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# BIRTHDAY CLUB



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This Week's Winning Birthday  
**FEBRUARY 14<sup>TH</sup>**

Winner for Birthdate May 3:  
**Jeanette Nicoletti of Franklin Square**

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Check our weekly digital edition at MarketplacePublications.com to see if you are a 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.

## EARTH TALK

From the Editors of E/The Environmental Magazine

*Is there any evidence suggesting a link between exposure to microplastics and the development of various forms of cancer? - Dave B., Manhasset NY*

Each year companies produce nearly 460 million metric tons of plastic, a number that is projected to reach 1.1 billion by 2050. Microplastics, defined as plastic particles smaller than five millimeters, or smaller than a grain of rice, have become ubiquitous in the environment. Major sources include plastic pellets, personal care products, paint and resins, synthetic textiles and the breakdown of larger plastics like bags and containers. Even driving contributes, as the tires and road wear release plastic fragments into the air.

Tracey Woodruff, a professor of obstetrics and gynecology at the University of San Francisco who studied the impacts of microplastics, remarks, "Nothing surprises me about how many places plastic is in anymore, but it is sad and surprising in the fact that these things that are in our food...could be releasing microplastics." On average, a person consumes 39,000 to 52,000 microplastic particles annually. One recent study found that chewing gum can release hundreds to thousands of microplastics into the saliva. On average, 100 microplastics are released per gram of gum, with each piece of gum typically weighing two to six grams. Sanjay Mohanty, the project's principal investigator and an engineering professor at UCLA

remarks that "chewing gum is the only food that is made up of plastics. Yet, most don't know."

Microplastics enter the human body through nasal, dermal and oral routes, contaminating multiple organs. Epidemiological studies link exposure to various diseases. In one review of 34 studies, researchers found increased risk of lung cancer tied to PVC microplastic dust. Chemicals found in microplastics, like BPA, phthalates and PFAS, can disrupt processes related to reproduction, growth and metabolism. Co-authors found that exposure to microplastics caused an acceleration of ovarian cancer tumor growth in mice, which could potentially cause similar patterns in humans. Also, the rising rates of colorectal cancer in people under 50 are suspected to be driven by environmental factors like microplastics. As microplastics pass through the gastrointestinal tract, they interact with the colon and rectum and potentially disrupt the protective colonic mucus layer which could increase the likelihood of colorectal cancer.

To reduce exposure, microplastic researchers recommend avoiding microwaving food in plastic, switching to glass or steel water bottles, eating more grains, fruits and vegetables, and reducing red meat consumption. Using natural cleaning products like baking soda or vinegar, or products approved by the U.S. Environmental Protection Agency's Safer Choice program, can also help reduce contact with harmful chemicals.

[www.emagazine.com/earthtalk/thisweek/](http://www.emagazine.com/earthtalk/thisweek/), or e-mail: [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com).

**JOIN US!**

# Annual Charity Golf Outing

**THE GREATER NHP CHAMBER OF COMMERCE & THE NHP LIONS CLUB**

**FUN-FILLED FUNDRAISER ON MONDAY, JUNE 15, 2026  
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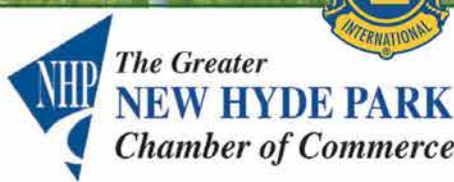
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## RECIPE OF THE WEEK

### Asparagus Frittata



1 *tbsp* salted butter

5 *fresh* Asparagus spears, bottom trimmed & cut to bite-sized pieces

4 *eggs*

1/4 *cup* heavy cream

1 *sprig* fresh dill, chopped

1/4 *tsp* salt

2 *tbsp* Parmesan cheese

1/4 *tsp* black pepper

1 *tbsp* sliced green onion

4 *cherry* tomatoes, quartered  
*microgreens, for garnish (optional)*

Preheat oven to 375 F.

In 6-inch, oven-safe skillet over medium heat, melt butter. Add asparagus and cook 2-3 minutes.

In bowl, whisk eggs, cream, dill, salt, cheese and pepper. Pour egg mixture over asparagus.

Allow sides to set. Check by gently pulling egg away from side of skillet. Sides should appear cooked and become firm.

Top eggs with green onion and tomatoes. Place skillet in oven. Bake about 5 minutes until center of frittata is set and firm.

Remove from oven and plate while warm. Top with microgreens, if desired.

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

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**May 27<sup>th</sup> Answer:**  
Sandminers Monument, Port Washington  
**Winner:**  
Jodi Fields of New Hyde Park

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1 winner chosen per week from correct entries. Answers must be received by following Tues at 12 pm. Winner will be called & announced with their name & photo on our Facebook & Instagram pages.

# Local Events & Happenings

## NOONTIME CONCERT

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

## 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)

## 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)

## 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)

## 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)

## LITTLE LEARNERS ART LAB AT LICM, GARDEN CITY

6/4, 6/11, 6/18, 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: [www.licm.org](http://www.licm.org) 11 Davis Ave., Garden City



## 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)

## 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.

## PORTUGESE/AMERICAN FEAST- MINEOLA

6/5, 6-1pm, 6/6, 1-11pm, 6/7, 1-9pm. 44th Annual. Pay one price rides, food, games, live entertainment. At Wilson Park, 211 Westbury Ave., Mineola

## BELLMORE CAR SHOW

6/5, 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)

## 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

## SPIRITUALITY FOR SINGLES GATHERING

6/6, 7pm. \$10 donation. Ages 40+. Snacks, pizza, presentation. This Gathering, the final one of the season, will feature an engaging presentation by noted author and musician Alex Basile and the final game night of the season. Contact Ray: 516-561-6994. St. Aidan Parish, 510 Willis Ave., Williston Park.

## YARD SALE AT FIRST PRESBYTERIAN CHURCH

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

## MULTI HOUSE GARAGE SALES IN NEW HYDE PARK

6/6 & 6/7 Rain-date 6/7. 9AM – 3PM Sponsored by the Lakeville Civic Assn.

### SATURDAY, JUNE 6

- 16 Kamda Blvd • 32 Winthrop St.
- 40 Kingston Ct. • 7 Blossom La.
- 26 Peter La. • 205 McKee St.
- 9 Morris Dr. • 46 Rhodes St.

### SATURDAY & SUNDAY June 6 & 7

- 174 Bregman Ave. • 14 Jefferson St.
- 119 Robby La. • 31 Evergreen Ave.
- 7 Maple Dr.

### SUNDAY, JUNE 7 ONLY

- 110 Bregman Avenue
- Changes will be posted on their Facebook pg.



## 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 where the carnival/feast is.

## SEND US YOUR EVENTS

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

# More Local Events



## HARBORFEST PORT WASHINGTON

6/7, 10am-5pm. Held at Town Dock, Manhasset Bay and along lower Main St Waterfront activities, boat cruises, tugboat museum exhibits, Port Tiki, fireboat demos, model boat regatta at Baxter's Pond (race 10am), craft & vendors along Main St., kids fun park & games, food court, local business special sales, enviro expo, entertainment & more! Free admission, free parking plus free shuttle at Railroad station & Manorhaven Park. Rain or shine. For info: [www.pwcc.org](http://www.pwcc.org)

## 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)

## 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 250<sup>th</sup>. 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)

## CRUISE NIGHTS OYSTER BAY

6/9, 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)

## SKETCH & WATERCOLOR WESTBURY GARDENS

6/10, 4-5:30pm. Adult program. Explore your creativity in this hands-on adult education program with our Education Manager! Participants will use a sketch pad, pencil, watercolor set, and brush provided during class while learning techniques for sketching from observation. At the end, take home your finished artwork to display—supplies are for use during class only. Rain or shine. \$27. Register in advance. 71 Old Westbury Rd., Old Westbury. 516-333-0048. [www.OldWestburyGardens.org](http://www.OldWestburyGardens.org)

## SUMMER PROMENADES GREAT NECK PLAZA

6/10, 6:30-10:30pm., rain date 6/11. Live music, great shopping, activities and community. On South side Middle Neck Rd. this weeks band is Great Neck North Community Music Project Free admission. [www.shopgreatneck.com](http://www.shopgreatneck.com)

## TAI CHI IN THE GARDENS OLD WESTBURY GARDENS

6/10, 10:30-11:30am. With professional instructor, Linda Cafiero. All levels welcome. \$32. Weather permitting. 71 Old Westbury Rd., Old Westbury. 516-333-0048. Register: [www.OldWestburyGardens.org](http://www.OldWestburyGardens.org)

## MUSIC- HARRY CHAPIN LAKESIDE THEATRE

6/11, 6pm Amber Ferrari & Debra Toscano. Eisenhower Park field 6. Weather permitting. Free, bring blanket/ chair. Info: 516-572-0200

## CONCERT IN THE PARK MINEOLA

6/12, 7:30pm. Featuring The 90's Band. Free admission. Memorial Park, 195 Marcellus Rd.

## GROW & GATHER QUEENS COUNTY FARM

6/13, 2-3pm. Compost, fertilizer, roots, tubers, weeding, growing, pest detective, tasting and much more. Learn 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.



## NASSAU REPTILE EXPO AT CRADLE OF AVIATION

6/13, 9:30am-4pm. Over 175 tables of reptile, amphibian and invertebrate breeders and vendors. Tickets include access to the museum. Adults \$16.75, kids 10 & under \$11.50 Call 516-572-4066. Charles Lindbergh Blvd., Garden City. [www.cradleofaviation.org](http://www.cradleofaviation.org)

## EDGECRAFT TOOLMAKING AT VANDERBILT

6/13, 2pm. Survival skills with Mike Evans. Hands on learning about knife techniques, carving & craftsmanship. \$40p.p. \$36 members. Earn your field navigator micro-certification. 180 Little Neck Rd., Centerport, 631-854-5579. Register online: [www.vanderbiltmuseum.org](http://www.vanderbiltmuseum.org)

## GROW & GATHER QUEENS COUNTY FARM

6/13, 2-3pm. Compost, fertilizer, roots, tubers, weeding, growing, pest detective, tasting and much more. Learn 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.

## INDIAN AMERICAN NIGHT EISENHOWER

6/13, 6pm Eisenhower Park field 6. Weather permitting. Free, bring blanket/ chair. Info: 516-572-0200

## SEASIDE STRETCHING JONES BEACH

6/13, 1:30-3pm. Adults and teens 12+ Guided stretch & meditative exercise. Jones Beach Energy and Nature Center, Bay Pkwy, Wantagh. Free but rsvp required: [www.jonesbeachenc.org](http://www.jonesbeachenc.org)

## LOCUST VALLEY ART WALK

6/14, 12-3pm. Rain date 6/28. Free to shop or display and sell artwork on the sidewalks of this quaint little town. To register your art text: 516-637-0333.

## ICE HOUSE JAM SANDS POINT

6/14, 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)

## SOUNDS OF NATURE HEMPSTEAD LAKE

6/14, 11am-12:30pm. Adults. Discover guided sensory hike, and create your own sound maps by identifying and recording the natural sounds you hear along the way. \$4. Register in advance by going to Eventbrite.com and search for #NatureAdventure or #Hempstead Lake. Field 1, 880 Lake Drive., West

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JUNE 3, 2026 – JUNE 9, 2026 • MARKETPLACEPUBLICATIONS.COM • PAGE 9