

## Scouts Take Glen Cove Government



Scout Daniel Morra questions one of the laws considered by Mayor Victoria Affrunti and the rest of the scouts during Scouts in Government day.



Cub master of Pack 6 Paul McKibbins was honored by Glen Cove Mayor Ralph Suozzi and the City Council for his dedication to scouting.



As a reporter for the Gold Coast Gazette Julian C. Taborda got a personal tour of the Glen Cove Police Department by officer Jack McDougal (photo by Kevin C. Horton)

## The Amazon In Glen Cove



Amazon Café restaurant owner Don Rant (center) with store manager Trish Holthous and NY/Mass Master Developer Mike Greenburgh (photo by Kevin C. Horton)

by Kevin C. Horton

A life long resident of Glen Cove, born and raised here, Don Rant is also working in Glen Cove.

Don worked with KeySpan for 20 plus years as an Account Executive in the Sales Division. "When the option to take a buy out came I decided to do something on my own."

That something is the area's newest Amazon Café located at 244 C Glen Cove Avenue in Glen Cove. Amazon Café is a rapidly-growing chain of quick service restaurants with nine stores in the New York area and has taken the fast-food industry by storm.

Don comes to the franchise with his own flair for business and energy. "I wanted to give back to the community," said Don who plans to hire local students to work at the restaurant. "So they can learn responsibility and a good work ethic."

Don did his research and discovered that Amazon Café is one of the fastest moving franchises in the country. "It's primarily a North East Company," he said, "But it's expanding nationally."

What makes the café interesting is its trendy, environment-friendly attitude that is complimented by a fresh, healthy menu boasting award-winning soups, gourmet wraps and juice- or yogurt-based smoothies.

Fresh soups daily have been given a healthy welcome in this frigid weather. Paninis include spring chicken salad, chicken bella, balsamic garden, ham it up and turkey brie. There are wraps such as "Thai'd up, which is made with nine wheat tortilla, grilled veggie, nuts, spring mix, tomato cabbage and oriental sesame dressing.

The salad plates are innovative, delicious and stuffed with healthy choices. The prices are budget friendly and offer combo deals.

### A Smoothie Combines Health and Convenience

Definition: A smoothie is a creamy beverage made of fruit blended with juice,

milk or yogurt.

The difference between a smoothie and a juice is that a smoothie is created by blending the whole fruit with all its nutrition, whereas a juice is just the juice extracted from the fruit.

According to the Juice and Smoothie Association (JASA), a smoothie is a drinkable meal, snack or dessert in a cup- a sensation in healthy dining.

Smoothies help you increase your fruit intake and are a great way to get "your 5 A Day" your five servings of fruits and vegetables as recommended by the National Five A Day Council.

The Strawberry Supreme is the most popular smoothie flavor at Amazon Cafe. The Skinny Delight is the second most popular.

Amazon Cafe offers more than 16 varieties of all natural smoothies that can be enhanced with a power boost. Power boosts help increase energy, burn fat or guard against a cold, among other attributes.

### Corporate Help

One of the things that attracted Don to the Amazon Café franchise was the corporate offices and their guaranteed assistance throughout the project and he hasn't been disappointed. NY/Mass Master Developer Mike Greenburgh helped throughout the process of opening the Glen Cove Restaurant. Mike has helped in the development of nine in the past few months with this fast growing business.

Don also added that contractors Jim Rant and Lou Perullo along with Rant Plumbing and D.O.D. Electrical were instrumental in getting the restaurant open.

Don adds, with a smile, "And the restaurant is doctor approved." Don is the husband of popular Glen Cove Doctor Kim Zubrinic of Pro Health Care on Forest Avenue.

Amazon Café is located at 244 C Glen Cove Avenue. Their phone number is 385-3522.