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EVENTS CALENDAR

WEDNESDAY WORKSHOP FOR KIDS - PLANTING FIELDS

5/14. 4-6pm. Framing Flowers - Hands on creative workshop. Ages 5-12. Starts with guided tour thru the gardens, Registration required. \$25 per child. 1395 Planting Fields Rd., Oyster Bay. Register in advance online: www.plantingfields.org

TAI CHI IN THE GARDENS

5/14, 5/21, 5/28. 10:30-11:30am. Old Westbury Gardens With Linda Cafiero. \$28. Includes garden admission. 71 Old Westbury Rd., Old Westbury. 516-333-0048. Register: www.OldWestburyGardens.org

NASSAU COUNTY EMPLOYMENT EXPO

5/15. 9am-2pm. Onsite Interviews, Resume Review. 9-10am is for disabled, senior and veteran populations only. All are welcome. Yes We Can Community Center, 141 Garden St., Westbury. For more info call Runnie Myles 516-572-2891

MAYFLOWER WREATHS LICM

5/15, 5/16, 5/20, 5/21, 5/22 & 23: 2:30-4. At the Long Island Children's Museum. Make craft wreath, free with admission. Drop in program for all ages. 11 Davis Ave., Garden City. www.LICM.org

NATURES RESILENCY TALK OLD WESTBURY GARDENS

5/15. 7-8:30pm. Engaging discussion with 4 panelists. See details online. Q & A after discussion. Free must pre-register. 71 Old Westbury Rd., Old Westbury. 516-333-0048. Pre- Register: www.OldWestburyGardens.org

BOOK RELEASE CELEBRATION PLANTING FIELDS

5/16. 6-8:30pm. "Planting Fields, A Place On Long Island". Meet the contributors, book available for purchase, book signing, cocktail reception and remarks. Free. Registration required. 1395 Planting Fields Rd., Oyster Bay. Register in advance online: www.plantingfields.org

LANDSCAPE TOURS AT **PLANTING FIELDS**

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YOGA IN THE GARDENS

5/17, 5/24, 5/31. 10:30-11:30am: Old Westbury Gardens, With Nancy Rich. \$28. Includes garden admission. 71 Old Westbury Rd., Old Westbury. 516-333-0048. Register: www.OldWestburyGardens.org



CRADLE CON AT CRADLE OF AVIATION

5/17 & 18. 10am-5pm. Comic, Collectible & Pop Culture Con Advance tickets: Adults \$25, Kids \$12. Weekend pass \$40. At the door \$5 more. Charles Lindbergh Blvd., Garden City. 516-572-4111 www.cradleofaviation.org

PRINCIPALS OF IKEBANA (JAPANESE FLOWER DESIGN)

5/17. 3;30PM. Learn technique and theory of flower arranging at John P. Humes Japanese Stroll Garden. 3 Dogwood La., Locust Valley. \$15, free for members. Register in advance: 516-922-1029. www.northshorelandalliance.org

NEW EXHIBIT: DINOSAUR FOSSILS EXPOSED AT LICM

5/17. 12-2pm & 5/18: 1-3pm. At the Long Island Children's Museum. Interactive displays and hands on activities. Free with admission. 11 Davis Ave., Garden City. www.LICM.org

MEDITATION & REIKI

5/17. 9:30-11:00am. APEC WORKSHOP Join Sonia, certified Reiki Master Practitioner. \$30 p.p. All levels welcome. Register: www.alleypond.org 229-10 Northern Blvd., Douglaston

ECO THERAPY WALK AT SANDS POINT PRESERVE

5/17: 2pm. Monthly Sessions Led by Linda Lombardo, a certified guide. Enjoy the practice of walking with nature for a mood and energy boost. Register for one walk or a series of 3. Members \$45, Non members \$50. Discount for 3 sessions. 12 Middle Neck Rd., Sands Point. Call 516-570-2185 or Pre-register: www.SandsPointPreserveConservancy.org

ASIAN AMERICAN FESTIVAL 5/17. 11:30am-5pm. Sponsored by the

Town of N. Hempstead. Cultural performances, arts & crafts, Asian cuisine, \$10 parking fee. North Hempstead Beach Pk, 175 West Shore Rd. Port Washington.

NATURE WALK OLD WESTBURY GARDENS

5/17, 11-11:45 am. With horticulturalist, Will Story. Walk thru woodland and formal gardens. \$22. includes general admission. 71 Old Westbury Road, Old Westbury. 516-333-0048. Pre-register: www.oldwestburygardens.org

YOGA ON THE FARM SERIES

5/18, 5/25, 6/1, 6/8. 10-11am. Yoga with Lorine Bamberg at the Queens County Farm Museum. 12 part wellness series in the barn or outdoors in nice weather. All levels. Age 12 & up. \$18 per session. Register: www.queensfarm.org 73-50 Little Neck Pkwy, Floral Park.

TRACKS & TRAILS JONES BEACH

5/18. 1:00-3pm. Adults & Teens 12+. 3 mile hike of the park preserve and native animal viewing. \$4 Reserve online. Jones Beach Energy and Nature Center, Bay Pkwy, Wantagh. Free but rsvp required: www.jonesbeachenc.org

FLORAL DESIGN WORKSHOP **OLD WESTBURY GARDENS**

5/18. 10:30-12pm. Hands on led by Scott Lucas. Design centerpiece using fresh seasonal materials. \$75 includes all materials. 71 Old Westbury Rd., Old Westbury. 516-333-0048. Pre- Register: www.OldWestburyGardens.org



SHEEP SHEARING FESTIVAL

5/18. 10am-5pm. Queens Farm. Fun for all ages. Educators showcase spinning, shearing, dyeing, weaving & knitting. New animal adventure walking tour, live music, hayrides, scavenger hunt. No charge, for \$20 get 5 activities. Get tickets online: www.queensfarm.org 73-50 Little Neck Pkwy, Floral Park

JIMMY BUFFET TRIBUTE

5/18. 2:30 pm. The Parrot Beach Band. \$40-\$45. 516-599-6870. Elmont Library Theatre, 700 Hempstead Turnpike, Elmont. Tickets www.PlazaTheatrical.com

BIRD WALK – HEMPSTEAD LAKE STATE PARK

5/18, 9am. Hosted by the South Shore Audubon Society. Weather permitting. Free and open to the public, children also encouraged to come. Register by texting Joe Landesberg: 516-467-9498 leave your name and date you want to attend. 1000 Lake Drive, West Hempstead, Park at field 3. For more info: www.ssaudubon.org

AMAMI IN PRIMAVERA SANDS POINT PRESERVE

5/18 3pm. "Love Me In The Spring" Classical Italian concert in the Great Hall at Castle Gould. \$45 members, \$56 non-members. Includes wine reception. 12 Middle Neck Rd., Sands Point. Get tickets online:

www.SandsPointPreserveConservancy.org

MELA, PUNJABI STREET FAIR

5/18. 12-6pm. Rain date 5/25. Nassau Community College, Parking lots 4A and 4B. 1 Education Drive, Garden City. Free. 516-857-5297.

KIDS AT ALLEY POND

5/18. 11:00am-12:15pm. Ages 3-5 Explore the rainbow colors of spring. \$26 for 1 parent and child. Register: www.allevpond.org 229-10 Northern Blvd., Douglaston

BATS & WILDLIFE WALK SANDS POINT PRESERVE

5/22. 7-8:30pm. Adults & Teens 13+ Join ranger Eric Powers for an indoor educational talk and evening walk through the preserve. \$24, members \$18. 12 Middle Neck Rd., Sands Point. Get tickets online:

www.SandsPointPreserveConservancy.org

MEMORIAL DAY FIREWORKS

5/24: 6:30 pm. Gates open 3pm. Sponsored by the Town of N. Hempstead. Commemoration & Fireworks Extravaganza. Live music by Shot Down, country party fun, food trucks. \$10 cash parking fee. Shuttle bus avail. Free parking for veterans and active duty. call 311. North Hempstead Beach Pk, 175 West Shore Rd. Port Washington.



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MAY 14, 2025 - MAY 20, 2025 · MARKETPLACEPUBLICATIONS.COM · PAGE 5

PAGE 6 • MARKETPLACEPUBLICATIONS.COM MAY 14, 2025 - MAY 20, 2025

RECIPE OF THE WEEK

Meatball Tortellini Soup



4 cups beef broth
1 can (14 oz) diced tomatoes
16 oz frozen meatballs
19 oz tortellini
6 oz frozen spinach
1 tbsp onion powder
1 tbsp garlic powder
1 tbsp Italian seasoning
3/4 cup Parmesan cheese, plus additional for serving, divided salt, to taste
pepper, to taste
1/4 cup heavy cream
Crusty bread, for serving

In Dutch oven, pour in beef broth and diced tomatoes. Fill empty diced tomatoes can with water and add to pot. Stir in meatballs, tortellini and spinach.

Cook over medium heat then add onion powder, garlic powder, Italian seasoning and 3/4 cup Parmesan cheese.

Add salt and pepper, to taste.

Cook 25 minutes, stirring occasionally. Add heavy cream and cook 5 minutes.

Serve with bread and additional Parmesan cheese.

Recipe courtesy of "Cookin' Savvy"







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This Week's Winning Birthday

OCTOBER 10TH

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Portia Carbellano
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Are seaweed farms good for the planet or is that just industry hype?

- J. Barnes New Hyde Park

The production of seaweed has boomed to over 35 million tons in the past few years, while the industry has become a \$16.7 billion market. Its popularity is due to its notable ecological benefits, like its absorption of carbon, production of food and marine habitat production. Seaweed proponents praise them for being easy to grow and creating bioplastics while critics argue that there are significant Despite the benefits, seaweed farms can be shortcomings.

Seaweed farms are not only fast and easy to grow, but also notably versatile. Unlike terrestrial crops like trees, fruits, vegetables and herbs, seaweed requires no fertilizer, pesticides, freshwater or land to grow. Thus, it can easily adapt to diverse environments and survive without constant human intervention.

Furthermore, the growth of seaweed farms benefits marine life. Beyond improving water quality, the presence of seaweed farms buffers the effects of ocean acidification in surrounding areas, greatly aiding both prosperous and polluted environments. Seaweed farms also create forage and refuge habitats for commercially important fish, like cod and tuna, while acting as a food source for countless other species.

Seaweed can also decrease the impacts of carbon and other greenhouse gases. By absorbing both nutrients and carbon dioxide to grow, seaweed decreases the number of toxic emissions entering oceans and the atmosphere. Seaweed pulls more greenhouse gases from water than eelgrass, mangroves and salt marshes combined. It can also be cultivated to reduce heavy metals and other pollutants, acting as a sponge to rid the ocean of toxins. It also plays a critical role in the creation of bioplastics, which mitigate plastic pollution by replacing carbon-intensive products and greenhouse gases.

expensive and difficult to implement globally. The higher price decreases the demand for the algae, making it difficult for farmers to support the target growth of their farms. Furthermore, 98 percent of farmed seaweed is grown in Asia, illustrating the lack of geographic diversity worldwide.

So, scientists are looking for ways to expand the reach and impact of seaweed farms to maximize their benefits. Specifically, many are experimenting with growing seaweed aimed at reducing water pollutants like metals. Ultimately, Alexandra Cousteau, head of the non-profit Oceans2050, noted that "Seaweed farming offers a scalable, naturebased solution for carbon removal while delivering co-benefits such as biodiversity enhancement, economic opportunities, and food security.'

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NHP Chamber Celebrates Local Legacy Business



On May 8 the Greater New Hyde Park Chamber of Commerce, along with Town of North Hempstead elected officials gathered at Five Corners Auto Salon located at 2080 Hillside Avenue, New Hyde Park to congratulate them.

Owner David Rubenstein was recognized for doing business at the same location for over 40 years-which was started by his father, Mark. David worked for him and eventually took it over to continue the family legacy, a true testament to his dedication and commitment to the community. David continues to be a generous supporter of many local charity organizations including the Chamber Charity Golf Outing and the Herricks Community Fund. He is looking forward to many more years providing excellent service and spotless cars in the community.

L to R: Chamber President, Cheryl Fajardo, Chamber Past President, Jeanette Frisina, TONH Receiver of Taxes, Mary Jo Collins, Chamber 3rd VP Zaleena Schooler, TONH Supervisor, Jenn DeSena, Chamber Past President, Chris Vulpis, Five Corner Car Wash Owner, David Rubenstein, Chamber 1st VP Dean Lykos, Chamber Board Member, Smitha Lukose-Khan, Chamber Past President, Rich DeMartino, Chamber Board Member, Ed Stone & Chamber Past President, Peter Caputo

Photo by Ed Stone Photography

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