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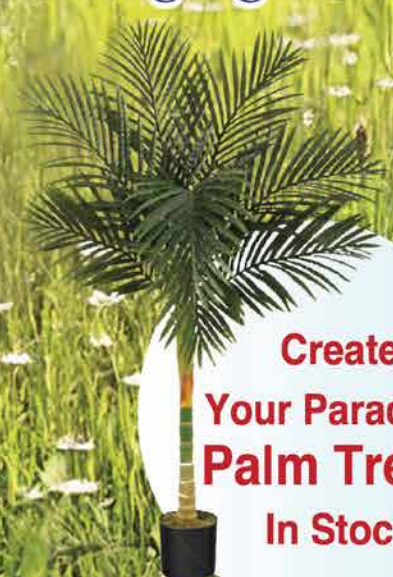
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SCHEDULE YOUR  
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## RECIPE OF THE WEEK

### Tuna Apple Melt



1 (12-oz) can solid white tuna in water,  
drained and flaked

1/4 cup mayonnaise

1 tsp Dijon mustard

1 red apple, cored and diced

1 celery stalk, diced

2 tbsp whole-berry cranberry sauce

1 tbsp butter, softened

4 1/2-inch thick slices sourdough bread

4 slices provolone or Muenster cheese

Celery sticks, optional

In large bowl combine tuna, mayonnaise and Dijon mustard until well blended; stir in apple, celery and cranberry sauce.

Spread one side of bread with butter. Place bread slices, butter-side down, in 12-inch non-stick skillet over medium heat. Top each with a slice of cheese. Cover and cook over medium heat 3-4 minutes until cheese is melted and bottom of bread is golden.

Remove bread to plate; top each piece with some tuna mixture.

Serve warm, with celery sticks if desired.

For more nutritious recipes featuring canned proteins, visit [CansGetYouCooking.com](http://CansGetYouCooking.com).

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- JDS Discount Wine & Liquor - 2477 Jericho Tpke., GCP (Lidl Ctr.)
- Hillside Public Library - 155 Lakeville Rd.
- New Hyde Park Village Hall - 1420 Jericho Tpke.
- Flagstar Bank - 1114 Jericho Tpke.
- Flushing Savings - 697 B Hillside Ave. (Stop & Shop Center)
- Previti Pizza Papazzio - 2085 Hillside Ave.
- Hand Rolled Bagels - 930 Hillside Ave.
- 5 Corners Car Wash - 2080 Hillside Ave.

[www.nhpchamber.com](http://www.nhpchamber.com)



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## EARTH TALK

From the Editors of E/The Environmental Magazine

**Are polar bears still in decline due to global warming?**

*—Patty Finch, Glen Oaks, NY*

Polar bears are a big part of the Arctic ecosystem. However, they are grappling with huge changes to their homes due to the effects of climate change. The bears are now listed as “vulnerable” by the International Union for the Conservation of Nature (IUCN). This puts them at a high risk of being endangered, which means they are at significant risk of extinction. The global polar bear population is estimated to be around 26,000.

Greenhouse gas emissions have driven worldwide temperatures to an all-time high, causing Arctic Sea ice to melt. This is a crisis as polar bears rely on ice for all parts of their routine. Thus, polar bears are losing their habitats. Melting ice also affects the bears’ ability to hunt, since ice serves as a hunting platform. This affects not only adult bears and their survival, but also the cubs. According to Dr. Steven Amstrup, Chief Scientist Emeritus at Polar Bears International, “the longer the sea ice is gone from the productive zone, the tougher it is on the bears.”

Different polar bear populations have been affected in different ways. To wit, the populations in the Western Hudson Bay and Southern Beaufort Sea have faced the greatest decline. However, populations in

the Barents Sea and Gulf of Boothia are likely to be stable at the moment. It’s important to note that many other regions are data deficient, causing a gap in statistics and information availability. In the late Dr. Ian Sterling’s book, *Polar Bears: The Natural History of a Threatened Species*, he asserts that “it is vital that all humans and their respective governments... help reduce greenhouse gas emissions... to ensure that both sea ice and polar bears persist for our children...”

Challenges in addressing these issues persist. International policy responses are slow, and industrial development continues to encroach on polar bears’ habitat and territory. It’s hard to effectively coordinate actions between regions.

That being said, progress has still been made. The 1973 Agreement on the Conservation of Polar Bears brought together the five nations with the highest polar bear populations (Canada, Greenland, Norway, Russia and the U.S.), all who recognize that polar bears need effective protection. Furthermore, organizations like Polar Bears International and the WWF promote conservation, research, and advocacy. Individuals can support polar bear populations by supporting organizations, educating themselves, and being involved in advocacy. By saving these animals, we commit to taking action on climate change, both for humanity and the world.



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# Local Events & Happenings

## ARTS IN THE PLAZA LONG BEACH

Now thru 10/24, 9am-2pm. Every Saturday at Kennedy Plaza, Long Beach. Handcrafted art, meet the artists and hear their stories behind the creations. Live music too. For details about the artists and music schedule:  
[www.artsintheplaza.com](http://www.artsintheplaza.com)

## SHAKESPEARE'S HAMLET AT VANDERBILT

Now thru 6/12, 7 or 8pm depending on date. The Carriage House Players (formerly Arena Players) perform outdoors on the courtyard stage. Adults \$25, seniors & kids under 12, \$20, 180 Little Neck Rd., Centerport, 631-854-5579. Purchase tickets online:  
[www.vanderbiltmuseum.org](http://www.vanderbiltmuseum.org)

## SOMETHINGS ROTTEN- MADISON THEATRE

5/28-5/31, Various times. The musical. Tickets start at \$50. Madison Theatre at Molloy U. 1000 Hempstead Ave., Rockville Centre. Tickets call 516-323-4444 OR  
[www.madisontheatre.org](http://www.madisontheatre.org)

## LITTLE LEARNERS ART LAB AT LICM, GARDEN CITY

5/28, 11:30am-12pm. Long Island Children's Museum. Weekly workshop for ages 2-5. Hands on art making using various mediums and techniques. This week is decorating and painting piggy banks. \$4 with museum admission. Reserve your spot: [www.licm.org](http://www.licm.org)  
11 Davis Ave., Garden City

## CONCERT IN THE PARK MINEOLA

5/29, 7:30pm, Featuring Wonderous Stories. (Classic Rock) Free admission. Memorial Park, 195 Marcellus Rd.



## BELLMORE CAR SHOW

5/29, 5-10pm. Then Every Friday night until Oct. 30th. Weather permitting, at the Bellmore LIRR lot on Broadway. Free admission, \$5 to enter your car. For more info: 516-679-1875 or  
[www.bellmorechamber.com](http://www.bellmorechamber.com)

## ELMONT/BELMONT PARADE

5/30, 9:30am. 18th Annual Paul Sapienza Parade. Starts at 60 Hill Ave near Covert Ave School, proceeding West down Hempstead Tpke. to Sports Complex at Belmont Park. Food, prizes, giveaways, music!



## GROW & GATHER QUEENS COUNTY FARM

5/30, 2-3pm. Peas and carrots, flower day, fertilizer, compost and pest control. Learn tips with in-house botanist and biology expert, Tess Fleming. \$5. p.p. reserve your spot:  
[www.queensfarm.org](http://www.queensfarm.org)  
73-50 Little Neck Pkwy, Floral Park.

## SPRING FOREST BATHING WALK- ALLEY POND PARK

5/30, 10:00am-11:30am. Adults. Led by certified guide Linda Lombardo. Based on the Japanese tradition of Shinrin-Yoku, this unique walk inspires mindful connections with the natural elements of the woods for a range of healthful benefits. \$25. Register [www.alleypond.org](http://www.alleypond.org)  
229-10 Northern Blvd., Douglaston



## STRING QUARTET PLANTING FIELDS

5/30, 7-8:30pm. Notes in nature in the Cloister Garden. 1395 Planting Fields Rd., Oyster Bay. \$45 in advance, \$50 at the door. Includes a glass of wine. Rain or shine. For more details & tickets:  
[www.plantingfields.org](http://www.plantingfields.org)

## ALICE IN WONDERLAND TEA PARTY- QUEENS FARM

5/30 & 5/31, Various time slots. Walk into the magical world of Alice in Wonderland with an enchanting Victorian-style afternoon tea party. This educational event invites you to journey through the whimsical tale of Lewis Carroll's classic story, blending literary exploration with fantastical fun. Guests will be greeted by iconic Alice in Wonderland characters and will learn about Lewis Carroll's inspirations for the story and the Victorian era's love for elaborate tea parties. Activities include trivia for adults, story time for children, and a caricature drawing contest. A traditional tea lunch will be served and held outdoors weather permitting. \$35-48 p.p. reserve your spot:  
[www.queensfarm.org](http://www.queensfarm.org)  
73-50 Little Neck Pkwy, Floral Park.

## FAMILY ARTMAKING AT THE MANES CENTER

5/30, Drop in between 12-3pm. Children ages 2-14 and their adults. Get inspired by the art and objects in the galleries and then join at The Manes Art Education Center to explore and discover different materials to create your own original artwork. This weeks' theme, **Spinning Cities**. Kids \$10, adults \$20, members are free. Price includes museum and supplies. Pre-register online. One Museum Drive, Roslyn. [www.nassaumuseum.org](http://www.nassaumuseum.org)



## WESTBURY STREET FAIR

5/30, 10am-4pm. On Post Ave, Local artist exhibit, vendors, food trucks, live music, local businesses & restaurants. Free. For more info: 516-442-6000

## GARDENING SERIES HEMPSTEAD LAKE PARK

5/30, 11am-12:30pm. Adults age 12+. Guide you through every season of growing your own food at home. From planning and planting to harvesting and soil care, you'll gain practical hands-on skills and confidence to grow fresh, healthy produce all year long. New participants welcome. \$4. Register in advance by going to [Eventbrite.com](http://Eventbrite.com) and search for #NatureAdventure or #HempsteadLakeField 1, 880 Lake Drive., West Hempstead.

## SPRING FAIR FRANKLIN SQUARE

5/30, 11am-5pm, Arts & crafts, live music, LI Bubble truck, kids games, live dj, vendors, local shopping & food. At Rath Park, Naple Ave & Jefferson St.  
[www.franklinsquarechamber.com](http://www.franklinsquarechamber.com)

## MANORHAVEN VILLAGE STREET FAIR

5/30, 11am-4pm. Manorhaven Blvd., from Dunwood Rd to Firwood Rd. Vendors, food, kids activities, local businesses, more! Free. For more info:  
[www.manorhaven.org](http://www.manorhaven.org)

## ICE HOUSE JAM SANDS POINT

5/31, 12-3pm. Curated by Homebrew Music. Live music each week free with park admission at the preserve's new outdoor gathering space in the woods behind Castle Gould called The Ice House. Relax on the lawn furniture, explore nearby trails and enjoy the music. 12 Middle Neck Rd., Sands Point.  
[www.SandsPointPreserveConservancy.org](http://www.SandsPointPreserveConservancy.org)



## BIRD WALK – HEMPSTEAD LAKE STATE PARK

5/31, 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

## REIKI & MEDITATION ALLEY POND PARK

5/31, 11:00am-12:30am. Adults Join Sonia of Sonia Energy Healer for a deeply restorative workshop designed to help you reconnect with peace and presence. Set within a calming outdoor nature setting (*weather permitting*) \$30.p.p. Pre-Register: [www.alleypond.org](http://www.alleypond.org)  
229-10 Northern Blvd., Douglaston

## YOGA IN THE GARDENS

6/1, 10:30-11:30am: Old Westbury Gardens, With Marilyn Ashley \$32. 71 Old Westbury Rd., Old Westbury. 516-333-0048. Register:  
[www.OldWestburyGardens.org](http://www.OldWestburyGardens.org)

## INVASIVE SPECIES IDENTIFICATION

6/2, 10am Guided invasive species walk at Humes Preserve. During this walk, participants will learn how to identify invasive species and discover some you may not yet be familiar with. You'll also gain insight into where these species tend to grow and the impacts they have on local ecosystems. 349 Oyster Bay Rd., Mill Neck. Free. Register in advance: 516-922-1029.  
[www.northshorelandalliance.org](http://www.northshorelandalliance.org)

## CRUISE NIGHTS OYSTER BAY

6/2, 5:30pm until dark. Every Tuesday night until Sept 8. Weather permitting. Family fun for all including a Kids Zone. The downtown on Audrey Ave. comes alive with amazing cars, restaurants, local shopping, snacks [www.visitoysterbay.com](http://www.visitoysterbay.com)

## NOONTIME CONCERT

6/3, 12-2pm., Blue Angel. Eisenhower Park Field #1. Weather permitting. Call 516-572-0200. Free admission.

# More Local Events

## HISTORICAL WALKING TOUR- SANDS POINT

6/3, 6-7:30pm. Rain date 6/10. Led by Expert will lead you across the Preserve to discover the history of the buildings and grounds, from the Goulds to the Guggenheims and beyond. For adults and kids 12+. \$25 includes parking, Register online. 12 Middle Neck Rd., Sands Point. [www.SandsPointPreserveConservancy.org](http://www.SandsPointPreserveConservancy.org)

## TAI CHI IN THE GARDENS

6/3. 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](http://www.OldWestburyGardens.org)

## SUMMER PROMENADES GREAT NECK PLAZA

6/3, 6:30-10:30pm., raindate 6/4. Live music, great shopping, activities and community. On North side of Middle Neck Rd. between Grace Ave and Maple Dr. This weeks entertainment is Red40, Downstage, Final Versus, Korean Rock Band, Great Neck South High School musicians. Free. [www.shopgreatneck.com](http://www.shopgreatneck.com)

## SEASONAL SIPS PAINTING CLASS- OLD WESTBURY

6/4. 7-9pm. Adults and teens 12 & up. Step by step painting experience, all supplies and canvas is provided. Seasonal non-alcohol drinks served. \$30p.p. In the Barn at Orchard Hill. Register in advance. 71 Old Westbury Rd., Old Westbury. 516-333-0048. [www.OldWestburyGardens.org](http://www.OldWestburyGardens.org)

## LITTLE LEARNERS ART LAB AT LICM, GARDEN CITY

6/4, 6/11, 6/18, 6/25, 11:30am-12pm. Long Island Children's Museum. Weekly workshop for ages 2-5. Hands on art making using various mediums and techniques. This week is decorating birdhouses. \$4 with museum admission. Reserve your spot: [www.licm.org](http://www.licm.org) 11 Davis Ave., Garden City

## MONTHLY MEDITATION

6/4, 6-7pm. at Sands Point. Led by Hildur Pallsdottir. Held in the beautiful Mansion or Garden weather permitting. Register online. Planting Fields. \$17 per class, non members, \$25. 12 Middle Neck Rd., Sands Point. [www.SandsPointPreserveConservancy.org](http://www.SandsPointPreserveConservancy.org)

## PORTUGAL DAY FLAG RAISING IN MINEOLA

6/5 Flag Raising: Friday at 5pm in front of Mineola Fire Dept. 171 Jericho Tpke.

## NATURE JOURNALING JONES BEACH

6/5. 1:30-3pm. Adults and teens 12+ Small journals provided. Jones Beach Energy and Nature Center, Bay Pkwy, Wantagh. Free but rsvp required: [www.jonesbeachenc.org](http://www.jonesbeachenc.org)

## FLORAL PARK STREET FAIR

6/5. 5-10pm. Presented by Floral Park Chamber of Commerce. On Tulip Ave. between Verbena and Plainfield Aves. Live music, DJ, face painting, giveaways, small business deals, vendors, & more.

## ASTRONOMY NIGHT AT JONES BEACH

6/5, 7:30-9pm. All ages. Join Dr. Bret Bennington for a night of summer skies. Start indoors with a brief talk then onto the outside deck using multiple telescopes for celestial views. Jones Beach Energy and Nature Center, Bay Pkwy, Wantagh. Free but rsvp required: [www.jonesbeachenc.org](http://www.jonesbeachenc.org)

## LITTLE LEARNERS PLANTING FIELDS

6/5, 10am-11am. Ages 2-5. The Education Center for a fun, hands-on, nature-inspired program designed just for young children and their grown-ups. Each session brings a new theme to life through nature stories, creative crafts, and outdoor play – perfect for making lasting memories together in the beautiful gardens and grounds of Planting Fields. 1395 Planting Fields Rd., Oyster Bay. \$15 per child. Parent free. For more details & tickets: [www.plantingfields.org](http://www.plantingfields.org)

## UKRANIAN AMERICAN NIGHT, EISENHOWER

6/6, 6pm Eisenhower Park field 6. Weather permitting. Free, bring blanket/ chair. Info: 516-572-0200.

## ELMONT-BELMONT PARADE

6/6. 10am. 18th Annual Paul Sapienza Parade. Starts at Alva T. Stanforth Sports Complex (next to Elmont Library) travels West on Hempstead Tpke., ending near gate 5 of Belmont Park. Marching bands, food, prizes, giveaways, music!

## JAPANESE TEA CEREMONY

6/6. 3:30PM. Experience artful tea preparation and serving by skilled practitioners in kimono in the garden. 3 Dogwood La., Locust Valley. \$15, free for members. Register early: 516-922-1029. [www.northshorelandalliance.org](http://www.northshorelandalliance.org)

## PET ADOPTION DAY

6/6. 10am-4pm. Town of Hempstead Animal Shelter. Food, drink, rescue groups, adoption fees waived. Who rescued who? Come see amazing cats and dogs looking for a family. 3320 Beltagh Ave. Wantagh

## NAUTICAL MILE FESTIVAL FREEPORT

6/6, 10am-6pm Rides, games, food, entertainment & more. Along the famous nautical mile on Woodcleft Ave., Freeport. For more info: 516-377-2311

## YARD SALE AT FIRST PRESBYTERIAN CHURCH

6/6, 9:30am-3:30pm. Many items. 16 South 9th Street, New Hyde Park

## 12th ANNUAL PORTUGAL DAY PARADE IN MINEOLA

6/7, 11am kick-off. Parade steps off 11am near Memorial Park, proceeds east along Jericho Tpke., turning south on Roslyn Rd. to Westbury Ave., ending at Union St. entrance to Wilson Park



## ANTIQUÉ CAR SHOW OLD WESTBURY GARDENS

6/7. 9am-3pm. Rain-date 6/14. The most elegant antique car show on Long Island. Awards ceremony 2-3pm. General admission. 71 Old Westbury Rd., Old Westbury. 516-333-0048. [www.OldWestburyGardens.org](http://www.OldWestburyGardens.org)

## LOCUST VALLEY CAR SHOW

6/7. 11am-2pm. Where performance meets excellence. Live music, food trucks, raffles. \$25 car entry. At the Locust Valley Train Station. Presented by the Locust Valley Chamber of Commerce.

## LIVE MUSIC LAKESIDE THEATRE, EISENHOWER

6/7, 7pm Fun Lovin' Criminals & Blessed Union of Souls. Eisenhower Park field 6. Weather permitting. Free, bring blanket/chair. Info: 516-572-0200



## FAMILY FUN DAY QUEENS COUNTY FARM

6/7. 10am-3pm. Family friendly historic celebration for America's 250th. Vintage baseball games from 10am-12pm. Farmhouse tours begin 11:30am, US Fish & Wildlife 12-3pm, Archery for kids, beeswax candle making, historic hayrides, play classic colonial games, colonial educational lectures, crafts, food and much more! \$8 p.p. 73-50 Little Neck Pkwy, Floral Pk. Get tickets: [www.queensfarm.org](http://www.queensfarm.org)

## ENDLESS SUMMER BEACH BOYS, PLAZA THEATRE

6/7, 2:30pm. The ultimate Beach Boys tribute band playing all the favorites. Tickets \$40-\$45. Purchase online or call 516-599-6870. Elmont Memorial Library Theatre, 700 Hempstead Tpke., Elmont. [www.plazatheatrical.com](http://www.plazatheatrical.com)

## BOTANICAL CYANOTYPE PRINT HEMPSTEAD LAKE

6/7, 11am-12:30pm. Adults. Discover the magic of cyanotype printing in this hands-on botanical art workshop. Using natural leaves, flowers, and other organic materials, you'll create striking sun prints inspired by nature. \$4. Register in advance by going to Eventbrite.com and search for #NatureAdventure or #Hempstead Lake. Field 1, 880 Lake Drive., West Hempstead.

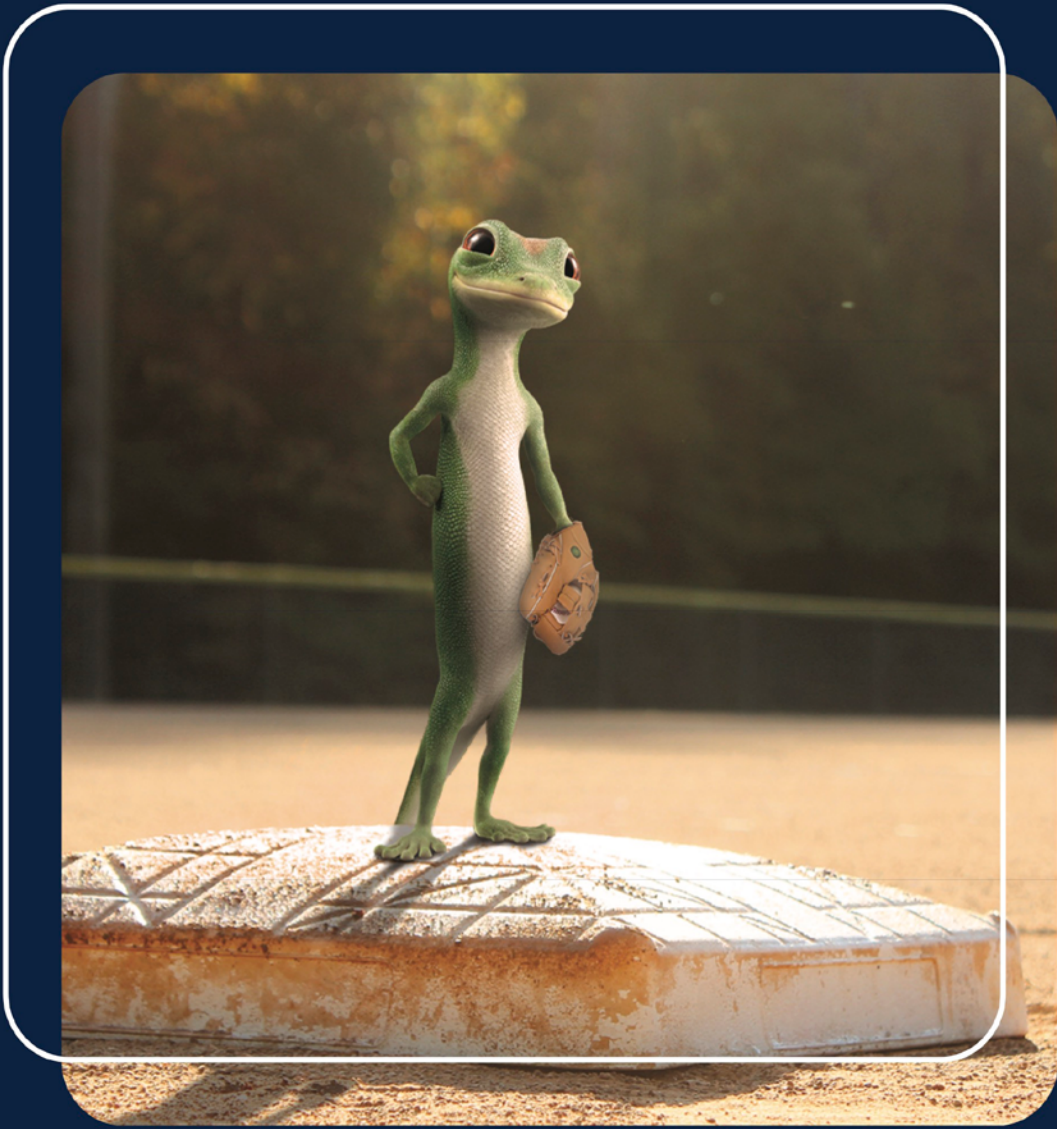
## YOGA IN THE GARDENS

6/8, 10:30-11:30am: Old Westbury Gardens, With Marilyn Ashley \$32. 71 Old Westbury Rd., Old Westbury. 516-333-0048. Register: [www.OldWestburyGardens.org](http://www.OldWestburyGardens.org)



## SEND US YOUR EVENTS

Have your event listed free. Send at least 1 week in advance to: [info@marketplacepublications.com](mailto:info@marketplacepublications.com)



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This Week's Winning Birthday  
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Winner for Birthdate January 8:  
**No Winner**

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Check our weekly digital edition at  
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winner from a previous week. Winner will be called &  
announced with their name & photo on our Facebook &  
Instagram pages. Answer must be received by following Tuesday at 12pm.

## Picture It!

Guess This Familiar Place in Nassau County

**May 20<sup>th</sup> Answer:**  
Veterans War Memorial,  
Eisenhower Park

**Winner:**  
Jaclyn Russo  
of Williston Park

**WIN!**  
**Bag of Bagels &**  
**Cream Cheese**  
from  
**Hand Rolled Bagels**  
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<sup>1</sup>DETAILS OF OFFER: Offer expires 6/30/2026. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 40% off, and 12 months no money down, no monthly payments, no interest when you purchase four (4) or more windows or entry/patio doors between 4/1/2026 and 6/30/2026. 40% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Additional \$200 off your purchase, minimum purchase of 4 required, taken after initial discount(s), when you purchase by 6/30/2026. Subject to credit approval. 12 month Promotional period when no payments are due, interest accrues but is waived if balance is paid in full before Promotional Period expires. Any unpaid balance owed after Promotional Period, plus accrued interest, will be paid in installments based on terms disclosed in the financing agreement. Financing is provided by various financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License numbers available at [renewalbyandersen.com/license](http://renewalbyandersen.com/license). Some Renewal by Andersen locations are independently owned and operated. \*2024 Andersen brand survey of U.S. homeowners. \*Review aggregator survey of 5-star reviews among leading national full-service window replacement companies. January 2024 Reputation.com. "ENERGY STAR" is a registered trademark of the U.S. Environmental Protection Agency. "Renewal by Andersen" and all other marks where denoted are trademarks of their respective owners. © 2026 Andersen Corporation. All rights reserved. RBA14301