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April 2013

Long Island WOMAN

FREE



exclusive interview
Wendy Williams

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Couples Getaway
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what to do
April Calendar
plus an extensive listing of
Support Groups

fyi

by Debbi Honorof

Recipe Girl/Recipe Boy
Lori Lange left her elementary school classroom in 2006 to be a stay-at-home mom. A fanatical love of being in the kitchen led her to create RecipeGirl.com and begin working with major brands to develop recipes. Today, the site fields over a million visitors per month from around the world. Taking her fun and energetic cooking style from web to page, Lori Lange (aka RecipeGirl) is the new RecipeGirl Cookbook, is both a family-friendly cookbook and an entertaining guide with more than 175 recipes and ideas for everything from breakfast and desserts to themed menus. Known for her fun twists on classics, family-friendly feasts, and drool-worthy desserts, Lori's recipes excite busy home cooks and chefs alike. Tips for each recipe make prep work easy, icons indicate whether a recipe is gluten-free, dairy-free or vegetarian, and many recipes include "Change it Up!" a unique feature that shows the home cook how to change the recipe to make something entirely new. Lange also works with her 11-year-old son Brooks, teaching him to blog and create recipes at RecipeBoy.com.

Rarely Seen Views of Sagamore Hill
The Oyster Bay Historical Society opens its spring exhibition with the fine art photographic series, Theodore Roosevelt – "How I Love Sagamore Hill," by Long Island artist Xiomáro. The collection of more than 140 photographs was created last year during a three-year, \$6.2 million structural rehabilitation by the National Parks Service. The exhibit features 20 photographs from the collection, with each image uniquely titled so that a poetic narrative unfolds about TR and his household. The exhibit runs through June 2 at the Society's Koenig Center at 20 Summit Street in Oyster Bay. For more information, download a free ebook about the exhibit, visit the artist's website, xiomaro.com.

Donate That Old Bicycle
On Saturday, April 6, from 11 a.m. to 2 p.m., Islanders can put their old bicycles to good use by donating them to Pedals for Progress, a program that rescues unwanted American bicycles and sends them to communities overseas, including Ghana, Guatemala, Uganda and El Salvador.



Members of Returned Peace Corps Volunteers of Long Island will accept donations of bicycles at the Ethical Humanist Society, 38 Old Country Road in Garden City. In many countries, a bicycle is the only means of getting to a job or to school and income increases by 14 percent when the family owns a bicycle. To learn more about Pedals for Progress, visit

their web site at p4p.org. For information about the April 6th collection, call Bette Bass at 516-606-1400 or Kathy Williams-Ging at 631-549-4873. The program also accepts cash donations.

Italian-American Singers
For nearly 20 years, Hofstra's Italian American Experience Lecture Series has brought Italian-American culture to the local community. This spring, the series pays homage to three iconic Italian-American singers: Frank Sinatra, Tony Bennett and Jimmy Roselli. In the first lecture on Tuesday, April 2, Mark Rotella, author of *Amore: The Story of Italian American Song*, commemorates the 15th anniversary of Frank Sinatra's death. On Tuesday, April 23, David Evanier, the author of *All the Things You Are: The Life of Tony Bennett*, celebrates the singer's amazing longevity and popularity. On April 30, David Evanier, author of *Making the Music: The Story of Jimmy Roselli*, returns to Hofstra, along with music promoter Lenny Triolo, to remember Jimmy Roselli. All lectures are free and take place at 7 p.m. in the Guthart Cultural Center Theater in the Aavin Library. For more information, call 516-463-5669 or visit hofstra.edu/culture.

Meet This Long Island Woman



Stracey Sweet
Founder/Executive Producer
Life is Sweet TV

covers the good, sweet stories in life! What is your favorite kind of story to cover?
I love meeting everyday people who do the extraordinary. Some recent favorites on *Life is Sweet TV* include my one-on-one interview with Theresa Caputo, the Long Island Medium, an action-packed day behind the scenes with the women of the Long Island Roller Rebels, Long Island's own roller derby league, and a day in the life of the campers and counselors of Sunrise Day Camp, a Long Island day camp for children with cancer and their siblings. What advice do you have for small business owners who want to create their own media?
Everyone has a great story to tell. Find YOUR story and share it with your world.

my own online feature news and entertainment network, *Life is Sweet TV*. After years in the news business, my goal was to create a network that

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