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THIS MONTH'S FEATURES INCLUDE:  
Charlie and Emma Scream for Ice Cream  
Daniel Gale Sotheby's International Realty Spotlight  
Meet Milo, Pet of the Month



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**STROLL COLD SPRING HARBOR PUBLICATION TEAM**

<b>PUBLISHER</b>	Carolyn Kelly Walkin carolyn.walkin@n2co.com 347-232-5537
<b>CONTENT COORDINATOR</b>	Mandy Dalal longisland@n2co.com
<b>PUBLISHING MANAGER</b>	Bethany Crowell bethany.crowell@n2co.com
<b>JR. EDITING ASSISTANT</b>	Veronica Walkin
<b>RESIDENT SOCIAL DIRECTOR</b>	Bonnie Lefkowitz bonnie.Lefkowitz@gmail.com
<b>CONTENT DIRECTOR</b>	Johanna Hallam hallam.jo@gmail.com
<b>EVENTS DIRECTOR</b>	Rich Lico richlico@yahoo.com
<b>PHOTOGRAPHY</b>	Bob Mitchell bob@blufotographics.com



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Dear Residents,  
We hope you enjoy your Stroll Cold Spring Harbor. Our cover may look different, but we are still your favorite community magazine, written by our CSH folks and sponsored by the wonderful businesses who support our neighborhood publication. Remember, this publication is about you — your photos, your stories, your community. Please continue to send us photos and content so we can celebrate residents each and every month in Stroll Cold Spring Harbor.



Gratefully,  
Carolyn Walkin  
Publisher of Stroll Cold Spring Harbor  
carolyn.walkin@n2co.com  
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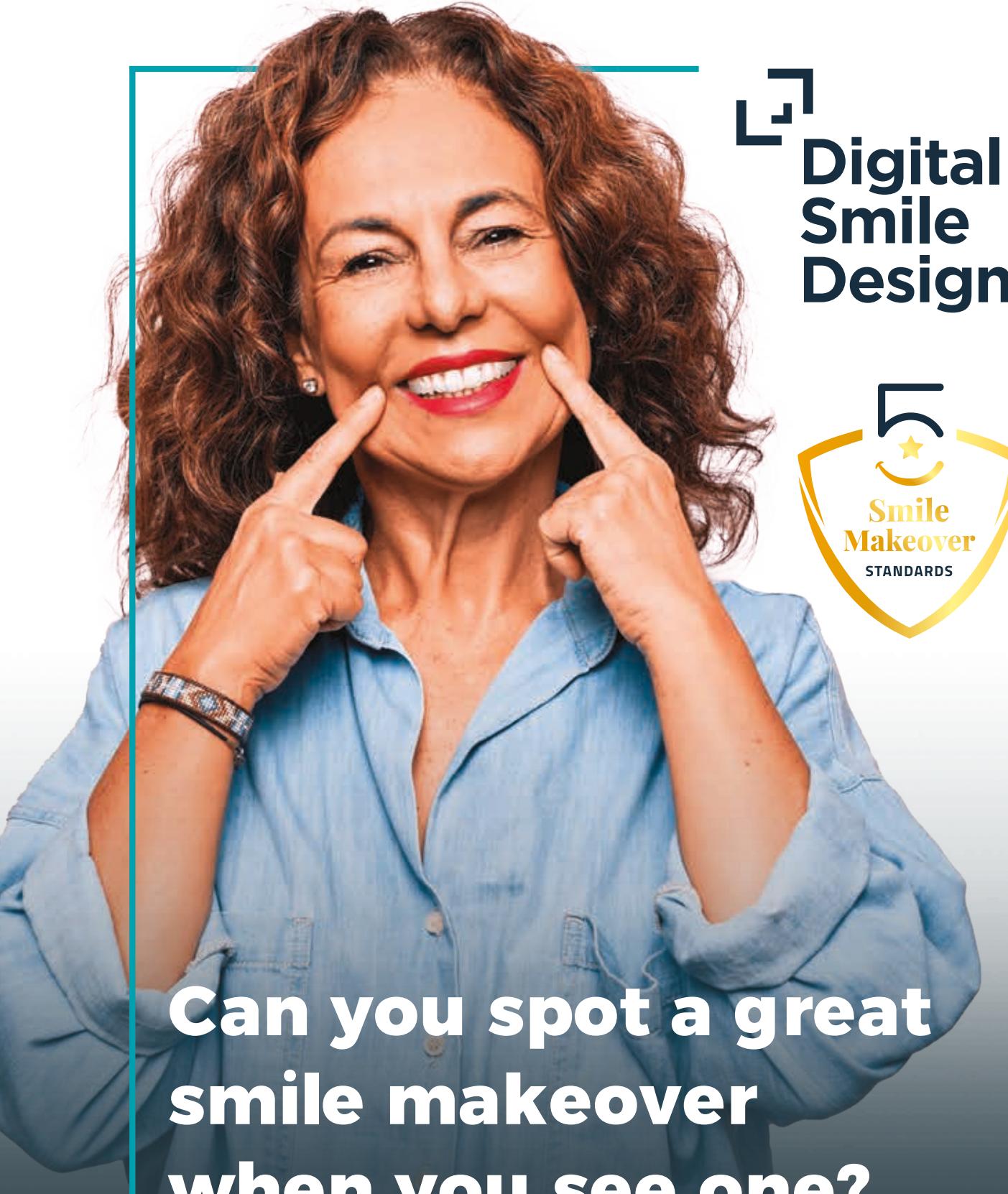
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the story of  
**MILO O. GILLEN**  
a very sweet boy

*Have you ever seen a turkey on Turkey Lane?*

Written By Resident Jennifer Gillen

**H**ello, my name is Milo. My full name is Milo Otis Gillen. I am part of the Gillen family, and we live in the Midland section of Cold Spring Harbor. The Gillens adopted me a year and a half ago. Let me back up to explain how I got here. I was born about four years ago; I don't remember exactly when. I lived in South Carolina, and my mom tells me I must have had a family because I am "such a sweet boy." Somehow I ended up living on my own, but I was scared, hungry, and thirsty. One day I was roaming around looking for food and water, and some nice people found me, and they happened to have those very things! They said I was a sweet boy, just like mom says, so they took me to Clemson Veterinary School, where they gave me shots and fixed some cuts I had. They named me Hidalgo and told me I was flying to New York to get adopted. Next thing I knew, I was in a crate (I don't like those things) and on a plane for New York. When I got here, I went to a place called Ollie's Angels. I never met Ollie or an angel, but this place gives dogs a second chance (in case the first didn't work out so well). My name was changed to Milo, thank goodness! I went to live with a foster family for about a month before my foster mom got a call that a forever family wanted me. I was nervous when I first met the Gillens, but they seemed to love me right away; they must have known I needed a family and that I really was "a sweet boy." Now I live in CSH (not too shabby compared to living on the street alleys down south). I have parents and two sisters, Avery and Harper. I love picking my sisters up from school every day. I get lots of walks, and sometimes when we stroll down Turkey Lane, I see my best friends, Domer and Nova, and my girlfriend, Moxie. (I have never seen an actual turkey on that street, by the way.) At night I sleep between Mom and Dad or sometimes I sleep on the fuzzy blanket on Avery's bed. If you see me, please stop and say hi and give me pets. If I bark, I'm sorry. I get nervous sometimes, but I'm working on it.



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# news you can use in 2022

## We are Stroll Cold Spring Harbor!

### New to the Neighborhood Or Want To Be Included In Our Events?

If you and your family are new to the neighborhood, please send your contact information to [carolyn.walkin@n2co.com](mailto:carolyn.walkin@n2co.com) to be added to the Stroll Cold Spring Harbor events and update the email list!



### Neighborhood Junior Writers

Do you have a knack for writing or simply have a story to share? Would you like to write for the newsletter? Do you like taking pictures? Would you like to help us highlight stories about kids or charities you're attached to or show off a project from school? We are currently looking for junior residents just like you to give us the inside perspective on growing up in Cold Spring Harbor and Laurel Hollow. Parental approval is required to participate. Contact [veronica.kelly.walkin@gmail.com](mailto:veronica.kelly.walkin@gmail.com), and we'll get you set up for success.

### Family Spotlight

We want to feature spotlights on new families that have moved to the neighborhood. This allows your neighbors to get to know a little more about you. Please email [carolyn.walkin@n2co.com](mailto:carolyn.walkin@n2co.com) to be added to the schedule.



### Kid's Movie Review

Attention, parents of kids between the ages of 5 and 17. We are looking for kids who want to write a movie review. Here's how it works: Parents or kids, contact [carolyn.walkin@n2co.com](mailto:carolyn.walkin@n2co.com). You attend the movie, write a couple of paragraphs about it (rate it with one to five stars), and send it in with a photo of yourself. We will place the review in an upcoming issue! You may also write about an old movie — maybe your favorite.

### Attention All Residents

Want to Place Something in Stroll Cold Spring Harbor? To submit an idea, photos, or article, please email [carolyn.walkin@n2co.com](mailto:carolyn.walkin@n2co.com), or you can contact our content coordinator, Mandy Dalal, at [longisland@n2co.com](mailto:longisland@n2co.com).

### Follow Our Social Media Pages

We're developing a new guide. Are you a business owner or partner? If so, email [carolyn.walkin@n2co.com](mailto:carolyn.walkin@n2co.com), and we will add you to the resident business guide for free. This is only available for residents that receive Stroll Cold Spring Harbor.



We want to be social with you! We'll be posting events photos, behind-the-scenes photos, lots of fun stuff, and specials from our business sponsors that you won't see anywhere else. Follow @strollcoldspringharbor on Instagram, "like" Cold Spring Harbor magazine on Facebook and to learn about events request to join our private group on Facebook: Stroll Cold Spring Harbor Social Events.



If you have any announcements or events that you would like to include in our "News You Can Use," please email [carolyn.walkin@n2co.com](mailto:carolyn.walkin@n2co.com).



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# off to the SPA!

*I am that facial junkie*

Written By Resident Chris Bodie

I recently took my 67-year-old face to AIREM Aesthetic Spa for a freshen-up and to have a proper skin care consultation and treatment. In my early 20s, I had experienced bad acne and skin until I learned how to seek out the proper care.

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exactly where I needed to be. On introduction, Dr. Park beams with professionalism. She provides education and is conservative to one's needs. She carefully observed and listened to my concerns and expectations. All suggestions and treatments, whether spa or plastic, were wonderful alternatives. Jodi, the lead esthetician, and Morgan, the aesthetic physician assistant, were encompassing and knowledgeable. My customized medical facial, needless to say, was incredible, relaxing, and a great pampering moment.

Afterward, we reviewed my current skin care regimen and products. Nothing changed, but I did purchase a lovely serum! Out I went right to a get-together receiving WOW compliments while sharing my experience and referral. I beamed for quite a while.

AIREM is now my go-to spa and place of facial and plastics reference!

Disclaimer: The business reviewed in this section provided products and/or services free of charge in exchange for this review.

An advertisement for Pilates FitLife. It features a photograph of a Pilates studio with reformer machines. Text includes "PILATES FITLIFE", "Get Fit For Life and Summer!", "Pilates Studio Located In Your Neighborhood", "29 Southdown Road Suite 1 Huntington, NY 11743 pilatesfitlifebydonna.com", and a QR code. A contact number "1 (917) 859-4322" and email "mmck@optonline.net" are also provided.

An advertisement for Roger Ambrosio, Inc. Asphalt Paving &amp; Masonry. It shows a large, well-maintained house with a paved driveway. Text includes "Roger Ambrosio, Inc. Asphalt Paving &amp; Masonry", "Office: 631-427-1847 Cell (Pete): 516-658-5687", "Specializing in Hot Tar &amp; Stone", "DRIVEWAYS/REPAIRS | PLAY COURTS | BELGIUM BLOCKS", "ASPHALT PAVING | MASONRY", and "FREE ESTIMATES LICENSED AND INSURED 631-427-1847".

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# POWLES' marina

There was a time, not too long ago, when one could enjoy a meal at a waterfront clam bar in Cold Spring Harbor. But two fires and years of wrangling have deprived current residents of the simple pleasures of al fresco dining on the water.

The clam bar was part of a marine business started in the years after World War I by Harry Powles and his brother Milton. The business operated out of the old garage associated with the former hotel across the street — now Harbor Mist restaurant. Their father, Harry Sr., repaired cars there more than a century ago. The brothers switched to boat motor repair and sales. They also rented row boats; sold gas, bait, tackle, soda, ice cream, and other supplies; moored boats; and eventually added a clam bar, which was a popular meeting place for local residents.

The future of the business was in doubt when the town, in 1973, unveiled plans to create a waterfront park along Harbor Road. The plans for a park were met with opposition from residents who feared an influx of visitors. Milton Powles died in 1986, but the business was continued by his step-grandson, Aaron Westergaard. Then tragedy struck. In March 1988, an

arsonist's fire destroyed the clam bar and extensively

damaged the adjacent marine store. Two weeks later, the arsonists returned, and this time were successful in destroying the building. Westergaard vowed to rebuild.

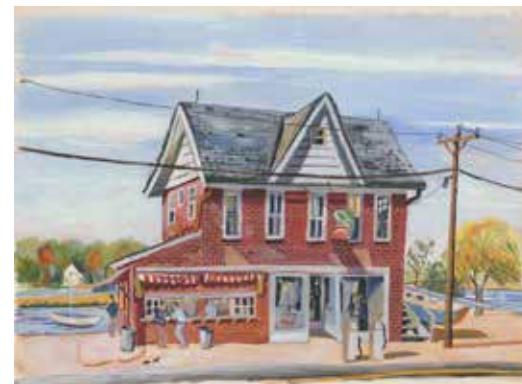
Rebuilding was complicated by the fact that the lease for the property had expired the previous January. Would the town now implement the decade-old plans to create a waterfront park? Or would the town let a mainstay of the Cold Spring Harbor community rebuild? Without a renewed lease, Powles' insurance carrier refused to pay on the claim for the fire damage. In the meantime, the burnt-out building remained an eyesore on the waterfront.

Six months after the fire, the town renewed the lease on a month-to-month basis at the same \$12,000 rent. Powles operated out of a trailer pending further discussions. And the controversy continued. The question now became whether the lease should be put up for bid instead of just staying with Powles. In the summer of 1988, three bids for leasing the property (including one from Westergaard) were submitted, but no decision was made.

The town held a public meeting with residents at Cold Spring Harbor High School in 1989 to get public comment on what to do with the property. Three years later, another town board again sought public input on the fate of the property. The question for the town was whether it wanted a passive park or a marina. While it dithered, the burnt-out building remained a blight on the waterfront.

Finally, in April 1999 — 11 years after the fire — the town's board of trustees voted to enter into a 30-year license agreement with Westergaard, doing business as H&M Powles, to erect a small pre-fabricated building for use as a marine store and marina office. The once very popular clam bar was no longer part of the plan.

*Robert C. Hughes, who grew up in Cold Spring Harbor, is the Huntington Town Historian. He serves on the Board of the CSH Library and several other location organizations.*



Veterans Fishing Station, watercolor ca. 1982, by Barbara Boyd Carter

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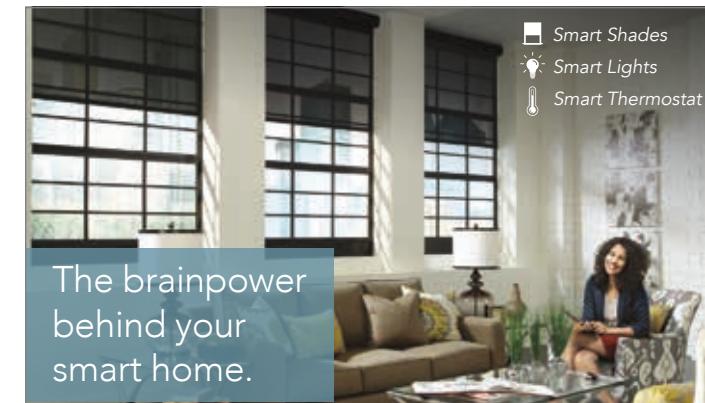


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Written By Resident Robert Hughes



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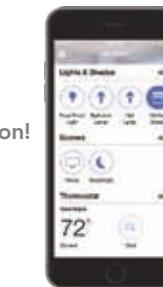
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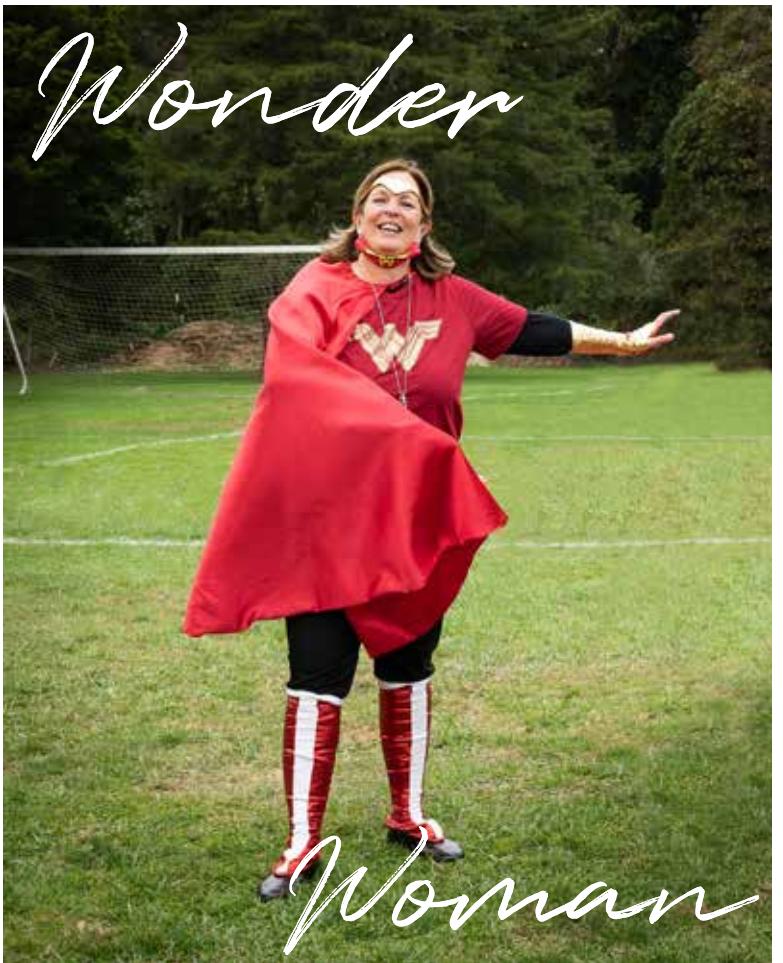
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## school news



## Goosehill Primary School's Beloved Principal, Mrs. Herschlein, Retires

Written By Resident Erika Pappas

For more than 11 years, Lynn Herschlein has been the principal at Goosehill Primary School. Befitting a woman who wears a Wonder Woman costume on Halloween, Mrs. Herschlein is famous for her superhero power of learning every student's name within weeks of school starting. In partnership with Goosehill's School Improvement Team (SIT), she worked to create the "Goosehill Superhero Justice League," which helps students see their role in creating a better world for all. **HERO** stands for the school's core values: Honesty, Empathy, Respect, and Open-Heartedness. In addition, she regularly asks the students, "What kind of kid do you want to be?" and encourages them to be their best selves.

Mrs. Herschlein began her teaching career 38 years ago. She taught elementary school children for 22 years and was a district coordinator for two years in Locust Valley School District before becoming West Side's

principal. She was in that role for three years before the opportunity to become Goosehill's principal arose. With a passion for literacy and early learners, the role as principal of Goosehill was a natural fit.

Fostering a love of learning in our youngest learners is at the heart of everything she does. One example of her out-of-the-box exercises to encourage writing and creativity has been asking students to write persuasive letters to ask for special days, such as pajama day, stuffy and toy day, and bring a special snack. In conversation, she marvels and beams with pride at how the letters develop from kindergarten to the end of first grade — beginning with a few misspelled words and accompanying drawings to complete letters with sentences and thought-out rationales for the special days. With the support of Goosehill's Parent Teacher Group (PTG), she's spearheaded many initiatives, from getting STEAM and

engineering toys to building outdoor learning spaces, including an outdoor amphitheater. Her final contribution, the installation of large outdoor musical instruments, will be completed later this year. One of the highlights for her was the introduction of an annual PTG-sponsored back-to-school picnic. It's a tradition that she loves as it gives her another opportunity to see all the Goosehill families in action.

As she describes, her goals go beyond just the students and are for the teachers and parents. "I always emphasize the importance of structures, routines, consistency, and predictability. These qualities in a school or home help children feel safe and secure. When they feel safe and secure, they are more available for learning. They are not wondering or worrying about what comes next, what they need to do, or how they should behave. When children's lives have some level of predictability and structure, they are more apt to take risks, be creative, show kindness and



empathy to others, and do their best work!" Her presentations at PTG meetings and her detailed weekly Friday notes to parents are chock-full of research and tips parents can use to understand their children's development and help them at home to become capable and self-sufficient human beings.

Known for "running a tight ship" at Goosehill, there was no better leader to steer the school through the unchartered waters of the COVID pandemic. She admits that figuring out how to meet the needs of her staff and the children and families was the most challenging moment of her career, but she is very proud of how they made it through the difficult time. Most important to her was that the students didn't lose the magic of school. In her words, "Goosehill Primary School is a very special place, and I have enjoyed every minute I've spent with your children here. Nothing could be more rewarding than leading a school where young children begin their educational journey. Their kindness, sense of wonder, and excitement for learning inspire me every day."

After some relaxation this summer and time spent with her new baby

granddaughter, Ruby, Mrs. Herschlein isn't sure exactly what she will do next, but her passion for education shows no signs of slowing down. She has tons of ideas, including writing books for both children and parents, workshops for parents and educators on topics of literacy and parenting skills, and staff development consulting for school districts. Of course, she will miss her daily commute from Bayville, which she describes "as the most beautiful commute," but she is excited for the next chapter and what lies ahead. Next June, she promises to come back to see her last class; the current kindergarteners have their moving up ceremony at Goosehill.

The Cold Spring Harbor School District community is extremely grateful for her years of service and dedication. Mrs. Herschlein is an exceptional educator, and we will remember the impact she's had on many of our children's educational careers with two Dogwood trees planted in her honor on the Goosehill playground this spring. While she will be greatly missed, we wish Mrs. Herschlein all the best in retirement and beyond!

# No Regrets

## family matters

Summertime in Cold Spring Harbor is a quintessential season for making lifelong memories. Adults can have fun with water sports, tennis, golf, dining out, and backyard entertainment. Children can reap the benefits of all that and more importantly, languish in quiet moments along the sound, toil in a sandbox, or relish an ice cream in the heat of July and August.

While my children were lucky to play at a local beach throughout their whole childhood, I was similarly blessed to be there with them. As well, I was fortunate to witness time and again the most stunning examples of parenting by two younger girlfriends. I remember marveling at the pureness of how they interacted with their children. Let me paint a picture: The heat of a July day, Mom and son walking along the dock, he with his little life jacket on and a fishing pole over the right shoulder, she with the bait, big hand holding little hand. They got themselves to the end of the dock and unraveled the fishing material and then sat, feet dangling for what seemed like hours. I was on the beach, mesmerized by her physical calmness and resolute commitment to sitting there while he fished. I remember feeling deep joy and heartfelt appreciation for my younger friend. She got it. Life with these littles needs time together and simple "nothingness." My other girlfriend was exactly the same with her children. Whether she played tennis with them or was skimming rocks at the beachfront, she was committed to what they were doing together and clearly enjoyed their bonding time.

One girlfriend is the mom of four, the other a mom of two. Both are outstanding tennis players and golfers, and both are well-educated and community supporters. Neither is short on personal success or interests, and both understood that their children needed peaceful, uncomplicated time together. Observing them helped ground me. I learned by watching their examples of letting go and allowing their children to play and just be. I reflected on my speed and hurried existence and wanted to be more like them. Innately I understood that both moms were parenting their children in such a way that the children would benefit from the closeness of the parent's company and the unhurried pace. I took heed. I tried to be more like them. I knew that they would have no regrets when their children were grown because they took the time to just be. I did not need to read a scholarly article or go to college to learn the best parenting lessons: slow down, enjoy the simple experiences, and hold their hands. I was deeply lucky to witness two of the best!

Patricia Colon, BA, M.Ed., MC, TESOL. Patricia and her husband, Jeff, have raised five children in Cold Spring Harbor.



Photos and Article Submitted By Resident Trish Colon



Jeff and Kiki Colon c. 2005

## a recipe from sasa's kitchen

# LOBSTER rolls

## INSPIRED BY OUR LOCAL HARBOR CRUISE



Submitted By Residents Salvatore (Sasa) Addeo and Marisa Gabrielli-Addeo

Who doesn't love a good lobster roll in the summer? It's something we look forward to and frankly can't get enough of! Memorial Day weekend, we were cruising the local harbors with friends and stopped at Cooper's Bluff in Oyster Bay to listen to music. This is where we enjoyed our first lobster roll of the season. It inspired us to make our own version and share it with the community. I hope you enjoy it as much as we do.

### Ingredients (serves 4):

- 1 1.5lb lobster
- 1 stalk of celery
- 1 wedge of lemon
- 2 tablespoons of mayonnaise
- Salt and pepper
- Hot dog buns

1. Boil lobster for 12-15 minutes.
2. Chop celery.
3. Remove lobster after cooked and chop.
4. Add mayo, salt, and pepper. Mix and serve on buns.



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## cover story

Written By Resident, Erika Pappas

# Meet the Stella Family, Party of Eight

*laughter, surfboards, and bountiful cheese plates*

The Stellas are a blended family of eight that have seamlessly made themselves at home in Cold Spring Harbor. Led by Mom Christina and Dad George, the family includes Sophie (20), Briggs (19), Tucker (16), Sutton (13), and twin 2-year-old boys, James and Julian.

Sales and marketing executives Christina Rasmussen and George Stella met while working at OwnerIQ in 2012. When they met, George was a single dad raising their four oldest children on his own. While many people might have been

When Christina and George committed to each other, they did have one obstacle to overcome — where to live. Christina had an apartment in the city, and George's place in Long Beach wasn't a great long-term solution. Beginning their search for a new family home on Long Island, NJ, native Christina was immediately taken by the trees and landscape of the North Shore. Initially looking in the Locust Valley area, they stumbled upon a great rental on Sawmill Lane in Cold Spring Harbor and moved in in 2014. In 2016 they bought their



overwhelmed by the prospect of dating someone with four young children, Christina says she felt an instant bond and knew she had to follow her heart. Christina naturally took to the role of mother, and the maternal love and pride she has are evident in discussions of the children. The children equally have embraced Christina as their mom. The warmth and love that radiates from this big family are proof families are built on much more than genetics alone.

own home on South Run. The family has fallen in love with Cold Spring Harbor. Christina appreciates the privacy and closeness to nature you get while still being close to the city. Big on outdoor life, they love the hiking trails and being close to the water and have developed a great group of friends.

The children have also formed deep roots in Cold Spring Harbor. Sophie was an All-Star goalie for the CHS varsity field hockey team and now attends the University of Maryland. As

a certified lifeguard and swim instructor, she started her own business, [SeahawkSwimmers.com](http://SeahawkSwimmers.com), which provides private lifeguarding and swim instruction. Briggs graduated from CSH and now attends the University of Delaware. With a unique talent for making everyone smile immediately when she walks into a room, she is an in-demand babysitter for many families in the district. She also has worked as a lifeguard at Nickerson Beach. As a 10th-grader, Tucker played varsity football and wrestling for CSH. For the past three summers, he's worked as a surfing instructor for Skudin Surf in Long Beach. Sutton is a world-class gymnast that earned a gold and silver medal at a 2019 world champion gymnastics meet, and at the age of 13, she is a member of the CSH varsity cheerleading team.

Christina believes the best memories are made while sharing food and describes herself as having "a deep passion for cheese." During the middle of COVID, while furloughed from BuzzFeed and pregnant with the twins, she decided to take her passion to the next level and launched Ost Cheese Shop ([www.ostcheeseshop.com](http://www.ostcheeseshop.com)). Playing off her Danish background ("Ost" means "cheese" in Danish), the shop provides thoughtfully curated and beautifully designed cheese and charcuterie boards for every occasion. She delivers within a 30-mile radius of Cold Spring Harbor, or pick-up is available. The business has been very successful, and Christina has her eye on expanding Ost with franchises throughout the United States. However, her ultimate dream is to open a brick-and-mortar cheese shop in the village of Cold Spring Harbor.

She currently balances Ost with her full-time job as vice president of partnerships for Provi. Provi is an e-commerce marketplace for the alcohol beverage industry. One marvels how Christina manages six children, a demanding career, and her own start-up business. She is quick to say she has tons of help but does admit she thrives when she's busy.

While Christina's warmth and positivity fill the house, George's zest for life and nonstop energy keeps the family moving at full speed. George is an extreme sports enthusiast, a former professional surfer, and a water stuntman with roles in movies, including *Titanic*.

Christina describes George as having "a spiritual connection to water," and he says his personal mantra is, "When there is good surf, no matter how long the drive to the beach or how exhausted I'm feeling, I will not succumb to any excuses." So, it's not surprising that everyone in the family surfs, and family vacations revolve around surfing destinations. As a lifelong ocean lover, George says one of the things that surprised him moving to Cold Spring Harbor was how much he enjoyed hiking and the moments of peace and serenity it provides.

George also has a demanding career as CEO of BIGtoken, a firm he founded three years ago. Having worked in advertising technology from its early days, he recognized that the digital advertising industry had built its foundation on collecting information from people in an unethical way. BIG stands for "blockchain identification graph," and as he describes, "Our platform helps consumers control and receive value from their digital engagements. At the same time, it's a source of reach and data for brands and advertisers outside of the incumbent platforms whose practices could be considered unethical, like Facebook and Google."



Asked about the Stella family's superpowers and how they manage everything, George says, "I would attribute our ability to manage our life to the fact that we have so much love and we enjoy each other so much that it rarely (underline "rarely" because there are moments!) feels like work." Both George and Christina also give thanks to their au pair of three years, Irem, who they consider part of their family.

All together in their lovely home filled with children's laughter, surfboards, and bountiful cheese plates, the Stella family couldn't ask for anything more.



# What I Love About Where I Live:

## Daniel Gale Sotheby's International Realty Real Estate Advisors Dish on Cold Spring Harbor

### Barbara Bentley-Nash

"As a resident of Cold Spring Harbor for over 35 years, Barbara got her first inkling that this was the ideal place to raise a family while observing many of its residents on athletic fields. "I was so impressed with how caring and supportive the parents were and how special their children seemed to be. Add to that the beauty and charm of the community and quaint harbor, and it was an easy decision from there. As a city girl, I had no idea such a place existed. Where else can you find such incredible beauty with fabulous views of the sound

and extraordinary sunsets, neighborhood parks and beaches, an award-winning school district, and science centers? It is conveniently located on the North Shore in the center of Long Island. It truly offers something for everyone.

Whatever your interest, you can enjoy it in Cold Spring Harbor."

### Jeanne Leonard

"Cold Spring Harbor is a quiet, sleepy little town that I deeply appreciate. All of the people who work and own properties in the town take pride in their storefronts and continue to embrace the quaintness of what Cold Spring Harbor has to offer.

"When I was a teenager, I worked at what was then Joe's King Neptune. It was one of the few places to be able to pull up by boat and have dinner or a dozen clams. That spot is now Billy Joel Park. Having had four children graduate from Cold Spring Harbor High School has given our family roots in the community and lasting friendships.

"I feel very fortunate to have the ability to work and live here. Cold Spring Harbor is a true treasure that is surrounded by history and seems to remain timeless."



### Lisa Kiefer

Initially attracted to the Midland area's walkability, Lisa couldn't find a house for sale that met her family's needs but didn't give up looking. Five years later she found the perfect home. The sellers had raised their family there and were moving on to their next stage. Lisa and her husband put their house on the market that weekend and, since 2010, have been living their dream: Friday night food trucks at Eagle Dock, kayaks, boating, hiking, Gourmet Whaler ice cream, her favorite cocktail, Whalebone at Sandbar, and a Sunday morning stroll to town for Sweetie Pie coffee and baked goods.

"During the pandemic, it was huge to be able to congregate and see people outside. We reconnected with the outdoors, exploring new waterways in a way we hadn't had time to do before.

"Now that our kids are older, Cold Spring Harbor remains a wonderful place to reconnect with them and their friends and families."

### Tracy Greenberg

A West Village transplant, Tracy first landed in Laurel Hollow in 2000 and fell in love with all the area had to offer — natural beauty, great schools, and the overall lifestyle. The family moved to the Midland section in 2010, lured by new construction and ready access to the high school, where

Tracy's three sons spend the better portion of their days. "The boys are all different in interests and personality and excel at Cold Spring Harbor High School — academically, environmentally, and socially." Tracy has thrived in the high school environment as well. Active in the Booster Club and Cold Spring Harbor's popular "Literary Luncheon," which brings a noted author to town for a lunchtime reading and discussion, Tracy loves the food and live jazz served at Grasso's restaurant and regularly attends concerts and comedy at The Paramount in nearby Huntington village.



### Kim Como

Proximity to the abundant charms of Cold Spring Harbor village is what Kim Como loves about living right on Main Street. She grew up in downtown New Canaan, CT, and enjoys being in the thick of the village activity. "Everything I want is within a mile or two from home — my social scene, my Daniel Gale office, great local boutiques. Huntington village, with its restaurants, entertainment, shopping, and church, is just over the hill." At home, Kim's family proudly and dutifully flies the flag and seasonally decorates their property for the enjoyment of passersby.

Her favorite places include the Beach Club, the library's cozy fireplace with its year-round view of the harbor, and the popular Green Belt trail that runs behind it.

She suggests that newcomers aim to attend some of the various community fundraising events. "The families, couples, and individuals who attend these events are highly entrenched in and know the value of this community."

She recommends the Cold Spring Harbor Firehouse Museum and the Caumsett Foundation fundraisers, the Long Island Chapter of Save the Children, and more!



### Joan Gannon

Joan and her husband love an active lifestyle, and Cold Spring Harbor checks all the boxes with its nature trails, parkland,

private and public beaches, boating, golf clubs and public courses, tennis, and paddle.

"We can stroll into both Cold Spring Harbor and Huntington villages from our house, so there is always something to do and many like-minded friends to join us. What drew us here from the start was the people and what amounts to a giant playground for active people."



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# WE ALL SCREAM FOR ICE CREAM

charlie & emma stroll through Huntington Village



Written By Residents Charlie and Emma Wood

Have you ever noticed how many ice cream stores there are in Huntington? Well, we did, so for this article, we decided to visit seven of them. We had a lot of fun visiting these stores, and it helped that the ice cream tasted good too! Based on our experiences, we decided to give each place an award:

## Charlie's Favorite: Ben & Jerry's



which I enjoyed. The sorbet had a good texture and didn't melt easily even though it was a hot day. Ben & Jerry's also offers a wide selection of ice cream, so anyone could find something they like there.

## Emma's Favorite: Kilwins



which is my favorite. I like Marsh-Mallow S'more because it reminds me of the summer when we make s'mores and roast marshmallows. I also like that their ice cream doesn't have random chunks of ice.

## Most Variety: Ralph's Famous Italian Ices

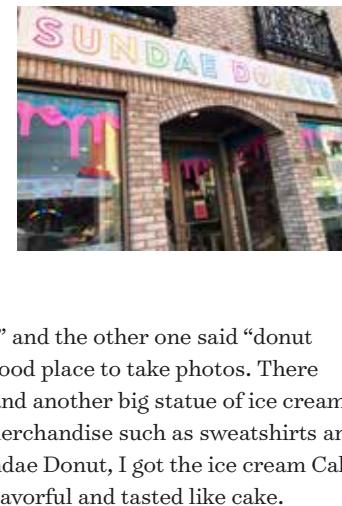
Of all the places that we visited, Ralph's had the most options. Their menu featured many flavors of ices, ice creams, smoothies, and even cookie dough. When I (Charlie) visited Ralph's, I got a chocolate ice cream, which I liked. It was exactly what

I expected from a chocolate ice cream with good flavor and texture. Aside from the chocolate ice cream, there were many more flavors that I could have chosen from, such as cake batter ice cream and sour cherry water ice. Ralph's variety of choices allows you to get something different every time you go there.



## Best Atmosphere: Sundae Donuts

When we went to Sundae Donuts, the first thing I (Emma) noticed was that it seemed like a very festive place. There were bright colors and huge colorful signs everywhere. One of the



signs said "Sundae Donuts," and the other one said "donut grow-up." This could be a good place to take photos. There was a big statue of donuts and another big statue of ice cream. Sundae Donuts also sells merchandise such as sweatshirts and water bottles. While at Sundae Donut, I got the ice cream Cake by the Ocean. It was very flavorful and tasted like cake.

## Most Unique: Krispy Mango

When we went to Krispy Mango, we were intrigued by the way that they made their ice cream. First, the ingredients were poured onto a freezing cold surface. Then the ice cream was flattened and cut into thin strips. Finally, the strips were rolled up, put into a cup, and served. This was all done in front of us, making ordering at Krispy Mango a unique experience.



## Best Toppings: Milky Ways

Milky Ways is a soft-serve ice cream cereal bar in Huntington. I (Emma) ordered vanilla, but they also offer chocolate and strawberry. Then I picked my topping — I got M&Ms, but they have other toppings too (e.g., rainbow and chocolate

sprinkles). Then I chose my cereal (Lucky Charms), and I also got whipped cream on top. I liked building my own ice cream, and the wide variety of cereal options made it unique.

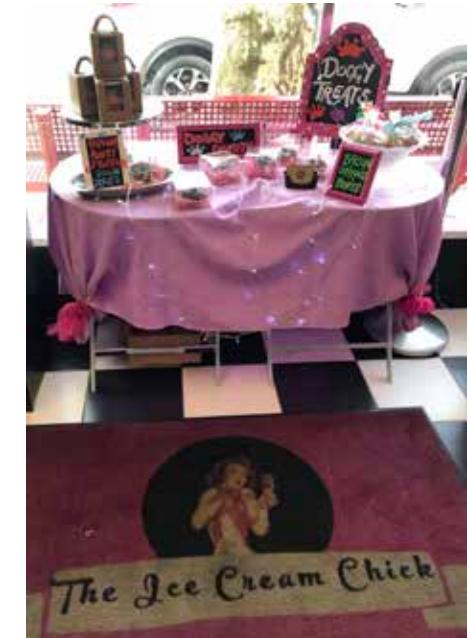


## Most Dog-Friendly: Ice Cream Chick

When we went to Ice Cream Chick, the first thing we noticed was a sign saying dogs were allowed inside, which we hadn't seen at any other ice cream place. When we got inside, we saw they offered a variety of ice

creams and a variety of different toppings, and they also had a table devoted to "Doggy Treats." The dog treats table featured doggy donuts and bacon-dripped bones. We think that both dogs and their owners will enjoy the Ice Cream Chick.

Each ice cream place we visited had something special to offer. It's great to have so many options nearby! We really enjoyed our ice cream stroll through Huntington, and with hot summer days coming up, we hope this article helps you enjoy Huntington's wide variety of ice cream as well.



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# Beyond Steps



## HOW TO GET THE MOST OUT OF YOUR FITNESS TRACKER OR SMARTWATCH



Written By Resident Lisa Walford

Friends, there's nothing I love more than gazing out my window and watching you pound the pavement to log in your 10,000 steps! Whether you dusted off that Fitbit or bit the bullet on a hot new Apple Series 7, your fitness devices are helping you to crush your goals, and believe me, it shows! So are you ready to up the intensity and take your exercise data to the next level? Let's explore some other ways you can best utilize your wearable and its feedback to increase your fitness level:

### UPDATE YOUR PROFILE AND PROGRESS REGULARLY

When you set up the app on your wearable, it asks you to provide basic information such as age, sex, height, and weight so that it can determine training stats such as stride length and calories burned. As you gain or lose weight, these training stats will change. For example, if your starting weight is 140 pounds but you drop to 120 pounds, you will be burning fewer calories by doing the same things. Likewise, if you find yourself continuously exceeding your daily activity goals on your Apple Watch or Fitbit, you may want to increase those goals for better accuracy and increased motivation.

### GET INTO THE ZONE

While most fitness wearables are great for helping you track and log workouts, they also have continuous heart rate monitors which will tell you when you're in a low steady-state exercise (50 to 60% of your maximum), a cardio state (70 to 80%) or a peak state (above 80%). Generally speaking, the higher the heart rate, the higher the burn, but that doesn't mean that lower- to moderate-intensity

exercise should be ignored completely. In fact, keeping your heart rate at around 65 to 70% of your maximum heart rate can help you to burn fat stores. If you're looking to improve your fitness, stay in the peak zone for as long as possible. If you're doing a HIIT or interval workout, your heart rate should be at 80% of your maximum during high-intensity work periods.

### BLOOD OXYGEN LEVELS

One of the main metrics we can find today on any fitness wearable is VO2 max, which is the maximum amount of oxygen your body can consume during exercise. Also called cardiorespiratory fitness, this is a useful measurement for everyone from the very fit to those managing illness. A higher VO2 max indicates a higher level of cardio fitness and endurance. Conversely, a low VO2 max is associated with a higher risk of serious conditions, including Alzheimer's, depression, and type 2 diabetes.

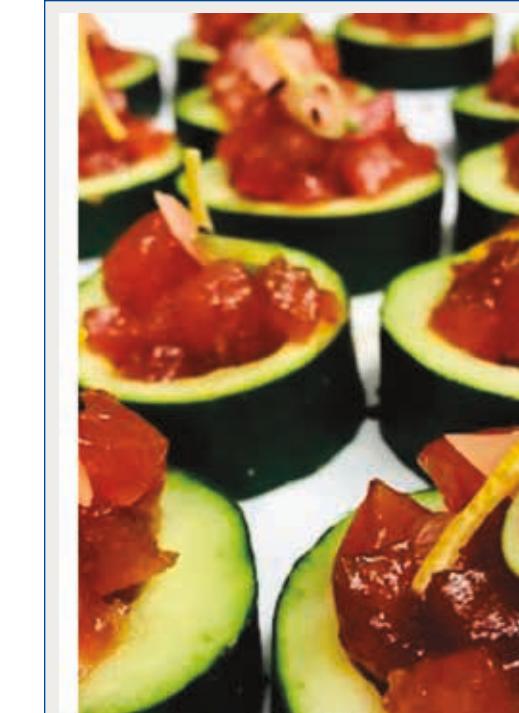
### PAY ATTENTION TO YOUR RHR!

While plenty of newer fitness watches provide insight into recovery, older models won't tell you when it's time to rest. However, you can use your resting heart rate as a straightforward guide. If overtraining, you may notice your resting heart rate to be 10 to 15 bpm (beats per minute) higher than usual. It could also mean that your body is fighting off the early stages of an illness. In either case, try scaling back for a couple of days and consult your physician if necessary.

*Lisa Walford is a NASM certified personal trainer as well as an avid runner and freelance writer. She has resided in our community since 1998 and is the mother of four girls.*

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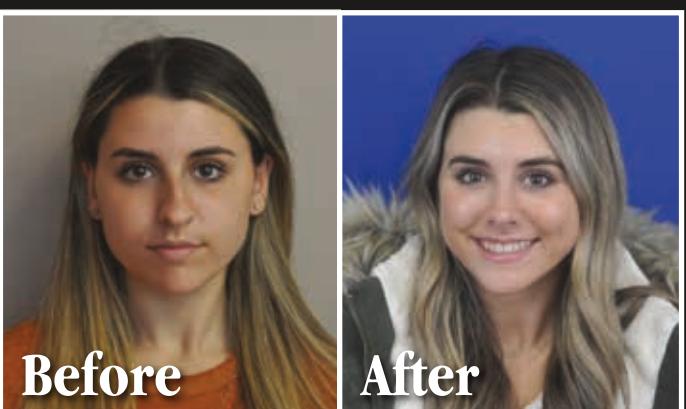
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## Huntington Historical Society at Harborview

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On April 20, Raf Development Corp., one of our very own sponsors, hosted a very successful fundraiser for the Huntington Historical Society at Harborview, historically known as the “Customs House.” Harborview is a historic home in Cold Spring Harbor that was built in the 19th century by the Hewlett family. The Hewlett family is a very significant family in the history of Long Island. George Hewlett was involved in the execution of Charles I of England in the mid-17th century. He then decided to leave England. Hewlett and his family were the first to settle in the hamlet of Hewlett, NY, thereby giving it its name in the late 17th century. Later, the family settled in Huntington, where James Coles Hewlett built this house in 1824. Members of the Jones family also lived at Harborview throughout the years. This is the family from which the phrase “Keeping up with the Joneses” is derived!

Robert Hughes, the official historian for the town of Huntington, spoke at the event and explained how Harborview was once the Customs House. “Jacob Coles Hewlett,” he said, “was designated the surveyor of the ports in 1848, [and] the whaling vessels that sailed out of Cold Spring Harbor and the coastal traders didn’t have to go into New York City to do their government paperwork. They could come here in Cold Spring Harbor and take care of all that.” Additionally, Walter Hewlett started a volunteer corps for the Civil War in 1861 at Harborview, where he recruited volunteers that fought in the Civil War.

Mr. Hughes went on to tell his audience that there was a fire in 2019 that almost destroyed the house. He explained that the damage was so severe that the previous owners would have been justified in applying to have it demolished. However, in 2021, Raf Lanza of Raf Development Corp. bought the house and took over the monumental project of restoring Harborview. “He has done an absolute[ly] wonderful job restoring the house. If Walter Hewlett came back, he would recognize this house in an instant. It looks exactly the way it did when Walter lived here... The inside, [which is being built in a transitional modern style with traditional touches], he might be a little confused by. On the outside, [however], it’s really what it should be. This is what historic preservation should be. This is why we are all here tonight; the Huntington Historical Society is all about trying to help to preserve ... and to share the history of the town of Huntington.”

It was a wonderful evening.

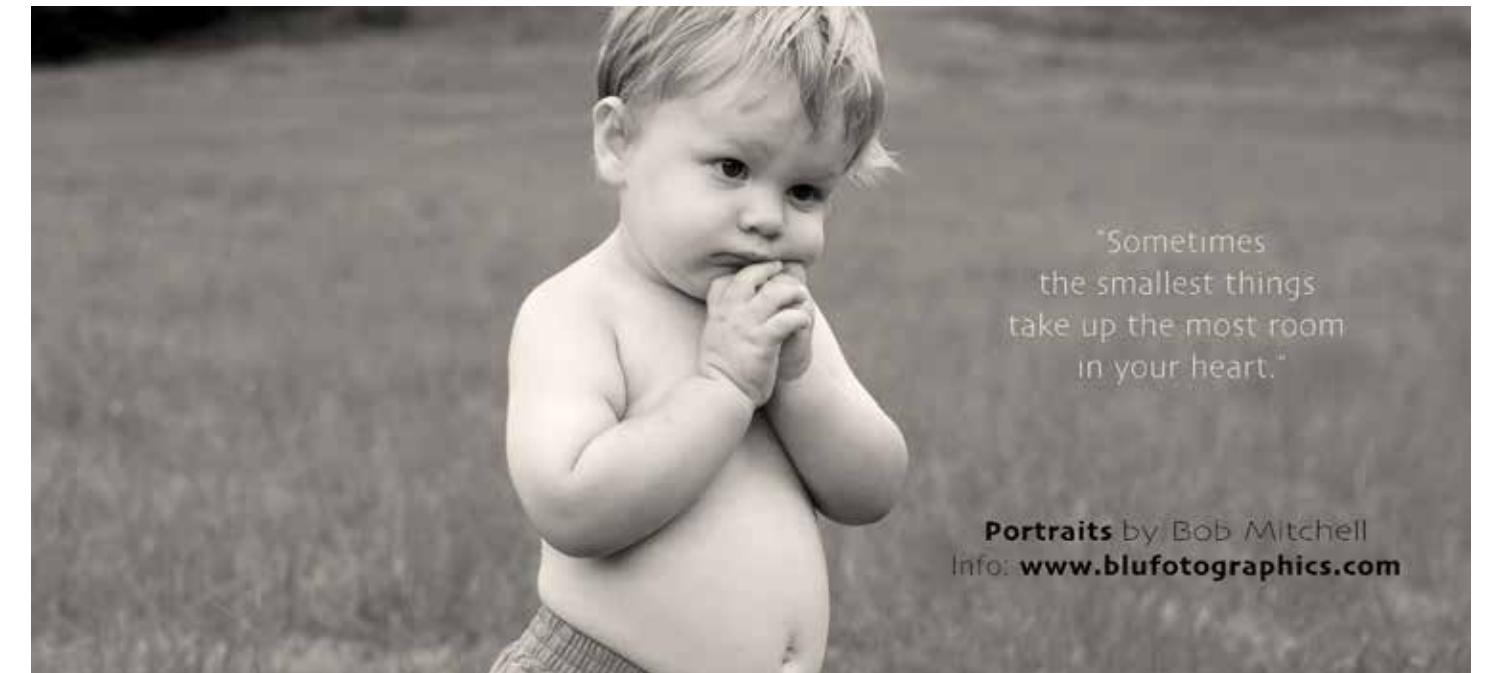
For more information on this wonderful project, please go to [215harborview.com](http://215harborview.com).



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Address	Neighborhood	List Price	Sale Price	DOM	Beds	Baths	Status
34 Midland Street	Cold Spring Hrbr	\$1,950,000	\$2,175,000	5	4	5	Sold
7 Kennedy Lane	Cold Spring Hrbr	\$1,799,999	\$1,700,000	48	4	3	Sold
8 Kennedy Lane	Cold Spring Hrbr	\$1,400,000	\$1,435,000	6	4	3	Sold
44 Pine Drive	Cold Spring Hrbr	\$899,000	\$1,012,000	10	5	3	Sold
24 Grove Street	Cold Spring Hrbr	\$920,000	\$900,000	17	3	2	Sold
240 Jennings Road	Cold Spring Hrbr	\$2,895,000		49	5	4	UC
23 Woodvale Drive	Laurel Hollow	\$2,125,000		9	5	3	UC
22 Shady Lane	Laurel Hollow	\$1,489,000		6	4	4	UC
10 Brandy Road	Cold Spring Hrbr	\$1,295,000		9	5	4	UC
12 Thicket Drive	Cold Spring Hrbr	\$1,149,000		20	5	4	UC
88 Goose Hill Road	Cold Spring Hrbr	\$956,000		6	3	3	UC

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.

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