

WINNERS

Compiled by Michael R. Ebert

LAURA ADAMS

Student

Laura Adams of Nesconset has received the Vanguard Student Recognition Award from the Nontraditional Employment & Training Project, an initiative by SUNY Albany's Center for Women in Government & Civil Society with the New York State Education Department. Adams is a radio and television production major at Suffolk County Community College, where she has spearheaded production of spoken-word versions of student works from the college's literary magazine, Perspectives, for the college's radio station, Suffolk Radio. The award is issued to students enrolled in career and technical education programs that prepare them for professions that are not traditional for their gender.



STEVEN SCHLESINGER

Co-managing partner

Steven Schlesinger of Roslyn Heights has been named to the Inaugural Hall of Fame of the Maurice A. Deane School of Law at Hofstra University. Schlesinger has served the past two years as co-managing partner at the law firm Jaspan Schlesinger LLP, and before that was the firm's managing partner for more than 40 years. He also serves as president of Congregation Beth Israel of Richmond Hill, has been a supporter of The Pat Cairo Family Foundation, and was instrumental in the development of his law firm's 75th anniversary celebration called "Heart of Community," which awarded donations to 75 nonprofit organizations.



CAROLYN LAU

Student

Carolyn Lau of Roslyn Heights has won the North Shore Symphony Orchestra's Young Artist Competition. Lau is a junior at Herricks High School, where she serves as vice president of the school's OPUS Literary Journal Club, vice president of career development for the Distributive Education Clubs of America (DECA) Club, and program manager of the Students Mentoring Young Learners Club. For winning, she will be performing Carl Nielsen's "Concerto for Flute and Orchestra" as a soloist with the orchestra during a concert at the Adelphi University Performing Arts Center on May 21.



LARRY THEODORE

Licensed broker associate

Larry Theodore of Farmingdale has received the International Society of Excellence Award at the Coldwell Banker American Homes Awards Gala Banquet for ranking as the No. 1 agent statewide for Coldwell Banker and for ranking in the top 1% nationwide in 2021. Theodore is a licensed broker associate with Coldwell Banker American Homes and has participated in thousands of transactions as a broker associate during his 36-year career. He is also a major donor to Easter Seals and the American Homes Foundation.



NOMINATE A WINNER Email information about the accomplishment or honor to winners@newsday.com. Include photo in JPEG format; color is preferred.

SENIORS

During the pandemic, many listed events are virtual; please call ahead before going to any event.

LONG ISLAND ARCHAEOLOGY

An educator from the Suffolk County Archaeological Association explores Native American prehistory and history on Long Island, from the Paleo to contemporary periods, as represented by the artifacts that archaeologists excavated, as well as a narrative of the environmental and cultural triggers that necessitated change. 7 to 8 p.m. Monday, hosted by Emma S. Clark Library, free, register for a link at emmaclark.org, 631-941-4080.

COOKING DEMONSTRATION

The Healthy Homestead Hostess teaches how to make Thai spring rolls with a simple peanut sauce. 7 to 7:30 p.m. Monday, hosted by Port Jefferson Library, free, visit portjefflibrary.org for a link, 631-473-0022.

HOOKS AND NEEDLES

Work on your own projects or something to donate, knitters and crocheters of all levels are welcome, donations of yarn or finished items will be accepted, no instructor. 10:30 a.m. to noon Monday, Bayville Free Library, 34 School St., Bayville, free, bayvillefreelibrary.org, 516-628-2765.

POSTURE ALIGNMENT

Learn postural therapy designed to eliminate chronic pain and achieve quick and sustainable results for a pain-free life, have a towel or mat on hand. 11 a.m. Monday, hosted by Levittown Library, free, register for a link at levittownpl.org, 516-731-5728.

EXPLORE THE LOWER EAST SIDE

Historian Marty Schneit talks about the Lower East Side, including the Eldridge Street Synagogue and Katz's Deli, as well as shares stories and tidbits about famous people who lived there, including Irving Berlin, Eddie Cantor and George Burns. 7 to 8 p.m. Tuesday, hosted by Emma S. Clark Library, free, cardholders can register for a link at emmaclark.org, 631-941-4080.



ONLINE: IPAD AND IPHONE BASIC SETTINGS

Join SeniorNet's webinar for an overview of the devices and a detailed look at how to activate and change your device's settings. 2 to 3:30 p.m. Wednesday, SeniorNet at Family Service League, free, register for a link at seniornetll.org, 631-470-6757.

BREATHE TOGETHER

Experience stillness and deep breathing to foster a calm well-being. 10 to 10:20 a.m. Tuesday, hosted by Deer Park Library, free, Suffolk County cardholders can register for a link at deerparklibrary.org, 631-586-3000.

BETHPAGE BOOK CLUB

Discuss the novel "Less" by Andrew Sean Greer. 1 to 1:45 p.m. Tuesday, and 7:15 to 8 p.m. Wednesday, hosted by Bethpage Public Library, free, register for a link at bethpagelibrary.info, 516-931-3907.

MEMORY FITNESS

Exercise your brain with games, trivia and more. 2 to 3 p.m. Tuesday, hosted by Half Hollow Hills Community Library Dix Hills Branch, free, cardholders can register for a link at hhllibrary.org, 631-421-4530.

NOSTALGIC NEW YORK

A virtual journey back through the New York City of the

1950s, 1960s and 1970s. 2 to 3 p.m. Thursday, hosted by Glen Cove Library, free, register for a link at glencovelibrary.org, 516-676-2130.

FITNESS FOR OLDER ADULTS

Renaee Pucco leads a basic exercise class geared toward the fitness needs of older adults. 11 a.m. to noon Tuesday, hosted by East Hampton Library, free, register for a link at easthamptonlibrary.org, 631-324-0222.

ALZHEIMER'S SUPPORT GROUP

Learn methods and tools to balance your personal, physical and emotional needs while caring for your loved one. 11:30 a.m. to 1:30 p.m. Tuesday, Center Moriches Library, 235 Main St., Center Moriches, free, Suffolk County cardholders can register at centermoricheslibrary.org, 631-580-5100.

WHAT TO WATCH?

Discuss the shows everyone is watching and talking about, learn what's new and what's next. 7 to 8:30 p.m. Tuesday, Rockville Centre Public Library, 221 N. Village Ave., Rockville Centre, free, register at rvclibrary.org, 516-766-6257.

BREATHE TOGETHER

An instructor-led deep-breathing practice that fosters calm well-being and can improve health. 10 to 10:30 a.m. Tuesday, hosted by Rogers Memorial Library, free, register for a link at myrml.org, 631-283-0774.

PARKS FOR ALL — FREDERICK LAW OLMSTED

Cornell Cooperative Extension of Suffolk discusses the trademarks of landscape architect Frederick Law Olmsted and how the parks he designed are enjoyed today. 11 a.m. to noon, Friday, hosted by South Huntington Library, free, register for a link at shpl.info, 631-549-4411.

EXPLORE THE SALT MARSH

Ranger Pat Riley discusses the salt marshes of Fire Island National Seashore, including their vegetation and wildlife. 7 to 8 p.m. Thursday, hosted by East Hampton Library, free, register for a link at easthamptonlibrary.org, 631-324-0222.

TOUR OF THE KENNEDY SPACE CENTER

Experience a space adventure on Earth, and tour the exhibits and attractions of NASA's Kennedy Space Center in Florida. 6:30 to 7:30 p.m. Thursday, Patchogue-Medford Library, 54-60 E. Main St., Patchogue, free, register to attend in-person or online at prmlib.org, 631-654-4700.

CHAIR YOGA

Strengthen your body and reduce stress and stiffness. 9 to 10 a.m. Friday, Long Beach Library, 111 W. Park Ave., Long Beach, free, register to attend in-person or visit longbeachlibrary.org for a link, 516-432-7201.

TEEN TECH TIME

Teens from the East Hampton community guide participants through one-on-one technology help. 10 a.m. to noon Saturday, hosted by East Hampton Library, 159 Main St., East Hampton, free, register at easthamptonlibrary.org, 631-324-0222.

KITCHEN GARDEN DESIGN

Author Eileen Ecker Ogden discusses her gardening book "The Complete Kitchen Garden: An Inspired Collection of Garden Designs & 100 Seasonal Recipes," bring your questions. 2:30 to 3:30 p.m. Saturday, hosted by Brentwood Library, free, register for a link at brentwoodnylibrary.org, 631-273-7883.

Compiled by Gina Tabarus with LaToya Rodriguez, Daniel Variano and Keri Wall-Treudler.

SUBMIT EVENTS for at newsday.com/submitevents or email to events@newsday.com. Photos should be attached as JPEG; photos become Newsday property for use in all media.