



Steve Levy  
County Executive

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Office of Women's Services

## The Suffolk County Executive's Office of Women's Services

# Between Us Women

"empowering women through awareness and education"

## County Executive Honors Women at Awards Dinner

SEPTEMBER 2008

On August 13th  
County Executive Steve Levy  
Inducted

*Carol Carter*

*Sandra Feinberg*

*Artice Hale*

*Sister Patricia Griffith*

*Miriam Spaier*

Into the  
2008 Suffolk County  
Women's Hall of Fame



Grace Ioannidis, Carol Carter, Artice Hale, Sister Patricia Griffith, Miriam Spaier, Sandra Feinberg, County Executive Steve Levy, Women's Services Director Doanna Marshall

where the names of all current and past honorees will be on public display.

The honorees were Carol Carter, founder and executive director of the Sunshine Prevention Center for Youth and Families; Sandra Feinberg, director of the Middle Country Public Library; Sister Patricia Griffith, founder and executive

director of Mercy Haven; Mrs. Artice Hale, program director at the Harrison Hale/ Gordon Heights Community Action Center; and Miriam Spaier, public advocate for people with HIV infection.

The evening of August 13 was truly a gala occasion, when some 250 people gathered at Windows on the Lake in Lake Ronkonkoma to honor the five women inducted into Suffolk County's Women's Hall of Fame.

County Executive Steve Levy, who presented the awards, observed, "A generation ago, there were maybe four professions open to women." But as women become more empowered, they are able to draw on more and broader strengths as they give back to society and make a difference, he added.

At the dinner, the five honorees were each presented with numerous proclamations and commendations from our area government officials including both Senators Clinton and Schumer, Congressmen Israel and Bishop, and representatives from state, county, and township governments. After the event, all received photos taken that evening as well as a DVD of the video presentation shown at the dinner.

The Office of Women's Services is working on getting final approval for the location of the Women's Hall of Fame "wall of fame" in the H. Lee Dennison Building in Hauppauge,

"I think it's about time women are recognized, and any gesture towards any one of us is really for us all," Sister Patricia Griffith said, adding, "I was really impressed with the other four honorees. For us, the visibility is really good for the agency, and a pat on the back to our longtime supporters as well. It was also nice to gather the county for good news."

Miriam Spaier characterized the event—and her award—as "one of the best days of my life. I was overwhelmed. It was totally



Steve Levy and Miriam Spaier

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### County Honors Women at Awards Dinner—continued

unbelievable, beyond my wildest dreams.”



Sandra Feinberg

“I was very impressed by the other women who won,” Sandra Feinberg said later. “I was very proud to be with these other women because I feel they’ve accomplished so much. There was a quality about some of the other people, they put so much energy into their work, and so by association it was an honor—I was very touched. I view this as a group award—I have a wonderful staff and wonderful board members. It was a wonderful evening to share with them.”

Carol Carter’s reaction: “It was a wonderful event. The Office of Women’s Services did so many amazing things and made us all feel special. It was just beautiful. I don’t feel worthy of it. I think for me, it was just such a nice thing to be able to get recognition and to know that



Carol Carter

I’m doing the right thing. It was reinforcement that I need to just keep doing what I’m doing and things will work out.”

“I thought it was a high honor, distinction rather, for the County Executive to consider me,” Artice Hale said. “I was

really surprised that I was chosen. It [the dinner] was so well put together; I was so impressed. I was amazed to hear what the legislators were saying about me. It was an awesome experience. And the people who work with me were so happy that we were honored.”

This annual event was organized by the Suffolk County Executive’s Office of



Women’s Services.

Corporate sponsors this year were Citibank, James Cress Florists, and Windows on the Lake.



Bishop Harrison Hale, Artice Hale and Steve Levy



Sister Patricia Griffith and Steve Levy

### “Buy” Women, for Women? Expo Set in MC Library

The eighth annual Women’s Expo will be held on Thursday, October 2nd, from 11:00 a.m. to 6:00 p.m. at the Middle Country Public Library, 101 Eastwood Blvd., Centereach (located off Middle Country Road, ¼-mile west of Nichols Road). Admission is free. The Women’s Expo provides a marketplace for Long Island women who create and distribute a variety of products including culturally diverse items, fine art, jewelry, clothing, pottery, paper products, children’s and household items, gift baskets, specialty food, glassware and more.

The Women’s Expo will showcase some 70 Suffolk and Nassau women, promoting economic independence, support and education for women entrepreneurs. More than 2,000 people attended last year’s event.

Lunch is available in the Expo Café. Michelle Yozzo Drake, professional speaker, executive coach and author of *From the Kitchen to the Corner Office: Mom’s Wisdom on Leadership* will be the featured guest author at the Expo’s Tea-At-Half-Past-Three.

The Women’s Expo is

presented by the Middle Country Library Foundation and was founded in partnership with the Long Island Fund for Women and Girls. Proceeds help to support the Library’s Miller Business Resource Center. To learn more, go to [www.womensEXPOli.org](http://www.womensEXPOli.org) or call 585-9393, ext. 296 or 224.



Color Guard, Women’s Hall of Fame

## Sister Study Seeks Subjects

The Sister Study is a nationwide effort by the National Institute of Environmental Health Sciences to learn about the environmental and genetic causes of breast cancer. It's a study of 50,000 women from all walks of life who have had a sister with breast cancer.

Because of shared genes and lifestyle, sisters of women with breast cancer have an increased risk of developing the disease themselves. The goal of the study—being conducted by the National Institute of Environmental Health Sciences (part of the U. S. Department of Health and Human Services) is to find the risk factors that may improve prevention.

Are you eligible? You are, if (1) you have a sister (related by blood) who has had

breast cancer, (2) you have never had breast cancer, and (3) you are between ages 35 and 74.

As of now, the Sister Study is only seeking African-Americans, Latinas, Asians and Pacific Islanders, and Native Americans age 35-74; and Caucasian women age 65-74 or with a high-school degree or less.

If you join the Sister Study, you will be asked to answer questions about your lifestyle, medical history, jobs, and environment. You'll also complete questionnaires about your diet, family history, and personal exposures to suspected and known carcinogens.

In addition, you will meet with an examiner in your home or other location to provide researchers with samples of your blood, urine,

toenails, and house dust.

Each year thereafter, for the length of the Sister Study—at least 10 years—you will provide researchers with an update on your health, and (should you develop breast cancer in the future) information about your diagnosis and treatment.

Women who join will *not* be asked to take any medicine, visit a medical center, or make any changes to your habits, diet or daily life. The Sister Study follows sound ethical research practices, and keeps all personal data private and confidential. To join the study or ask a question, call 1-877-4SISTER (hard of hearing call 1-966-TTY-4SIS) or visit

[www.sisterstudy.org](http://www.sisterstudy.org)

For Spanish visit

[www.estudiodehermanas.org](http://www.estudiodehermanas.org)

## Watch Washington on Child Support

Across America, the vast majority (84 percent) of custodial parents are mothers, and courts awarded child support to 61 percent of them, compared to 36 percent of custodial fathers, according to 2005 census data. Failure to pay cuts across gender lines, and less than half of all non-custodial parents met their full obligations.

Federal and state governments' efforts to step up collection in the last decade have been paying off, with revenues up to \$25 billion in 2007 compared to \$14 billion in 1998, according to preliminary data from the Office of Child Support Enforcement in the U.S. Department of Health and Human Services.

The last decade's gains are threatened by a \$4.9 billion cut passed in 2005 that eliminated federal matching funds for child support enforcement. It took effect in October 2007, and some states have laid off staff.

Now, two bills in Congress would restore funding. The Child Support Protection Act, introduced by Rep. Jim McDermott (D-Wash.), would place a moratorium on the 20 percent spending cut imposed by the 2005 Deficit Reduction Act. Child support advocates hope it will pass before Congress recesses in late September.

A second bill, the Responsible Fatherhood and Healthy Family Act, is co-sponsored by Senators Barack Obama and Evan Bayh (D-Indiana). In

addition to restoring funding, it includes provisions to promote fatherhood and healthy parenting, and to ensure all collections go to families, rather than to reimburse the state for money spent on welfare payments to the custodial parent and child. (Research shows fathers are likely to pay more when the money goes to their families.)

Advocates don't think the bill will pass during this session but given its influential sponsors, it has promise for parts of the bill winding up in other legislation.

### Symptoms of Ovarian Cancer

The Long Island chapter of the National Ovarian Cancer Coalition urges all women to learn the symptoms of ovarian cancer:

- Abdominal or pelvic pain or discomfort
- Abdominal bloating, swelling and/or feeling of fullness
- Frequency and/or urgency of urination (in the absence of an infection)
- Vague but persistent gas, nausea and indigestion
- Ongoing unusual fatigue
- Unexplained changes in bowel habits
- Unexplained weight gain or weight loss
- Lower back pain

If symptoms persist for more than two weeks, please see a doctor—preferably a gynecologist.

### Breast Cancer Myths Debunked #1

**Myth:** Having a risk factor for breast cancer means you'll develop the disease.  
**Truth:** No risk factor either alone or in combination with others means you'll definitely get breast cancer. There are various factors that may increase your risk of developing the disease. Some of these appear to increase your risk only slightly. They include smoking, drinking (more than five alcoholic drinks per week year after year), getting your first menstrual period before age 12, continuing to have periods after age 55, and not having your first full-term pregnancy until after age 30. If you have a number of these, the increase in risk can start to be more meaningful. That said, even an inherited genetic abnormality in your family doesn't necessarily mean you're going to get breast cancer. Abnormalities in the so-called breast cancer genes BRCA1 and BRCA2 are very strong risk indicators. But 20 to 60 percent of women with these inherited abnormalities will not develop breast cancer.

*\*Source: "10 Breast Cancer Myths Debunked" by Marisa Weiss, MD with Barbara Loecher.*



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(download newsletters past and present)

## Mothers Share at Mothers' Centers

As every mother knows, becoming a parent is a profound transformation. And according to the National Association of Mothers' Centers, there's no reason to go it alone.

At a Mothers' Center, parents can meet other parents, listen to and learn from each other's experiences, share concerns and gain new insights. This supportive peer experience enhances one's capacity to raise nurtured and competent children.

Founded in 1975 by Long Islander Linda Lisi Juergens (NAMC's executive director), the Mothers' Centers are each unique, but all are rooted in the belief that each participant brings special insights, skills and talents to the organization. Discussion groups are at the core of every Mothers'

Center program. They may also plan playgroups, workshops, lectures, social functions, community projects and parent-child programs.

Typically, Mothers' Centers meet at area libraries or church basements. Because of their informal nature, new groups are often getting established as others disband. As of now, Suffolk County has Mothers' Centers in Bellport, East Northport, Setauket, Huntington, South Huntington, Sayville, Deer Park, and Centereach.

Special NAMC projects include an annual work/life conference; Circle of Caring, a maternal depression outreach project; an e-newsletter, and the MOTHERS Initiative (Mothers Ought To Have Equal Rights) which

highlights the economic issues that go hand-in-hand with motherhood. There's also a seminar series called "Parenting in the 21st Century," whose topics have included "Financing a Family," "Play: An Endangered Activity?" and "How to Have It All AND Make It Work."

To subscribe to the e-newsletter or for more information, visit: [MothersCenter.org](http://MothersCenter.org) or [MothersOughtToHaveEqualRights.org](http://MothersOughtToHaveEqualRights.org).

To find a Mothers' Center near you (or discuss setting one up yourself), call (516) 939-MOMS. Dues are \$35 per year to join NAMC.

## Around and About

**Saturday, September 6, 10:00 a.m.-2:00 p.m.**—Southampton Hospital Family Health Fair, at Hampton Medical Atrium, Hampton Bays. For details call 727-7013.

**Monday, September 8, 6:35 p.m.**—Third Annual Breast Cancer Night with the Long Island Ducks. Grucci fireworks, contests, giveaways. Tickets \$10. Call 893-4110.

**Wednesday, September 10, 6:00-8:00 p.m.**—"Teen Relationship and Dating Violence," a workshop for teens, parents and professionals, held at the Long Island Parenting Institute (part of the Education and Assistance Corporation), 3555 Veterans Memorial Highway, Suite R, Ronkonkoma. Fee \$10. To register call Kristin at 737-1454.

**Thursday, September 18, 5:30 p.m.**—Light the Night Walk by the Leukemia and Lymphoma Society, at the Atlantis Marine World Aquarium on Main Street in Riverhead. To sign up, call 752-8500 or 877-LTN-WALK or visit [lightthenight.org](http://lightthenight.org).

**Saturday, September 20, 10:00 a.m.**—Second annual 3K Walk/Picnic to Break the Silence on Ovarian Cancer, at Wantagh State Park, Wantagh. Rain or shine. For more information on ovarian cancer and/or this event, contact the Long Island chapter of the National Ovarian Cancer Coalition at 672-2027 or by email: [nyli.nocc@ovarian.org](mailto:nyli.nocc@ovarian.org).

**Saturday, September 20, 6:00-8:00 p.m.**—Birdhouse Preview (in advance of South Fork Breast Health Coalition's fundraising Birdhouse Auction), at Hampton Road Gallery, 36 Hampton Road, Southampton.

**Tuesday, September 23, 6:30 a.m. registration, 8:00 a.m. shotgun start**—Fall Golf Outing, hosted by the Babylon Breast Cancer Coalition on the greens of The Hamlet at Willow Creek in Mount Sinai. For details call 893-4110.

**Friday, September 26, 7:00 p.m.**—Babylon Breast Cancer Coalition's "Goodbye to Summer" fundraiser featuring the

No Request Band, at the Pavilion at Cedar Beach. Food and cocktails available for purchase. All welcome.

**Saturday, September 27, 5:30 p.m.**—Fourth Annual Birdhouse Auction to benefit the South Fork Breast Health Coalition, at the Southampton Cultural Center, 25 Pond Lane, Southampton. Tickets \$40. To learn more, call 727-8606.

**Sunday, September 28, 7:45 a.m. registration**—10th annual North Fork Breast Health Coalition's 5K Walk for Breast Cancer Awareness (walk begins 9:00 a.m.), Tanger Outlet Center, Riverhead. For information call the coalition at 208-8889.

**Saturday, October 4, 8:30 a.m.-3:00 p.m.**—Second annual conference, "Be All That You Can Be," organized by the Town of Brookhaven's Office of Women's Services, a daylong series of workshops at Town Hall, One Independence Hill, Farmingville. Keynote speaker: Diana Dominguez Weir, executive vice president of the Long Island Housing Partnership; several others. \$20 fee includes breakfast and lunch. For details or to reserve, call 698-2074.

**Saturday, October 4, 5:30 p.m.**—Light the Night Walk by the Leukemia and Lymphoma Society, at Citibank Park, off Carlton Avenue in Central Islip. To sign up, call 752-8500 or 877-LTN-WALK or visit [lightthenight.org](http://lightthenight.org).

**Saturday, October 4, 12 noon-4:00 p.m.**—53rd Annual Founder's Day Luncheon, "Embracing Our Youth Today, Forging Ahead for Tomorrow," an event of the National Council of Negro Women, Inc. Suffolk Section, at Captain Bill's, 122 Ocean Avenue, Bay Shore. Donation \$65. RSVP by September 22nd to 988-7555.

## What is Women's Services?

The Suffolk County Executive's Office of Women's Services is a county agency that serves women in all walks of life, at all times and passages in their lives. This is done through a number of services; most are free, and all are available to everyone.

Women constitute over 51 percent of the population of Suffolk County. They are the majority population in every age group over 30. Many of these women are "head of households." Any and all programs or services designed to empower the women of Suffolk County have a direct impact, not only on the woman, but also on the entire family, particularly the children.

The Women's Helpline is available from 9:00 a.m. - 4:30 p.m., Monday through Friday. The Helpline offers information, referrals to resources for further help and emotional support. The Helpline is bilingual. Calls can be anonymous and confidentiality is respected.

**Helpline: (631) 853-8222**