



Citation For Tab Hauser

Nassau County Legislator Delia DeRiggi-Whitton wished Tab Hauser good luck as he moves on from his position as Deputy Mayor of Flower Hill. She presented him with a citation, thanking him for his service to the community.

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CASA Cooks Up Healthy Cooking, Healthy Living

By ARDA HARATUNIAN

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More than 40 women joined host and talented cook Lisa Santos and Health & Wellness Coach Stacey

Kelly at a successful cooking demonstration that highlighted easy and nutritious food and lifestyle choices, while also raising awareness and funds to combat underage drinking in the Manhasset community.

Sponsored by Manhasset CASA (Coalition Against Substance Abuse), "Healthy Cooking, Healthy Living" provided practical, easy-to-prepare snacks, shakes and meals for use any time of the day. The hands-on demonstration featuring healthy, easy and fast cooking also succeeded in increasing participants' enthusiasm for cooking with healthier ingredients.

Organizers thanked the many individuals who donated to the raffle and silent auction as well as corporate donors DSW Shoes, Gyrotronics Manhasset, Manhasset Jewelers, Unleashed Pet Boutique and Stacey Kelly Health Coach. For more information about CASA please go to www.manhassetcasa.org



Talented cook Lisa Santos opened her home for CASA's "Healthy Cooking, Healthy Living" cooking demonstration



CASA board member Beth Miller, event host & chef Lisa Santos, CASA Project Director Cathy Samuels, Katie Lane, CASA Executive Director Lisa Belinsky, Margie Suga, Joanne Thalheimer, Health Coach Stacey Kelly and Arda Haratunian



Event organizer Katie Lane (second from left) with guests Kristi Wede, Nancy Schlaefter and Valerie Carillo