

# Market Place

PUBLICATIONS.COM

*Sweetheart Deals Inside - Shop Local!*

**We Are Proud To Welcome  
Kuljit "KJ" Rathor  
To Our Winning Team!**



**Proud to be Living and Working in New Hyde Park!**

*Buying, Selling, Renting Locally or Around The World,  
Let My Years of Real Estate & Business Experience Help You.*



**OPPORTUNITY**

**ALBERTSON**  
PRIME 50X130  
Commercial Lot  
Available on  
Willis Ave.  
\$1,300,000



**AVAILABLE**

**ROSLYN HEIGHTS**  
Gorgeous Diamond! Luxurious,  
Artistic Finishings, Huge Master  
BR w/Marble Bath, Top of the  
Line Everything!  
\$2,098,888



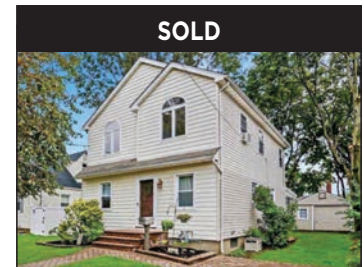
**SOLD**

**NEW HYDE PARK**  
4 BR, 1 BATH QUEENS  
SOLD FOR \$759,000



**SOLD**

**FRANKLIN SQUARE**  
3 BR, 3 BATH  
SOLD FOR \$530,000



**SOLD**

**FRANKLIN SQUARE**  
4 BR, 2 BATH COLONIAL  
SOLD FOR \$649,000

***What Is The Value of Your Home?***  
Call KJ for a Free Expert Home Evaluation.  
516-303-4680

## **KJ Rathor**

krathor@bhhsaffey.com  
516-303-4680

Fluent In English, Hindi, Punjabi, and Urdu  
with advanced translation skills.

**BERKSHIRE  
HATHAWAY**  
HomeServices

Laffey  
International  
Realty

A WARREN BUFFETT COMPANY  
193 Hillside Ave., Williston Park - 516-741-3070



Every Day...  
**3 FREE Bagels**  
 when you purchase a dozen  
 No Coupon • No Limit!  
 Not to be combined w/ other offers.

# HAND-ROLLED BAGELS

*Taste The Difference. We Are Committed to Quality!*

Our Bagels are made the Same Way Since Day One.

We Refuse to Alter Them. Demand **THE BEST**, Ask for a **HAND ROLLED BAGEL**.

**FREE Small Bottle Tropicana Orange Juice**  
 With purchase of any egg sandwich  
 HR  
 w/coupon. Not to be combined w/ other offers. Exp. 3/3/23

**Homemade Cream Cheese Any Flavor**  
**\$5.99** 1/2 lb.  
 HR  
 W/coupon. Not to be combined w/ other offers. Exp. 3/3/23

Asst. Flavors  
**Jumbo Muffins**  
**Buy 2 Get 1 FREE**  
 HR  
 W/coupon. Not to be combined w/ other offers. Exp. 3/3/23

**1 FREE Bagel**  
 With purchase of 3  
 Excludes Mondays & Mini's HR  
 W/coupon. Not to be combined w/ other offers. Exp. 3/3/23

**2 FREE Bagels**  
 With purchase of 6  
 Excludes Mondays & Mini's HR  
 W/coupon. Not to be combined w/ other offers. Exp. 3/3/23

**3 FREE Bagels**  
 With purchase of 9  
 Excludes Mondays & Mini's HR  
 W/coupon. Not to be combined w/ other offers. Exp. 3/3/23

**6 FREE Bagels**  
 With purchase of 12  
 Excludes Mondays & Mini's HR  
 W/coupon. Not to be combined w/ other offers. Exp. 3/3/23

*Thank You For Making Us Your Favorite Store!*

**Gluten Free Bagels Available.**

**Order Online!** [www.HRBagels.com](http://www.HRBagels.com) **930 Hillside Ave., New Hyde Park 516 352 1313**  
 (Southeast Corner of Lakeville Road)

Try Our Gourmet Coffees Hot or Iced

**OPEN EVERY DAY**  
 6 am - 2:30 pm

## Our Lady of the Snows Catholic Academy



"Turning today's learners into tomorrow's leaders"  
 3K & Pre-K For All Programs Available  
 Nursery - 8th Grade



**Tuition Assistance Available!**  
**Ask us about our Scholarships & Payment Plans!!**

You too can afford a Catholic Education for your child!

**Open House - Join Us!**  
 • Tuesday, February 7, 2023 / 9:00am - 11:00am  
 • Tuesday, February 14, 2023 / 9:00am - 11:00am  
 • Tuesday, February 28, 2023 / 9:00am - 11:00am  
 • Tuesday, February 28, 2023 / 6:00pm - 7:30pm

**Why Our Lady of the Snows?**  
 • Conveniently located on the Queens/Nassau Border  
 • Art, Gym, Music, Spanish & STEM offered  
 • Early Morning Drop off & After Care  
 • Hot Lunch Options offered  
 • CYO Sports  
 • 99% of our students go to Catholic High Schools and Specialized High Schools  
 • Algebra Math Regents  
 • Living Environment Regents  
 • 21st Century Technology (1:1 device for all students)  
 • Meeting the needs of all children through differentiated instruction  
 • Remedial and Enrichment Programs

Register by using the QR code or visiting our website  
[www.olscafp.org](http://www.olscafp.org)

Call or email us today for more information!  
 79-33 258th Street Floral Park, NY 11004  
 Phone: 718-343-1346 ~ Fax: 718-343-7303  
 Email: [admissions@olscafp.org](mailto:admissions@olscafp.org)



## With Love For Valentine's Day



- CUSTOM DESIGNS
- FAMILY HEIRLOOMS
- RE-MOUNTING
- REPAIR
- GIA Gemologist

**Engagement Ring Specialists**

**Eternity Bands**

**Classic Diamond Studs**

**Designs as Unique As You**

Family Owned for 4 Generations.  
 With a Commitment to Quality & Service.

Featuring Personal Shopping - Appointments Preferred

*J.E. Lund*  
**JEWELERS**

230 Hilton Ave., Suite 7  
 Hempstead  
 516-294-0956  
[jelund.com](http://jelund.com)

Call for hours



Sale starts Thurs. Feb 2 thru Sun. 2/12/23  
HRS: Mon-Thurs 9am-8pm, Fr & Sa 9am-9pm, Sun 10am-5pm  
2280 Jericho Tpke., Garden City Park  
516-742-0114



**Bud Light**  
36 Pack Cans  
Sale \$25.01  
Rebate - \$25.00  
**FINAL 1¢**

Limit 1



### Sweetheart Deals for the Big Game

**Peroni**  
Taste of Italy  
12oz Bottles  
12 Pk - \$14.99  
Rebate - \$5.00  
**FINAL \$9.99**

**Heineken**  
Or Amstel Light  
Case of 24  
Sale \$32.99  
Rebate - \$12.00  
**FINAL \$20.99**

**Stella Artois**  
Imported  
Belgian Lager  
18 Pk - \$22.99  
Rebate - \$7.00  
**FINAL \$15.99**

**Corona or Modelo**  
12 Pack Bottles  
Sale \$16.99  
Rebate - \$5.00  
**FINAL \$11.99**

Must buy \$7.50 in party essentials

**Miller Lite**  
15 Pack 16oz.  
Aluminum Bottles  
15Pk - \$16.99  
Rebate - \$10.00  
**FINAL \$6.99**

**Miller Lite**  
36 Pack  
Sale \$24.99  
Rebate - \$8.00  
**FINAL \$16.99**

**Coors Light or Banquet**  
36 Pack Cans  
Sale - \$26.99  
Rebate - \$8.00  
**FINAL \$18.99**

**Guinness Draught**  
8 Pack  
14.9 oz. cans  
Sale \$14.99  
Rebate - \$5.00  
**FINAL \$9.99**

**Southern Tier, Sixpoint, or Victory**  
15 Pack  
Sale \$17.99  
Rebate - \$5.00  
**FINAL \$12.99**

**Sam Adams**  
Lager / Seasonal & All Varieties  
12 pack \$17.99  
Rebate - \$5.00  
**Final \$12.99**

**Vizzy Hard Seltzer**  
12 Pack  
Sale \$16.99  
Rebate - \$10.00  
**FINAL \$6.99**

**White Claw**  
Black Cherry/Mango & all Variety Packs  
12 Pk - \$17.99  
Rebate - \$5.00  
**FINAL \$12.99**

**Anchor**  
12 Pack  
12 oz. bottles or cans  
**\$15.99**

**Hofbräu**  
Original/Dark/Weiss  
MaiBock 6/12oz  
**\$9.99**

**Radeberger**  
6 Pack  
16.9 oz. cans  
**\$9.99**

**Paulaner**  
Münich Lager & Oktoberfest 12/12oz  
**\$16.99**

**Happy Dad**  
Hard Seltzer  
Variety 12Pk  
**\$15.99**

**Industrial Arts Wrench**  
12 Pack Cans  
**\$20.99**

**Poland Spring**  
6 Pack Case  
Gallons  
**\$8.99**

**Adirondack Seltzer**  
Case of 12 - All Flavors  
**\$4.99**

## LARGE SELECTION OF SPECIALTY BEERS, GROWLERS, CRAFT MIXED PACKS & SNACKS

**Core Water**  
pH Balanced Water  
900ml Bottles  
**6/\$4.99**

**MINI SODA SALE!**  
All 7.5 oz. cans - all brands  
**\$1 OFF**  
Each 10 pack

**La Croix**  
Naturally Enhanced Sparkling  
12/12oz  
**\$4.99**

**Essentia Ionized Water**  
1 Liter Bottles  
6 Pack  
**\$8.99**

**Poppi Prebiotic Soda**  
Case of 12  
**\$18.00**

**Hint Flavored Water**  
16 oz. bottles  
Case of 12  
**\$15.00**

**Celsius**  
Case of 12  
**\$18.00**

**Poland Spring**  
40 Pack  
16.9 oz. bottles  
**\$8.99**

# Picture It!

Guess This Familiar Place in Nassau County



January 26<sup>th</sup>  
Answer:  
Westbury Children's  
Library (Robert Bacon  
Memorial)

Winner:  
Ilisa Cradin  
of Garden City Park

Market Place  
PUBLICATIONS.COM

## Win! \$30 Gift Card from Gourmet Bake Shop

Fill Out & Mail to:

Market Place "Picture It"  
234 Silverlake Blvd., Carle Place, NY 11514  
or Email to: info@marketplacepublications.com

The answer is

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

1 winner chosen per week from correct entries.  
Answers must be received by the following Tuesday

# Events Calendar

We Publish Your Event for Free! Email to: events@marketplacepublications.com

### MADISON THEATRE

2/2 -2/3: 7pm. 2/4: 2 & 8pm. \$15.  
**Musical: Grease.** Performed by the  
Molloy Performing Arts Club.  
2/9: 7pm. \$25. **Conversation with  
Jessamine Chan** author of "The School  
of Good Mothers."  
2/11: 7pm. \$20. **40<sup>th</sup> Anniversary South  
Shore Symphony Concert.**  
516-323-4444. Molloy College, 1000  
Hempstead Ave., Rockville Centre.  
[www.MadisonTheatreNY.org](http://www.MadisonTheatreNY.org)

### CHRISTIAN WOMEN'S CLUB

2/3 Last day to RSVP for 2/7: 12:15pm.  
\$38. **North Shore Christian Women's  
Club:** Lunch & fellowship. 516-742-0861  
(after 10am) Jolly Fisherman, 25 Main St.,  
Roslyn.

### JONES BEACH NATURE CTR

2/3: 11am-12pm. \$4. Ages 3-6 (w/adult).  
**Tiny Tots:** Theme Penguins. Storytime,  
craft.  
2/2: 1:30-3pm. \$4. Adults & teens.  
**Geometric Painting.**  
2/3-2/5: 2:30-4pm. All ages. \$4. **Seal  
walk.**  
2/4: 10:30-11:30am. \$4. Ages 8-12.  
**Geology Rocks:** Discover how rocks are  
made.  
2/5: 10:30-12pm. All ages. \$4. **Winter  
Wonders:** Learn about identifying animal  
tracks. Walk thru paved sidewalks of the  
Pollinator Garden and a short walk on the  
sand.  
2/7: 3-4pm. Ages 8-12. \$4. **S.T.E.A.M.  
Workshop:** Evolution.  
2/8 & 2/10: 11am-12pm. \$4. Ages 3-6  
(w/adult). **Tiny Tots:** Theme Seals.  
Storytime, craft.  
2/10: 3:30-4:30pm. \$4. All ages.  
**Creature Feature:** Learn about reptiles.  
(Could take place indoors or outdoors.)  
2/11: 9:30-11am. All ages. Free. **Bird  
Walk with the South Shore Audubon.**  
(Some locations may not be wheelchair  
accessible)  
2/11: 2:30-4pm. All ages. \$4. **Seal walk.**  
2/12: 10:30-11:30am. All ages. \$4. **Seal  
walk.**  
2/12: 1:30-2:30pm. \$4. Ages 8-12.  
**Geology Rocks:** Discover how rocks are  
made.  
Register for all activities. Visit website for  
additional activities. **Many programs take  
place outdoors: wear warm coat,  
gloves, scarf, hat & warm footwear.**  
West End of Jones Beach. 516-809-8222.  
[www.JonesBeachENC.org](http://www.JonesBeachENC.org)

### POLAR PLUNGE

2/4: 10am (registration), 11am (plunge).  
**Brave souls will run, jump and dive  
into the waters of Hempstead Harbor to  
raise funds the athletes of Special  
Olympics NY.** North Hempstead Beach  
Park, Port Washington. For more info:  
[www.PolarPlungeNY.org/northhempstead](http://www.PolarPlungeNY.org/northhempstead)

### LI CHILDREN'S MUSEUM

2/4 & 2/5: 11am-1pm. (drop in program)  
Free w/admission. **Learn why Black  
History Month began and the  
importance of why it's celebrated.**  
**Craft:** Create a "peace plate".  
2/11: 11:30 & 2pm. 2/12: 2pm.  
2/15, 2/16, 2/17: 10:15 & 12pm.  
Ages 3+. \$9 w/admission. \$12 theater  
only. **"Don't Let The Pigeon Drive The  
Bus! The Musical,"** by Mo Willems. 516-  
224-5800. 11 Davis Ave., Garden City.  
[www.LICM.org](http://www.LICM.org)

### BIRD WALK

2/5: 9am. Free. **Guided bird walk** Text  
registration required:516-467-9498. No  
walk if rain, snow or temperature below 25  
degrees. Massapequa Lake.  
[www.SSAudubon.org](http://www.SSAudubon.org)

### SANDS POINT PRESERVE

2/5: 1-4pm. \$15 kids 2+, \$5 adults.  
**Family Fun in Hempstead House.**  
Register: 516-304-5076. 127 Middle Neck  
Rd., Sands Point.  
[www.SandsPointPreserveConservancy.org](http://www.SandsPointPreserveConservancy.org)

### ALLEY POND

2/5: 1-2:30pm and 3-4:30pm. \$28.  
Adults. **Fused Glass Workshop:** Learn  
the basics of fused glass art.  
2/10: 6-8pm. \$10pp. Adults and 14+.  
**CPR Training.**  
2/11: 4:30-6pm. \$22. Adults. **Sunset  
Hike.**  
2/12: 11am-12:15pm. \$15. Adults. **Super  
Bowl Super Stroll.**  
2/12: 11:30am-12:30pm. Ages 2-3  
(w/adult). \$20. **I Love Animals:** Story  
time, craft, observe animal guests.  
**Must register for all events.** 718-229-  
4000. 224-65 76<sup>th</sup> Ave., Oakland Gardens.  
[www.AlleyPond.org](http://www.AlleyPond.org)

### NASSAU MUSEUM OF ART

2/5: 3pm. \$20 adults. **Author Elizabeth  
Burns discusses her book "Picturing  
Freedom: African Americans and their  
Cars."**  
2/7: 4-6pm. \$40 adults. **Director's  
Seminar:** The Photograph as Work of Art.  
2/11: 11am. \$20 adults. **Winter Forest  
Walk with Naturalist Virginia Dankel.**  
Register for ALL events. 516-484-9338. 1  
Museum Dr., Roslyn Harbor.  
[www.NassauMuseum.org](http://www.NassauMuseum.org)

### LUNAR NEW YEAR

2/10: 4:30pm. Free. **Enjoy cultural  
festivities, arts & crafts as we celebrate  
the Year of the Rabbit.** For info: 311.  
Mary J. Davies Green, 220 Plandome Rd.,  
Manhasset. (outdoor event)  
[www.NorthHempsteadNY.gov](http://www.NorthHempsteadNY.gov)

### ROAD TO THE GARDEN

2/10: 6:30pm (doors open), 7pm (start).  
\$30pp. **Amateur Boxing.** Knights of  
Columbus, Corpus Christi Council, 186  
Jericho Tpke., Mineola. Digital Tickets:  
[www.kofc2502.ticketleap.com/boxing/](http://www.kofc2502.ticketleap.com/boxing/)

### CELEBRATE BLACK HISTORY

2/11: 3-5pm. Free. **African American  
Culture:** Connecting the Community  
through the Arts. Live performances,  
storytelling, dance, cultural reflection and  
poetry. Westbury HS, 1 Post Rd. Register:  
[www.WestburyArts.org/upcoming-events](http://www.WestburyArts.org/upcoming-events)

### ROCK HALL MUSEUM

2/12: 1:30-2:30pm. \$10. Speaker: Amy  
Vacchio **"Introducing Quokko:** An  
Enslaved Person's Journey Through  
Revolutionary Times." 516-239-1157. 199  
Broadway, Lawrence.  
[www.FriendsofRockhall.org](http://www.FriendsofRockhall.org)

### VOW RENEWAL CEREMONY

2/14: 11-2pm. \$18pp. **Couples reaffirm  
their marriage commitment.** Lunch and  
champagne toast following ceremony.  
Register: 311. Harbor Links Golf Course,  
1 W. Fairway Dr., Port Washington.  
[www.NorthHempsteadNY.gov](http://www.NorthHempsteadNY.gov)

## Don't let the stairs limit your mobility.



The AmeriGlide Rave 2 stair lift is  
the ideal solution for anyone:

- Who struggles with using the stairs
- That is worried about risking a fall
- Who wants to access all of their home

Call now to save on a Rave 2 stair lift!

1-877-592-1792



## February Celebrations



Heart Shaped...

- ♥ Cakes ♥ Cookies
- ♥ Linzer Tarts
- ♥ Strawberry Shortcakes
- ♥ Cheesecake w/Cherries

& Much More!



**Football**  
Cakes & Cookies  
for the big game



*In Honor of President's Day:*  
Fresh Baked Apple,  
Cherry & Blueberry Pies

10% OFF  
Any Purchase

Wcoupon only expires 3/3/23

Seating Available - Enjoy Hot Coffee  
or Tea With Your Dessert.



775 Hillside Ave., New Hyde Park • 516-354-3930

(In Shopping Center at Lakeville Rd.)

[gourmetbakeshop.com](http://gourmetbakeshop.com)

See Earth Talk in Our Digital Edition:  
[www.MarketPlacePublications.com](http://www.MarketPlacePublications.com)

Valentine & Big Game Sale!

# MEGA Wine & Liquor

Large Selection Of GIFT SETS • Free Gift Wrapping • Corporate Discounts



**Natura**  
Valentine Gift Set  
Pinot Noir & Rose

**\$15<sup>99</sup>**

Sustainably Farmed  
Two 750 ml.  
bottles



Are You Our Next Lucky Customer?  
We Now Have Lotto!

**Blackstone**



Merlot or  
Chardonnay

Your Choice

**\$7<sup>99</sup>**

750 ml.

Make Your  
Own Sale!

**15%  
OFF**

ANY CASE OF WINE  
Not on sale, w/this ad.



**Oyster Bay**  
Sauvignon  
Blanc

**\$10<sup>99</sup>**

750ml



**Jack Daniels**  
Whiskey

**\$23<sup>99</sup>**

750ml



**1800**  
Ready To Drink  
Ultimate  
Margherita

**\$19<sup>99</sup>**

750ml



**Johnnie  
Walker**  
Black

**\$63<sup>99</sup>**

1.75L



**LaMarca**  
Prosecco  
or Rose

**\$12<sup>99</sup>**

750ml



**Luc  
Belaire**  
Rare Rose Sparkling  
or Luxe Rose

**\$23<sup>99</sup>**

750ml



**19  
Crimes**  
Cali Gold

**\$11<sup>99</sup>**

750ml



**Josh**  
Cabernet

**\$11<sup>99</sup>**

750ml



**Jose Cuervo**  
Tequila  
Silver or Gold

**\$18<sup>99</sup>**

750ml



**Maker's  
Mark**  
Bourbon

**\$25<sup>99</sup>**

750ml

DISCOUNT WINE & LIQUOR - SPECIAL ORDERS - KOSHER WINE - INDIAN WHISKEY TOO!

*We Deliver!*  
UBER - Grub Hub  
& Door Dash

1592 Hillside Ave., New Hyde Park - 516-488-WINE  
Just West of New Hyde Park Rd., Next to Baskin Robbins & Marzullo Bakery

HOURS: Mon-Wed 10am-8 pm, Thurs-Sat 10am-10 pm, Sun 12-9 pm

SALE PRICES ARE WITH AD ONLY. NOT TO BE COMBINED WITH OTHER DISCOUNTS. WHILE SUPPLIES LAST. SALE ENDS February 28, 2023



# CAPUTO REALTY

314 Jericho Tpke., New Hyde Park 516-437-0333 • eracaputo.com

*What Is Your Home Worth In Today's Market?  
Call For a Free Market Analysis. Know Your Options.*



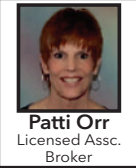
**Inventory Is Needed - A Good Time To Sell.**



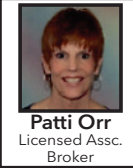
**NEW HYDE PARK**  
One Level Living -  
A Rare Find in NHP.  
Newly Painted, Clean  
3 BR. Walk to LIRR,  
Shops, School. \$599,000



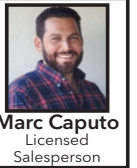
**NEW HYDE PARK**  
GREAT NECK SCHOOLS  
4 BR, 2.5 Bath Cape.  
EIK, Formal DR, HW  
Floors, Beautiful Block.  
\$899,000



**NEW HYDE PARK**  
4 BR, 2 Bath Dormered  
Cape. HW Floors, Close  
To All. Must See!  
\$699,000



**NEW HYDE PARK**  
FIXER OPPORTUNITY  
4 BR, 2 Bath Cape. HW  
Floors, Spacious Corner  
Lot w/Great Potential!  
Herricks Schools. \$719,990



**JOIN OUR PROFESSIONAL TEAM!**  
Experienced Agents Wanted & New Recruits Too.

15-Month  
CD or IRA CD  
**4.60%** APY<sup>1</sup>  
\$1,000 minimum deposit



**Great rates like ours are always in season.**

To qualify you must have or open any **Flushing Bank Complete Checking** account<sup>2</sup> which provides you with access to over 55,000 ATMs, ATM fee rebates, mobile banking, and mobile check deposit. Plus, you can qualify for additional **cash bonuses**.<sup>3</sup>

For more information and to find out about our other great offers, visit your local Flushing Bank branch, call **800.581.2889** (855.540.2274 TTY/TDD) or visit **FlushingBank.com**.

**Small enough to know you.  
Large enough to help you.®**



1) New money only. APY effective January 27, 2023. Annual percentage yield assumes principal and interest remain on deposit for a full year at current rate. Minimum deposit balance of \$1,000 is required. Funds cannot be transferred from an existing Flushing Bank account. Premature withdrawals may be subject to bank and IRS penalties. Rates and offer are subject to change without notice. 2) A Flushing Bank Complete Checking account with a \$5,000 minimum balance is required to receive the advertised rate. Certain fees, minimum balance requirements and restrictions may apply. Fees may reduce earnings on these accounts. A checking account is not required for IRA accounts. 3) The Customer Value Program bonus is limited to one (1) account credit per new Complete Checking customer. New money only. Existing checking account customers are not eligible. A new checking account is defined as any new checking account that does not have any authorized signatures in common with any other existing Flushing Bank checking account(s). An existing checking customer is defined as anyone who currently has or has had a Flushing Bank checking account within the last 24 months. New money is defined as money not currently on deposit with Flushing Bank. The Customer Value Program bonus will be based on the three-month average account balance of the first three (3) full calendar months after the month of account opening. The Customer Value Program bonus will be posted to the account on or about the end of the subsequent month following the account's three (3) month anniversary. A 1099 will be issued in the amount of the account bonus. The new Complete Checking account must remain open, active, and in good standing for six months. The bonus will be forfeited if the account is closed prior to six months. Other fees and restrictions may apply. The minimum three-month average balance to qualify for the Customer Value Program is \$10,000. A minimum deposit of \$25 is required to open the Complete Checking account. The offer is subject to change or termination without prior notice at any time. Speak with a branch representative for details.

Follow us on

Flushing Bank is a registered trademark

THE ORIGINAL  
**BAGELS**  
"n"  
A HOLE LOT MORE



**BIG GAME DEALS!**

**Buy 1 Dozen Bagels Receive 4 Free**  
And 1/2 lb. Plain Cream Cheese  
**\$18.95**

W/coupon or show ad expires 2/28/23

**Buy 1/2 Dozen Bagels Receive 2 Free**  
And 1/4 lb. Plain Cream Cheese  
**\$9.95**

W/coupon or show ad expires 2/28/23

**30 Years Serving The Finest Quality Foods!**

**Halftime Party Package**

- 3 Foot Hero (Italian, American or Combo)
- 1/2 Tray Baked Ziti
- 1/2 Tray Chicken Strips
- 1/2 Tray Buffalo Chicken Meatballs
- 3 lbs of 1 Salad (Potato, Macaroni or Cole Slaw)

**\$199** all for

**Best Burgers!**  
1/2 lb. premium beef

**Buy 1 Burger Get 1 1/2 OFF**

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## RECIPE OF THE WEEK

### Enchilada Lasagna



- 2 tbsp olive oil
- 1 large onion, chopped (1 cup)
- 1 deli roasted chicken, skin and bones removed, shredded
- 2 tbsp taco seasoning
- 1 cup chicken stock or broth
- 8 oz cream cheese, at room temp.
- 2 cups shredded Tex-Mex cheese blend
- 16 oz Chunky Salsa, plus add'l for serving
- 1 cup fresh cilantro, chopped
- nonstick cooking spray
- 6 flour tortillas (9 in each)
- 1 cup tortilla chips, crushed
- 1 cup shredded cheddar cheese

Preheat oven to 350 F.

In large skillet over medium-high heat, add olive oil. Add onions and cook until soft and translucent, 4-5 min.

Add shredded chicken and stir in taco seasoning. Add chicken broth and bring to simmer, about 5 min.

Add cream cheese, Tex-Mex cheese, salsa and cilantro. Stir until cream cheese is melted and simmer 3-4 minutes until slightly thickened.

Spray square baking dish with nonstick cooking spray. Place two tortillas in bottom of pan, folding over or trimming sides of tortillas to fit.

Spoon half chicken mixture over tortillas. Repeat then place remaining tortillas over top.

Mix crushed tortilla chips with cheddar cheese and sprinkle over top.

Bake 30 minutes, or until lasagna is bubbling and lightly browned.

Let stand 10 minutes then top with additional salsa before serving.

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**EARTH TALK**

From the Editors of E/The Environmental Magazine

**Do houseplants really improve indoor air quality? Which ones are the most effective as such? - Kay Hammen, Carle Place**

In recent years, more and more people have developed an interest in keeping houseplants. There are many potential reasons why there has been such a resurgence in indoor gardening. Many people took up tending to houseplants during the pandemic as a quarantine hobby. As the years have progressed, people's interest in keeping houseplants has continued to thrive and it's easy to understand why. They liven up any living space, and provide people with something to care for—both which provide many mental health benefits. However, there has been speculation as to whether or not keeping houseplants provides environmental and health benefits through purifying the air in our homes.

The short answer is that houseplants do have the potential to purify the air in our homes. When plants perform photosynthesis, they take carbon dioxide out of the air and emit oxygen as a by-product. Since plants output oxygen into the surroundings, by scientific definition they have the potential to increase the oxygen concentration in your living space. However, the degree to which they can detoxify the air and measurably make a difference to the air quality in a person's living space is another matter.

In order to make a considerable difference in the air quality of your home, you'd have to keep a number of houseplants under specific climatic conditions, as some types require sun, partial sun or shade loving varieties. Having houseplants can worsen indoor air quality only if you are

overwatering them, as overly damp soil may promote the growth of microorganisms or mold which can affect allergic individuals.

However, if you are interested in keeping houseplants that have the potential to clean the air in your home, there are a nice variety to choose from. There are two major air pollutants found in homes: particulates—dust, mold, etc.—and volatile organic compounds (VOC)—gases that are released from materials such as fabric, paint and cleaning products. Spider plants, philodendrons, ZZ plants, dumb canes, pygmy date palms and ivies are among the plants suited to indoor living that are especially good at filtering out particulates. Other plants especially good at removing volatile organic compounds (VOCs) out of your indoor air include pathos, bamboo, Areca palms, rubber plants, snake plants and peace lilies. Plants also offer life and beauty to your home décor. Some of these varieties need sunlight and others thrive in less light. You can usually find a wide assortment of indoor plants and get more advice at a local nursery or garden center.

Of course, there are also many other ways to improve the air quality of your home. Keeping a clean home reduces the amount of particulate matter in the air. Investing in air purifiers and home air filters can help reduce both the concentration of VOCs and particulate matter that could be impairing your indoor air quality. Simple tasks like opening your windows and airing out your home in the warmer months increases air circulation and benefits your home's indoor environment.

GOT AN ENVIRONMENTAL QUESTION? Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: [www.emagazine.com/earthtalk/thisweek/](http://www.emagazine.com/earthtalk/thisweek/), or e-mail: [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com).



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