

Picks

AUGUST

by Annie Wilkinson



Product Pick We All Scream For ...

A family owned, New Jersey-based business established in 1968 makes the best ice cream I've ever tasted—light, creamy, and not too sweet. Try Mr. Green Tea's green tea, red bean, or the new handcrafted flavors: chai latte, ginger, black sesame, fortune cookie, cold brew coffee, and chocolate pomegranate. At StopandShop or order at mrgreentea.com.

Shopping Pick Lavender Fields

This shop is full of items to beautify your home and your

wardrobe: luxurious goods from Pine Cone Hill, Shabby Chic, and other designers; cruelty-free Mermaid Hair Oil; bedding, furniture, accents, gifts, clothing; and, of course, French lavender. Free interior design service from the friendly, knowledgeable staff. Located at 318 Wynn Lane, Port Jefferson. Info at 866-898-5461 or at lavenderfields.com.

EcoPick A Cleaner Coast

Bring sturdy gloves and get to work clearing Fire Island's shoreline of harmful marine debris. You'll learn where the debris comes from and how it affects marine life, while documenting the trash to help ensure ecosystem health. The free event is at 12 noon at the Fire Island National Seashore Wilderness Visitor Center, County Road 46, Shirley, on Saturday, August 19. Monthly cleanups continue on September 16 and October 21. Learn more at the Riverhead Foundation for Marine Research and Preservation at 631-369-9840 or by emailing education@riverheadfoundation.org.



Lidia Bastianich at Italia Vera

Book Pick

A Field Guide to Long Island Sound

By Patrick J. Lynch

Retired Yale University media designer/illustrator Patrick J. Lynch sets his sights on the Sound's natural history in this lavishly illustrated book. The photographs, artwork, diagrams, and maps were created by the award-winning author. Purchase at your local bookstore or online.

Event Pick

Food, Wine, and Cars: Ciao!

A celebration of all things Italian makes its debut with *Italia Vera: The Ultimate Italia Lifestyle Festival*. It features acclaimed chefs such as Lidia Bastianich, vintage Italian cars, pasta-and pizza-making classes, olive oil tastings, fashion boutiques, and shoemaking demos. At the NYCB LIVE Nassau Veterans Memorial Coliseum, 1255 Hempstead Tpk., Uniondale, on Saturday, September 9, for two sessions: 12:30 p.m. and 5:30 p.m. Tickets range from \$9 to \$129; purchase at italiaverafest.com.

Meet This Long Island Woman

Kim M. Ciesinski, Esq.

Founding Partner, Schwartz & Ciesinski, LLP

Describe the work you do.

I am a matrimonial and family law attorney focusing on mediation and collaborative practice as alternatives to litigation in divorce matters. Our legal system is intended to produce a winner and a loser and is not equipped to handle the normal emotions of grief, fear, and anger attendant to every divorce matter. As a result, divorces often become wars of attrition which inflict unnecessary financial and emotional damage to families. In the majority of divorce cases a non-adversarial approach is far more cost effective and a resolution is reached much faster with much less emotional damage. A courtroom is the wrong forum for the resolution of what is a very traumatic life event.

What has failure taught you?

Failure has always served as a stepping stone for me. My biggest failures have presented me with some of the best



opportunities for incredible growth and achievement. For me, the key to dealing with failure is to view it as a new opportunity for success. Don't ever listen to the little voice that tells you a failure is a sign that you can't accomplish whatever it is you set out to do.

Based on your area of specialty, what advice would you give to other women?

The best advice that I would give to women in the practice of family law is: Do not try to practice like a man. This is a field where a woman's intuition and natural feelings of compassion are tremendous assets. I see many young female attorneys attempting to adopt a masculine approach in an ill-fated attempt to prove competency and confidence. Do not stifle your feminine qualities for fear of appearing weak. When you act as your authentic self, your strength shines through and your confidence will soar.

To be considered for MEET THIS LONG ISLAND WOMAN, please submit your information at liwomanonline.com/mtliw.