



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 –



February is Teen Dating Violence Awareness Month (TDVAM). This month provides us with an opportunity to raise awareness and education about an important issue affecting teenagers across Long Island and the nation. This month is an important time to talk about healthy and unhealthy relationships, warning signs, and what we can do to prevent dating abuse from happening in the first place with innovative prevention strategies.

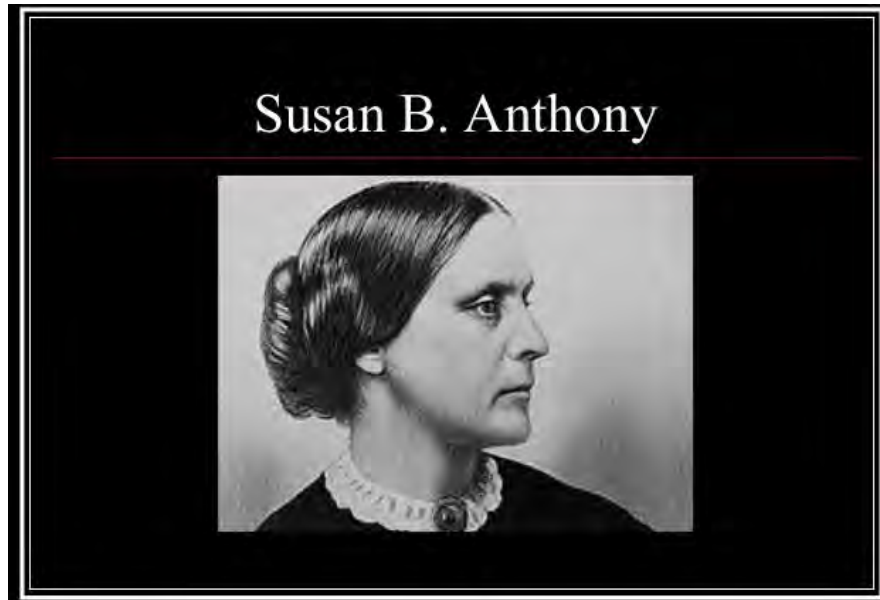
Did you know in an abusive relationship, one partner gains & maintains power & control over the other through abusive behavior? The following are some examples of ABUSIVE behavior?

- Hitting/Punching
- Possessiveness
- Not listening to "NO"
- Throwing things
- Jealousy
- Demanding online passwords
- Yelling/Shouting/Cursing
- Threatening suicide
- Looking through partners phone

WHO CAN YOU TELL? Abuse is likely to reoccur and escalate as time goes on. Tell an adult you trust! A teacher, friend, parent – just be sure to tell someone. You are NOT alone.

Find additional resources at: www.loveisrespect.org

Today, February 15th, is Susan B. Anthony Day



Even though Susan B. Anthony passed away fifteen years prior to the ratification of the 19th Amendment in 1920, which granted women the right to vote, the amendment became coined as the 'Susan B. Anthony Amendment' in her honor. Susan B. Anthony worked tirelessly for the rights of women, giving countless speeches across the nation. In her later years, Susan ended up speaking over 100 times each year at conventions, rallies and marches in the U.S. She also petitioned at every congress from 1869 to the year she died in 1906 for the passage of the Women's Suffrage Amendment. **We remember and honor Susan for her dedicated activism on fostering change for all women across the United States.**



Winter Break Activities for Kids



The Vanderbilt Museum Education Center has planned three creative workshops for children during the week of February 19-23

To inspire children for hands-on projects, Vanderbilt educators take children through the museum's collections of birds, wildlife and cultural artifacts, and dioramas.

February 19: *Self-Portraits*

Grades K-4

Learn about the Vanderbilt family while touring the mansion and studying their portraits.

February 20: *The Vanderbilt Cup*

Grades K-4

Visit the Vanderbilt Cup exhibit, learn about William K. Vanderbilt's passion for racing, and make your own model race car.

February 21: *Penguins*

Preschool children ages 3 and 4, with an adult

Explore the bird collection and create a piece of art out of a repurposed water bottle

Workshops are given in the Vanderbilt Education Center at the museum, 180 Little Neck Road, Centerport, N.Y. Workshops will be offered on February 19, 20 and 21, from 10:00 a.m. to 12:00 p.m. Fee: \$20 / \$18 for Members. Workshops require advanced registration. Please call 631-854-5539 to register, and for more information.



February is American Heart Month

American Heart Month, a federally designated event, is an ideal time to remember to focus on the health of our hearts. The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963. It is a time to raise awareness about heart disease and to encourage communities, health professionals and families to work together to make heart healthy decisions.

Heart disease is the leading cause of death for men and women in the United States and 1 of every 4 deaths are caused by heart disease. Although progress has been made to reduce deaths due to heart attacks, efforts to educate and raise awareness must continue. Chances are, we all know someone affected by heart disease and stroke, as nearly 2,300 Americans die of cardiovascular disease each day, an average of 1 death every 38 seconds.

The hopeful news is that it is also one of the most preventable diseases. Making heart-healthy choices, knowing your family health history and the risk factors, having regular check-ups and working with your physician to manage your health are all integral aspects of preventing this often silent killer.

Make a difference in your community by spreading the word about strategies for preventing heart disease and encouraging those around you to have their hearts check and commit to heart-healthy lives!

For more resources and information on heart health please log on to: <http://www.heart.org/HEARTORG/>

"Parading Down Main Street"



Northport Historical Society is Hosting their Monthly Walking Tour

February 18, 2018 @ 1:30 pm

Join the Historical Society for their monthly guided walking tour of Northport's historic Main Street business district. Using storytelling and historic photos from their collection, your guide will make the past come alive!

The tour leaves from the Northport Historical Society, 215 Main Street Northport, NY 11768. Tickets available the day of the tour in the Museum Shop, \$5/person for more information call (631)757-9859

TONIGHT!



BIKE LAW TALK

w/ Daniel Flanzig

Bike law for road & trail cyclists

Join Concerned Citizens for Mountain Biking (CLIMB) and New York Bike Lawyers, Flanzig and Flanzig, for their first 2018 workshop. The workshop, entitled **Bike Law Talk** will discuss everything you needed to know about bike law, for on- and off-road biking.

Event is suitable for adults and all abilities.

Pizza and beverages included, pre-registration encouraged.

Thu, February 15, 2018

6:30 PM – 8:30 PM EST

Bicycle Playground

256 Main Street

Huntington, NY 11743

Quote of the Week....



Sincerely,

William R. Spencer, M.D.

Suffolk County Legislator
18th Legislative District

Feel free to stop by my office (15 Park Circle, Suite 209, Centerport, NY 11721), e-mail me at william.spencer@suffolkcountyny.gov, or call me at (631)854-4500.

Like receiving Thursday's Thoughts? Be sure to tell your friends about it!
To unsubscribe, e-mail William.Spencer@suffolkcountyny.gov.