



Carlo Prinzo, Manhasset Public Schools Board of Education President; Regina Rule, Manhasset Public Schools Board of Education Vice President; Cindy Cardinal, Manhasset Public Schools Board of Education Trustee; Tricia Cash, Munsey Park SCA President; Nancy Schlaefer, Shelter Rock SCA President; Christy Wepler, Manhasset SCA Executive Board President; Lauren Tranchina, Manhasset Middle School SCA President; Lisa Belinsky, Manhasset High School SCA President.

## Family Dinners Can Reduce Substance Abuse

Manhasset Public Schools, Manhasset CASA and the Manhasset SCA are spreading the word about Family Day on Monday, Sept. 26. Created by The National Center on Addiction and Substance Abuse at Columbia University in 2001, Family Day—A Day to Eat Dinner with Your Children, is a national effort to promote family dinners as an effective way to reduce substance abuse among children and teens. To learn more about Family Day and to join parents all across America in taking the Family Day STAR pledge, go to [www.manhassetcasa.org](http://www.manhassetcasa.org) or [www.CASAFamilyDay.org](http://www.CASAFamilyDay.org).

## Coping With Stress

### Career Transition Networking, Business Development and Financial Literacy Meeting

Coping with Stress on Saturday, Sept. 24, at Shelter Rock Church, 626 Plandome Road, Manhasset, 10 to 11:30 a.m. Everyone is welcome. Bring a friend. There is no fee.

Key Stress Triggers: Just how "stressed out" are we? And what can we do about it? The speaker is Steven Rise (a psychotherapist in the Huntington area) who will talk about: stress, anxiety, and depression in the midst of economic turmoil and what you can do about it. This will help everyone with their coping skills.

Everyone will have an opportunity to mention what they are looking for, and to "network" into contacts for jobs/careers/ new business. Also, people looking for employees are welcome.

Many people have pulled their economic situation together through these networking series over the past couple of years.

## New Library Director

(continued from page 1)

She intends to listen to her board and develop goals and vision statements focused on a patron-centered model for the library. For example, she said she wants to upgrade the young adult department, with the permission of the board, to expand service, expand the collection, expand outreach to the teen population, and, Gough said, she understands there is emphasis now in the schools as well to promote volunteer activity.

Gough believes the staff is a highly professional and well-informed group that seems willing and open to look at change, and can handle multiple issues. There are different ranks within the library staff and her idea is to assist the patrons with more staff on the floor. Currently, she believes, the staff is focuses on their professional respon-

sibilities, for example, purchasing books.

She indicated she embraces change. "Technologies will come and go," she said, "but people still need qualified information."

Anyone can Google, she admitted, but come to the library if you need to find specific facts. That is the expertise at the library. "People are so used to Googling. They need to learn to use the database to find authentic information."

Maggie Gough is "deeply honored to be the director of the Manhasset Public Library" and said she relishes "the opportunity to fulfill the mission of bringing the community together by providing excellent professional services, a variety of materials, and stimulating programs."

**abrakadoodle®**  
Art Studio for Kids

**Arty Parties™**

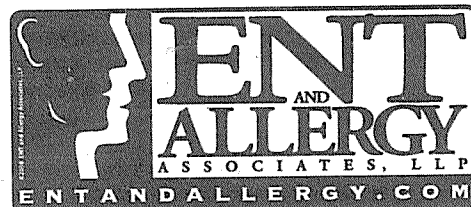
Every Party Is An Original!

We customize your ARTrageous party to any theme you and your child can think of!

**Contact Us For More Information!**

Location: Our NEW Kids Art Studio  
Waterfront at Roslyn  
55 Lumber Road, Roslyn, New York  
Office: (516) 686-6900  
Email: [rmassaro@abrakadoodle.com](mailto:rmassaro@abrakadoodle.com)

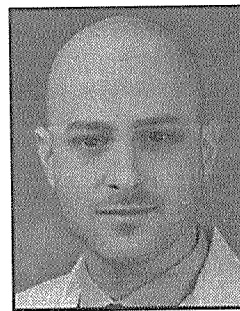
75145



We are pleased to announce that

**Ron Mitzner, MD**

OTOLARYNGOLOGY-HEAD AND NECK SURGERY



has joined Ear, Nose and Throat Surgeons

**Moshe Ephrat, MD, FACS**

**B. Todd Schaeffer, MD, FACS**

and Allergist and Immunologist

**Brian Safier, MD**

at

3003 New Hyde Park Road ■ Suite 409  
Lake Success, NY 11042

Office: 516-775-2800 ■ Fax: 516-775-0859

Be sure to ask about same day appointments and our full-service audiology department.

75097