canyon Ranch
2. Sybil, Jennifer Rosenberg (step-granddaughter), Equine (step-grandson)
3. John and Sybil with John's grandson, Ben. At Sybil's Merrill Lynch office in Garden City
4. Sybil with three grandchildren: Myles, Olivia and Elisabeth (Myles' wife)
5. Sybil on business trip with her partners (Elisabeth and Sue)



Though now retired, Sybil hasn't slowed down. Her days are filled with tennis, cooking, entertaining, and dancing (often in the dance studio she and John built at home).

to witnessing systemic inequities in compensation and support. She didn't just endure it; she fought it. Sybil became an outspoken advocate for women on Wall Street, participating in national lawsuits and traveling across the country to speak on gender equity in finance.

Her efforts didn't go unnoticed. Sybil was named one of *Barron's* Top 100 Women Financial Advisors in the country for six consecutive years and was recognized as one of the **Most Influential Women in Business on Long Island** by *Long Island Business News*.



Retirement party from Merrill Lynch with immediate family and team

And while she built her business, she also built a legacy. Her daughter, **Susan**, took over Sybil's book of clients after her retirement in 2022, joined by **Elisabeth**, her grandson Myles' fiancée—both mentored by Sybil herself. Her younger daughter, Debra Morris, a top-tier international events planner, continues to plan fabulous events to entertain clients. It's the ultimate symbol of full-circle success: a thriving family business founded on integrity, intellect, and love.

"I take the most pride in helping my clients build retirements that allow them to live their dreams," Sybil says. "And now, I get to watch the next generation do the same."

She's also a **founding board member of AWSM** (Advancing Women in Science and Medicine), an initiative of Northwell Health's Feinstein Institute, committed to funding groundbreaking research and mentoring future generations of women in STEM.

Though now retired, Sybil hasn't slowed down. Her days are filled with

tennis, cooking, entertaining, and dancing (often in the dance studio she and John built). In fact, her retirement included attending every Broadway show, Opera and concert possible. After 68 years of working (I started at age 14), her wishes are finally coming true. She found love again with **John Gurwicz**, a fellow foodie, dancer, and intellect she met on Match.com—and their story has brought joy to everyone who knows them.

Together, they host vibrant gatherings, play aggressive nightly ping pong matches, and surround themselves with youthful energy and laughter. Their blended family includes daughters, stepsons, grandchildren, and even a step-great-grandchild—and every year, Sybil treats all of the East Coast family to a **Caribbean family vacation** and a cherished summer tradition at **Mohonk Mountain House**.

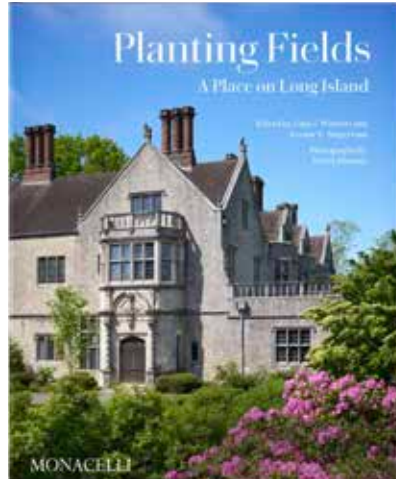
Sybil Sternlieb is a true matriarch—not just to her family, but to generations of women inspired by her courage, vision, and unshakable sense of self. Her legacy is one of empowerment, generosity, and joy.



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A GLIMPSE AT “Planting Fields: A Place on Long Island”



Dear Friends,

We're beyond excited to share the launch of our newest publication, *Planting Fields: A Place on Long Island* —the very first monograph dedicated to the stunning Planting Fields estate, one of the last surviving Gold Coast estates on Long Island, New York! Published by Monacelli Press/Phaidon, this beautiful book dives deep into the architectural and landscape significance of Planting Fields, all while weaving it into the rich tapestry of Long Island's history and culture.

Inside, you'll discover fascinating essays from leading historians and preservationists, uncovering the captivating evolution of this remarkable estate. From Witold Rybczynski's exploration of the estate's twentieth-century development to Jennifer Anderson's look at the land's early history with the Matinecock tribe, you'll be transported through time. Plus, get an insider's view of the estate's extraordinary landscape design, with essays by John Dixon Hunt and Arleyn A. Levee, and a look into its future preservation by Patricia M. O'Donnell. With stunning photography by David Almeida, this book is a true visual feast and a must-read for anyone who loves history, design, and beauty!



Planting Fields: A Place on Long Island was edited by Gina Wouters, President and CEO of Planting Fields Foundation, and Jerome E. Singerman, contributing to a rich, comprehensive exploration of this iconic estate.

Planting Fields: A Place on Long Island will be released in May and will be available for pre-order by emailing Visitor Experience Manager, Evan Wezik at ewezik@plantingfields.org. You'll be able to purchase your copy

of the publication for \$59.95, plus tax, by visiting the Visitor Center Fridays – Sundays from 10am – 4pm.

To celebrate this exciting release, we've got some incredible events lined up! Join us on **Thursday, May 15**, from **6 – 8pm** for **An Evening with Witold Rybczynski**. This exclusive, after-hours event at the Main House is your chance to explore the estate's architectural wonders with the renowned architect, author, and historian. Enjoy a complimentary



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cocktail, exclusive access to the Main House, and a book signing of *Planting Fields: A Place on Long Island*. \$35 per person, registration required.

And don't miss our *Book Release Celebration* on **Friday, May 16**, from **6 – 8pm**. We'll be celebrating with a

reception, remarks from the contributors, and a book signing. The event is free to attend but requires registration. It's the perfect chance to dive deeper into the fascinating stories behind *Planting Fields* and meet the amazing people who brought this book to life! *Planting Fields: A Place*

on Long Island will also be available for purchase at both of these events!

We can't wait to share our story with you! Best spring wishes,

Kayla

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The Fasano Five with Lisa Fasano MAY 2025

Top trends shaping the upper Brookville real estate landscape amid tariffs and mortgage rate movements

TARIFF IMPACT ON HOME CONSTRUCTION AND REMODELING COSTS

Recent tariffs on imported goods are driving up the cost of materials such as lumber, drywall, and appliances. Home builders are experiencing increased expenses, which could push up the price of new homes and remodels. For sellers in Upper Brookville, this creates an opportunity to market established homes with high-end finishes, which are now increasingly desirable.

Key takeaway: Homeowners considering a sale should highlight the premium finishes and established value of their properties, which could become more attractive as new builds rise in price.

MORTGAGE RATES AND MARKET DYNAMICS

While tariffs are pushing up construction costs, they are also causing a drop in Treasury yields, which has led to a decline in 30-year mortgage rates. This presents an opportunity for buyers to secure favorable financing, especially with mortgage rates dipping below 6.65%.

Key takeaway: Buyers looking to secure favorable mortgage rates for their next home or refinance their existing mortgage should consider acting now, as these conditions may not last long.

ECONOMIC UNCERTAINTY AND HOUSING AFFORDABILITY

Though lower mortgage rates may provide some relief, the broader economic effects of tariffs—particularly slower GDP growth—could affect buyers’ purchasing power. For Upper Brookville residents, this means carefully weighing financial stability when considering a home purchase.

Key takeaway: Buyers in Upper Brookville should assess their financial health closely, as slower economic growth could impact long-term affordability despite favorable mortgage rates.



LUXURY HOME DEMAND AND RESILIENCY

Despite rising construction costs, the luxury real estate market remains resilient, with buyers continuing to seek properties that offer timeless value and sophisticated design. As tariffs push up the cost of new construction, buyers may increasingly look toward established luxury homes in communities like Upper Brookville.

Key takeaway: Sellers should emphasize the long-term value and superior quality of their homes, positioning them as prime investments compared to the rising costs of new builds.

A PRIME TIME TO LIST: SEEK A PROFESSIONAL AGENT

May is an exceptional time to list your home in Upper Brookville. The spring buying season is in full swing, with increased buyer activity and desirable weather that showcases homes at their best. This is the perfect moment to consult with a professional agent who can position your property for success.

Key takeaway: The busy spring market makes May an ideal time to sell. Enlisting the expertise of a seasoned real estate professional can help ensure your home is presented in its best light and priced competitively.



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JAS Aquatics

THOUGHTFUL BACKYARD DESIGN, BUILT TO LAST

A conversation with Jess Schreier,
founder of JAS Aquatics

Where did you grow up?

I grew up right here in Upper Brookville, on Ripley Lane. It was the kind of neighborhood where you knew your neighbors and had space to explore and be outside. A lot of who I am today, especially my appreciation for the outdoors and building spaces that bring people together stems from growing up in this area.

What do you love about Upper Brookville?

The balance of nature and community. It’s quiet and beautiful, but still close to everything. There’s a strong sense of pride in the homes and properties here, and that inspires me. When I design backyards, I always think about how to complement the natural beauty that’s already here.

What made you decide to sponsor your hometown’s private magazine?

It’s a way to give back and stay connected. This community shaped who I am, and now that I’m raising my own family, it means even more. Supporting *Stroll Upper Brookville* is about celebrating where I came from and being part of what keeps it thriving.

What inspired you to start JAS Aquatics?

I’ve always enjoyed design and construction, and after spending years in the field, I saw an opportunity to do things differently, more organized, more personal, and more reliable. I wanted to create a company that people could trust and feel good about working with.



What does JAS Aquatics specialize in?

We handle full-service backyard projects; pools, spas, cabanas, and landscaping. Everything is designed with ease of maintenance and long-term value in mind. Our team focuses on doing solid work and making sure the space really works for the homeowner.

How would you describe your approach with clients?

We treat every project like we’re working on our own home. That means being honest, showing up, doing what we say we will, and staying connected even after the job is done. Many clients stay with us for years, we even help manage their properties over time.

What makes JAS different from other pool companies?

We don’t use cookie-cutter designs. Everything we do is based on the client’s needs, the space, and what will function best over time. We care just as much about how things work as how they look.



We treat every project like we’re working on our own home. That means being honest, showing up, doing what we say we will, and staying connected even after the job is done.

Tell us a little about yourself.

I grew up on Long Island with two brothers, and I’m now a new dad to a baby girl—which is an amazing experience. I’ve always liked building things and figuring out how to improve a process. Starting JAS was about combining those interests with a better way to run a business.

How are you involved in the community or industry?

I’m part of the Long Island Pool and Spa Association, and I’m working on developing training programs for the next generation of pool professionals. I also value supporting local events and partnering with other quality-driven businesses like Brandon James Construction.

What’s next for JAS Aquatics?

We’re looking at growth opportunities, possibly franchising, distribution, and e-commerce. I’m also heading to The Pool & Spa Show in Atlantic City this January to learn from others and keep improving what we offer.



What advice do you have for homeowners thinking about redoing their backyard?

Think of it as part of your home, not just an add-on. Prioritize thoughtful design and low-maintenance features from the start, it’ll save you time, money, and effort in the long run.



JAS Aquatics Pool Company

454-456 E. Jericho Turnpike,
Huntington Station, NY
516-385-7089
Office: 631-239-8031
jesse@jasaquatics.com
jasaquatics.com

BEYOND THE ARC

Jack Loeffler's Hoop Dreams

"There's always more to learn... always ways to get better."



FUN FACTS

Favorite sports teams:

Knicks, Warriors

Go-to hype song before a game: Run This Town - JAY-Z, Rihanna, Kanye West

Athlete he'd love to train with for a day: Jalen Brunson

BEYOND THE COURT

Favorite subject in school: Math

Least favorite subject: English

Class he wishes existed: Yoga class

Instrument he wants to learn: Guitar - I am in the middle of teaching myself

EVERYDAY VIBES

Hobbies: Lifting weights, playing piano, playing chess with my friends, hanging out with my family

Favorite animal: Dog

Favorite color: Blue

Go-to snack: Uncrustable
Food he could eat every day: Grilled chicken
Weirdest food combo he **actually loves:** ground beef with banana and honey

POP CULTURE

& ENTERTAINMENT

Favorite movie: TED

Movie he can quote by heart: The Bee Movie

Favorite TV show: Family Feud/Game shows

What drives him, what he's proud of, and where he's headed next.

Most binge-worthy show ever: The Office
Favorite music genres: Pop and R&B
Celebrity he'd love to meet: Shaq

THE FUN STUFF

Dream vacation:

Turks and Caicos

Superpower he'd want: Teleportation

Go-to emoji:

Most-used phrase among his friends: Aight bet

What's always in his backpack?: A phone charger and gum

Biggest fear: Heights

Random talent: I can walk on my hands

THE FUTURE & BEYOND

Dream job: Open up my own basketball tournament facility

Ultimate life goal: I would like to get married and have a family of 5.

One thing on his bucket list: Travel to Africa



Q: What sport do you play?

A: Basketball.

Q: How long have you been playing?

A: Since I was 7.

Q: Where do you practice?

A: Empire Youth Athletics gym in Huntington.

Q: What inspired you to start playing?

A: Steph Curry.

Q: What's your favorite part about basketball?

A: There's always more to learn—ways to get better—which makes me excited to play every day.

Q: What's your proudest moment so far?

A: Going 11-for-15 from the 3-point line in a game this year! I thank all my trainers who've helped me improve my shot.

Q: Who do you admire in the sport?

A: Jalen Brunson. He's about my height but dominates

thanks to great footwork and strength. I want to stand out by mastering fundamentals and using my strength like he does.

Q: What's your goal if you keep going?

A: I want to play college basketball at a high academic D3 school. After that, I want to stay involved—maybe coach, run a tournament facility, or manage/train a high-level team.

Q: What advice would you give to younger players?

A: Master the fundamentals. Be consistent in your work. That's how you achieve your goal.

Q: What else do you like to do outside of sports?

A: I play chess and the piano. I taught myself piano using YouTube, and I play chess whenever I have free time.

Q: Are you in any other extracurriculars?

A: I play flag football too.

LC THREE

Linda Cavigliano



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Jack Loeffler isn't just hitting 3 pointers he's building the fundamentals for a future in college hoops. Whether it's draining 3s, mastering piano melodies, or strategizing over a chessboard, Jack Loeffler plays to win. This Portledge junior is putting in the work to take his basketball skills to the next level, college ball at a high-academic D3 school. We caught up with Jack to hear more about what drives him, what he's proud of, and where he's headed next.

REAL ESTATE
RESOURCE

This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real estate in general, consult a real estate professional.

The information contained herein has been obtained by The Lisa Fasano Team, Global Real Estate Advisor at Compass | lisa.fasano@compass.com // 516-717-9748.

Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths
3 Donna Drive	Upper Brookville	\$5,875,000	\$5,650,000	03/20/25	578	6	7.2
35 Chestnut Hill Drive	Upper Brookville	\$5,950,000	\$5,650,000	03/13/25	279	5	4.1
1281 Wolver Hollow Road	Upper Brookville	\$2,400,000	\$2,400,000	03/05/25	18	4	4.1
12 Locust Lane	Upper Brookville	\$3,998,500	\$3,635,000	01/29/25	279	5	4.1
9 Locust Lane	Upper Brookville	\$3,248,000	\$3,075,000	01/28/25	232	5	4
729 Remsens Lane	Upper Brookville	\$1,788,000	\$1,725,000	11/12/24	30	5	4
999 Wolver Hollow Road	Upper Brookville	\$2,650,000	\$2,700,000	10/30/24	15	6	4.1
4 Filasky Court	Upper Brookville	\$2,995,000	\$3,200,000	09/12/24	71	6	5.1
861 Remsens Lane	Upper Brookville	\$2,248,000	\$2,275,000	08/29/24	28	4	3.1
987 Wolver Hollow Road	Upper Brookville	\$1,795,000	\$1,795,000	08/22/24	10	6	5.1
343 Chicken Valley Road	Upper Brookville	\$3,100,000	\$2,900,000	08/14/24	54	4	3
939 Ripley Lane	Upper Brookville	\$5,500,000	\$5,100,000	08/07/24	2	6	5.1
43 Chestnut Hill Drive	Upper Brookville	\$9,950,000	\$9,850,000	07/31/24	20	7	10.3
353 Juniper Drive	Upper Brookville	\$7,450,000	\$6,000,000	07/23/24	279	6	7.2
1275 Wolver Hollow Road	Upper Brookville	\$10,250,000	\$10,000,000	07/19/24	111	7	8.2
347 Juniper Drive	Upper Brookville	\$1,100,000	\$1,300,000	04/17/24	5	4	4



Through philanthropy and research, Tom Milana (left) and Lloyd Trotman (right) are making an impact on men’s health.
- Photo by Phil Renna taken at The Audrey (owned by Milana) in Oyster Bay

From Finance to Restaurateur to Men’s Health Advocate

Self-described serial entrepreneur Tom Milana was not expecting a routine doctor’s appointment to turn into building a community. At just 48, Milana was diagnosed with prostate cancer. That was 10 years ago.

Early diagnosis and intervention meant Milana was cured, but the path was set for Milana to establish what today has become a national charity saving men’s lives.

“If you build a better experience for men at the doctor’s office, more men will focus on their health,” Milana explained. Hence, the birth of Man Cave Health.

The organization’s first project set out to create spaces in healthcare facilities that mirrored a men’s lounge, with the goal of creating a comfortable environment for men to focus on their health.

Providing virtual support groups, education and resources, Man Cave Health has launched a new initiative focused on early detection of prostate cancer.

“More than 30,000 men a year die of prostate cancer, mainly because they find out too late,” Milana said.

Man Cave Health has begun offering mobile testing for prostate cancer and tested more than 5,000 men. By September 2025, Man Cave Health will operate three mobile testing units across the country with the goal of launching 25 units over the next five years.

Milana is used to seizing opportunity, having translated a background in finance into a successful restaurant business with five establishments, including Stellina, on Long Island in just five years. That propensity to evolve is just as much a part of Man Cave Health.

After a visit to Cold Spring Harbor Laboratory (CSHL), Milana knew he had to support Professor Lloyd Trotman’s research. Tom and his wife Adriana will host a benefit concert in their home this June.

Trotman is a pioneer in prostate cancer research. In 2024, he published a study that found the pro-oxidant supplement menadione slows prostate cancer progression in mice. Menadione is a precursor to vitamin K. Two decades in the making, the study was a follow-up to research that started in 2001, showing that antioxidants failed to treat prostate cancer and, in fact made it worse. Trotman thus tested a reverse theory that he now hopes to take into clinical trials.

“Lloyd’s focus is on finding ways to reverse metastasis and on how nutrition and vitamins can impact cancer development,” Milana said. “That is amazing stuff.”

Coupled with the work of Trotman’s lab, Milana and Man Cave Health’s impact on the lives of men and their families will be felt.

To learn more about both Milana’s and Trotman’s work, visit www.cshl.edu.

CSHL Cold Spring Harbor Laboratory | Science makes life better



An advertisement for Renew BBQ Cleaning. It features a large image of a BBQ grill with flames. A circular inset shows a close-up of the grill's interior. A QR code is located in the top right corner. The text includes the company name, services offered, and contact information.

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