

Long Island WOMAN

FREE

exclusive interview with

Lucie Arnaz

Test Your
Nutritional IQ

Women Chefs

September
Calendar of Events
plus an extensive listing of
Support Groups

fyi

SEPTEMBER PICKS

PRODUCT PICK

The Pouchee



The Pouchee is designed to fit inside a handbag to make it more organized: outside pockets for pens, sunglasses, mobile phone, credit cards, and keys, inside pockets for lipsticks or small flashlights, and zippered pockets for change or personal items. For a retailer near you, visit pouchee.com.

EVENT PICK

An Evening with Lucie Arnaz

Saturday, September 25 at 8 p.m.

Adelphi University Performing Arts Center (AuPac)

We were introduced to Lucie Arnaz on *The Lucy Show* opposite her mother Lucille Ball, followed by her own series *The Lucie Arnaz Show*. AuPac welcomes Lucie to its intimate Concert Hall to share a personal evening of music that touches on the key points of our lives. To order tickets, visit aupac.adelphi.edu or call (516) 877-4000.

BOOK PICK

The Letter

by V. Thomas Hoban

On September 11, 2001, V. Thomas Hoban had a life-changing experience as he watched a plane hit the second tower of the World Trade Center, and he wrote a heartfelt letter to his wife and children. Reading the letter several years later inspired him to write a memoir (with the letter included) that is poignant, honest and entertaining. Available on amazon.com.

CLICK PICK

kitchendaily.com

If you like to cook, this is the website for you! It's chock-full of wonderful recipes, tips from chefs, a "Dinner Tonight" feature, and lots more. Sign up for their daily e-mail and check out their "tools" section that includes an on-line personal recipe file.

EATERY PICK

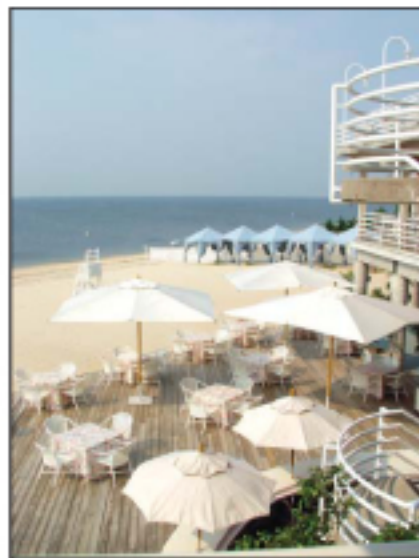
Pine Island Grill at Crescent Beach Club

333 Bayville Avenue, Bayville
(516) 628-3000

thecrescentbeachclub.com

Here's the absolute best way to spend a September evening: a spectacular dinner in a gorgeous setting as you watch the sun set over the Long Island Sound. There's no better place than the Pine Island Grill at the Crescent Beach Club. ▲

If you have a suggestion for FYI, please email it to fyi@lwomonline.com.



Woman to Woman...

Understanding Your Foot Care Needs



Lauren Schwartz,
DPM F.A.C.F.A.S.

Cosmetic Foot Surgery

Bunions, Hammertoes & Heel Pain

Diabetic Foot Care

Pregnancy and Foot Problems

21st Century FootCare, PC

To your health...One step at a time

Vito J. Rizzo,
DPM D.A.B.P.S.

Jamie G. Hopkins,
DPM. F.A.C.F.A.S.

Lauren Schwartz,
DPM F.A.C.F.A.S.

24 Brentwood Road, Bay Shore

631-666-8100 • 21stcenturyfootcare.com