

THURSDAY'S THOUGHTS

From Suffolk County Legislator

William R. Spencer, M.D.



GREETINGS 18TH LEGISLATIVE DISTRICT RESIDENTS!

**– Greenlawn – Centerport – Northport – Asharoken – Eaton's Neck – Huntington – Halesite –
– Huntington Bay – Huntington Station – Lloyd Harbor – Cold Spring Harbor – East Northport –**

Dear Neighbor,

Signature Premier Properties is doing something wonderful to help bring awareness to veteran suicide through their month long "22 Push-Up Challenge". Sadly, every day 22 of our nation's veterans take their own lives as a result of PTSD. Veteran suicides make up 18% of all suicides in America, while Veterans make up less than 9% of the U.S. population. In support of those who have passed, the countless other veterans suffering from PTSD, and their families, I participated in the 22 Push-Up Challenge with staff from Signature Premier in Huntington on Tuesday.

The owners of Signature have committed to giving up to \$100,000 to charities assisting veterans; the more push-ups done, the more money will be donated. Please consider joining Signature in their mission. Push-ups begin at 3:00pm each day at a different Signature office location. Today, October 13th, they will be meeting at the Cold Spring Harbor Office located at 157 Main Street, Cold Spring Harbor, NY 11724. On Friday, October 14th, they will be meeting at the Northport Office located at 172 Main Street, Northport, NY 11768.

For more information about the challenge, or to find out where they will be hosting the challenge next, call 877-273-3750.

I challenge my colleague Legislator Steve Stern to participate!

~Legislator "Doc" Spencer



Legislator Spencer and Signature staff members kick off the 12th day of the "22 Push Up Challenge" at the Huntington Office on Tuesday.

The Huntington Historical Society Apple Festival!

Sunday, October 18, 2014 from 12:00pm to 4:00pm
At the Kissam House, 434 Park Avenue, Huntington

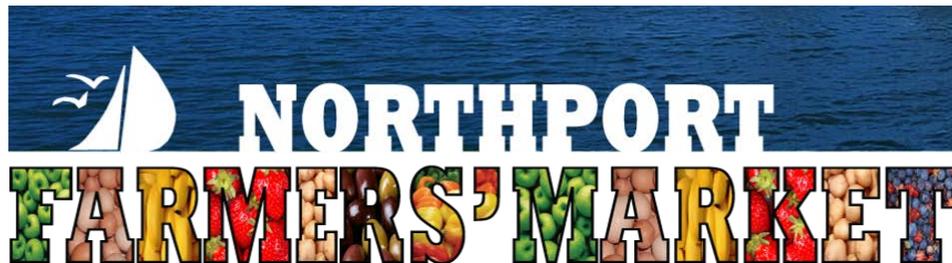
A fun-filled afternoon for the family with hayrides, scarecrow making, crafts, refreshments, music and games! For more information, call 631-427-7045, Ext. 401.

October is Breast Cancer Awareness Month

Did you know that nearly 220,000 women are diagnosed with breast cancer in the United States each year, and approximately 1,000 of those cases diagnosed are in Suffolk County? Breast Cancer is a leading cause of death in women, second only to heart disease. While Breast cancer is a very treatable form of cancer, often women are not screened for it until the cancer is in the later stages. When breast cancer is caught and treated early, it is estimated that 9 out of 10 women live.

Visit the following Suffolk County webpages for information on risk factors and screening guidelines:

- ♥ [Breast Cancer Smart Tips](#)
- ♥ [Guideline on Mammography](#)
- ♥ [Give the Gift of Life Brochure](#)



Saturdays, from 8:00AM to 12:00PM
Beginning June 4th through November 19th

Rain or Shine - in the Cow Harbor parking lot at the end of Main Street, Northport. Fresh foods, flowers, vegetables, fish, crafts, and music from local vendors.

For more information, visit <http://northportfarmersmarket.org/>.

~What You Need to Know About Getting an Absentee Ballot~

In New York, those already registered to vote but who will be away from their counties on Election Day have until November 1st to request a ballot by mail. In-person requests, as well as returning your ballot on the spot, can be done at county board of elections offices from now until Monday, November 7th.

Fall Clean-Up Shredding Day

at the Harborfields Public Library, 31 Broadway Greenlawn, NY 11740



Saturday, October 15th from 1:30 – 3:30pm

Residents may bring up to three bags or boxes of paper per household to be shredded. Drive your car up to the shredding truck that will be parked in the circular driveway, then watch on a closed circuit monitor as your paper is shredded.



LOOKING FOR A CAREER IN THE CONSTRUCTION TRADES?

OPPORTUNITIES LONG ISLAND APPRENTICESHIP PREPARATION TRAINING
PROGRAM CAN GET YOU THERE!

Opportunities Long Island is an intensive 240 hour training program which includes OSHA 10, Blueprint Reading, and much more to help prepare you for a career in the building and construction trades of the Nassau-Suffolk Building Trades.

Training is provided at no cost to you!
Don't miss out on this opportunity. Call today!



ELIGIBILITY REQUIREMENTS

- Be a resident of Nassau or Suffolk County
- Capable of performing 8 hours of physical labor each day
- Have a valid driver's license
- Willing to travel to job sites throughout Long Island and New York City
- Be 18 years or older
- Legally eligible to work in the US
- Able to pass a reading and math test at the 8th grade level
- Possess a High School Diploma, GED or TASC at the time of application
- Able to pass a drug test
- Be unemployed or have a low income
- Able to attend class Monday through Friday from 8 AM to 2:30 PM and occasional Saturdays

HOW TO APPLY

Attend one of the following information sessions:

When:

Wednesday, October 12th at 10 AM
Wednesday, November 2nd at 1 PM
Friday, November 18th at 1 PM

Where:

Huntington Opportunity Resource Center
1264 New York Ave
Huntington Station, NY 11746

Please expect to be here for 3 hours. You will be given a reading and math test.

Please note: no one is admitted after the start time.

For more information contact:
Erica Rechner at 631-348-1170 ext. 316
Huntington Opportunity Resource Center – 631-385-2305

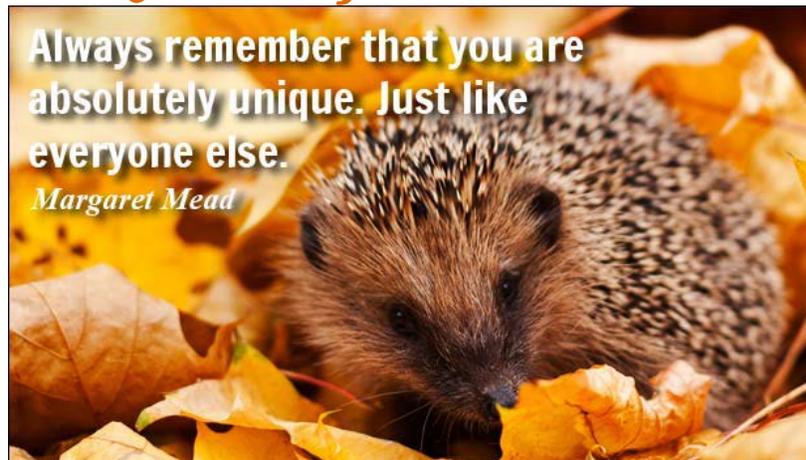


Suffolk County IDA Event Brings Together Business Leaders from Across Long Island



Last Thursday I had the opportunity to join some of Suffolk County's best and brightest entrepreneurs, venture capitalists, and business leaders at the Suffolk IDA's 4th Annual Start-Up Connect event at the Paramount in Huntington. Each year the IDA hosts this networking gathering to help connect our Long Island based start-ups to the resources, contacts, and capital they need to thrive. The energy, ideas, and connections sparked in that room was palpable and gives me great hope that our local and regional economic development will continue to strengthen in the years ahead. Thank you to the IDA for putting this together and for allowing me to welcome these business leaders to the 18th Legislative District!

Quote of the Week...



Sincerely,

William R. Spencer, M.D.

**Suffolk County Legislator
18th Legislative District**

Feel free to stop by my office or contact me by e-mail, william.spencer@suffolkcountyny.gov, or by phone at (631)854-4500. Like receiving Thursday's Thought? Be sure to tell your friends about it!

If you would like to be removed from our mailing list, e-mail jennifer.mish@suffolkcountyny.gov.