



# FACS on LI



lifacsprofessionals.org



Spring-Summer, 2014, Volume X

## A fab new cookbook, and the end of an era

The Long Island FACS Professionals have produced a cookbook for the Family and Consumer Sciences classroom. "Student Tested, Teacher Approved," is available through the lifacsprofessionals.org website, either as a paperback or electronically through a flash drive, including a PDF form and editable version. Visit the website, review the sample, feel your mouth water and buy. (Buy the cookbook on the site, prices vary: paperback, \$29; PDF, \$11; both, \$37.)

**END OF AN ERA:** There is an actor working as an extra in Los Angeles who chronicles his adventures in Facebook. He has come to this career after the recession and changes in technology left him jobless, despite his great education and resume. In his posts, he writes about working as a background player in movies and television.

He explains what it's like to find each job and strategies for excelling at it. Topics have included how he prepares for and organizes his days to the whims of filming. Each post ends with a description of the programs and scenes he has been working in, and the caution: "Don't blink."

And, so it goes with the evolution of the FACS on LI newsletter. In the past 10 years, it has morphed from a printed version sent by mail to an electronic version sent by email.

Now, all the great information provided twice a year will be available online at lifacsprofessionals.org, and the newsletter moves into history. Time marches on. Remember, "Don't blink."

It has been a privilege to serve you.

-- Liisa May, editor



Photo by Victoria Sinacori

## Southold HS student wins top chef prize

Dan Insogna, a student chef from a tiny Southold High School on the North Fork cooked his way to a scholarship and glory in May 2014, defeating 12 competitors from much larger schools.

(Read more about Dan's achievement and the accomplishments of other students. Page 5.)



## LI FACS officers

**Diane Amato**  
Long Island coordinator  
[damato57@optonline.net](mailto:damoto57@optonline.net)

**Lynne Amend**  
Treasurer, email master  
[lifacseducators@gmail.com](mailto:lifacseducators@gmail.com) or  
[greenmiatagal@optonline.net](mailto:greenmiatagal@optonline.net)

**Laurie Brown**  
Awards chairwoman  
[Laurieb337@gmail.com](mailto:Laurieb337@gmail.com)

**Meghan Dolce**  
Awards chairwoman  
[meghandolce@gmail.com](mailto:meghandolce@gmail.com)

**Pamela Jacobson**  
Membership chairwoman  
[Pjacobson100@gmail.com](mailto:Pjacobson100@gmail.com)

**Joan Chieffo**  
Scholarship chairwoman  
516-795-9345

**Laura Ciano**  
Secretary  
631-579-6154  
[omoni@optonline.net](mailto:omoni@optonline.net)

**Joanne Galterio**  
Treasurer  
516-536-1286  
[jgalt14@hotmail.com](mailto:jgalt14@hotmail.com)

**Dr. Andrea Mosenson**  
Queens College liaison  
718-997-4161  
[Andrea.Mosenson@qc.cuny.edu](mailto:Andrea.Mosenson@qc.cuny.edu)

**Cynthia Theiss**  
Professional development  
631-587-6352  
[ctheiss4@optonline.net](mailto:ctheiss4@optonline.net)

**Diane Weiner**  
Professional development  
516-681-3145  
[dweiner55@gmail.com](mailto:dweiner55@gmail.com)

**Jonathan Mosenson**  
Web designer, producer  
[jonmos@optonline.net](mailto:jonmos@optonline.net)

**Christine Barteldt**  
Newsletter liaison  
[CBarteldt@copaigue.net](mailto:CBarteldt@copaigue.net)

**Liisa May, editor**  
[sisuliisa@yahoo.com](mailto:sisuliisa@yahoo.com)



At the year-end dinner on May 21, 2014, LI FACS coordinator Diane Amato, right, congratulates Joanne Galterio for her Distinguished Service Award along with Laura Ciano. (See teacher honors, Page 8.)

## Dear LIFACS members,

We would again like to congratulate all award winners who were honored at the End of the Year dinner on May 21, 2014. It is important for you to know how much we appreciate the work that you do for all of your students as part of your educational day and beyond.

In addition, some great things happen during the year -- our workshops, conferences, networking at Happy Hour, logo items online, and the updating of our website.

Our March Conference was awesome! Diane Weiner and Cindy Theiss, our professional development team, had a wonderful and interesting program for us. These included a chef demonstration that produced a delicious seafood dish for tasting, best practice lessons in which we were able to hear about eight great lessons from very qualified teachers and who could forget Laura, the Bee Lady, who taught us everything we

wanted to know about local bees at Blossom Meadow, a farm in Cutchogue.

Visit our website, [lifacsprofessionals.org](http://lifacsprofessionals.org), for information about our cookbook and upcoming programs.

See also our cookbook, "Student Tested; Teacher Approved." It has some great recipes and helpful teaching hints.

It's a great gift for any teacher. It will be available on the website as bound copy and electronically. We are very excited about this project and want to thank Pam Jacobson for all of her hard work in putting this together.

This will be the last Old School newsletter: it's final edition. We will be turning to our website to showcase FACS activities, and to keep you up on the latest issues for our discipline.

Remember to make time for the Fall Conference. Visit the website for details.

-- **Diane Amato,**  
**Long Island coordinator**

Find more at [lifacsprofessionals.org](http://lifacsprofessionals.org)



Students from fashion design and fashion illustration classes at MacArthur High School and Division Avenue High School in Levittown visit the Costume Museum at the Fashion Institute of Technology in November 2013.

## Seeing history's diversity through fashion

The Fashion Design and Fashion Illustration classes from MacArthur High School and Division Avenue High School visited the Costume Museum at the Fashion Institute of Technology on Friday, Nov. 22, 2013.

The students and chaperones met at the Wantagh train station and took the Long Island Rail Road to Penn Station. From there the group walked the six blocks through the garment center to the FIT campus.

At the museum, the group had a guided tour of the exhibit, *A Queer History of Fashion: From the Closet to the Catwalk*.

The exhibit features about 100 ensembles, from 18th-century menswear styles associated with an emerging gay subculture to 21st-century high fashion.

This is the first museum exhibition to explore in depth the significant contributions to fashion made by LGBT individuals over the past 300 years.

The exhibit is about honoring the gay and lesbian designers of the past and present by acknowledging their contributions to fashion and to encourage people to embrace diversity. The students prepared for the exhibition by researching the cultural,



economic, and social influences on fashion through the decades and by researching fashion designers.

Afterward, the group shopped in the student store and ate lunch in the student cafeteria before walking back to Penn Station and taking the LIRR back to Wantagh for the end of the school day.

The purpose of the trip was to enhance the Fashion Design curriculum and for students to view up close fashion design apparel.

The students also had the opportunity to observe college life on an urban campus, and have the opportunity to explore careers in the fashion industry. -- **Joanne Galterio**

# A mixer with memories and momentum

At the LIFACS mixer in April, teacher Gina Brienza was reunited with her now retired high school FACS teacher, Paula Fertik. They had a great time catching up!

Incidentally, Gina's daughter, Laura, is becoming a FACS teacher, too, and will graduate with a masters of education in FACS with Gina in December 2014. Gina currently teaches in Center Moriches.

"Laura and I have taken a couple of classes together which has been really nice," Gina says. "We get to work on assigned projects together and it makes the commute that much better. Who knew 23 years ago that our paths would combine like this?"



From left, Laura and Gina Brienza with Gina's teacher Paula Fertik.

## Next challenge? Lesson plans for retirement

Where has the time gone? Every year has been a whirl of students, planning and activities. Then suddenly, a whole new world opens up. Here are some of the LI FACS members who have put in their papers and are heading for a new challenge:

**Diane Amato** retired in June after teaching for 34 years. Her career path began at Babylon Junior-Senior HS and then moved to the middle school and high school in Mount Sinai. To have the privilege of opening a brand new high school was an thrilling educational adventure.

To be part of a districts traditions and programs that are still in place today has been exciting. She plans to travel and have more time to spend with family. She still feels that FACS is important part of her retirement and will remain for the time being as the FACS Long Island coordinator.

**Judi Gardner** is retiring this year. She has been teaching since 1989 and, and says she has loved her career teaching Home and Career Skills at Udall MS in West Islip for the past 16 years.

Outside of school, Judi is involved with peace and social action initiatives. Currently, she is working toward banning fracking in upstate New York and

New retirees are, clockwise from top left, Diane Amato, Judi Gardner, and Diane



the Keystone XL pipeline route across the prairie states. She is also an avid hiker. That is her waving from the rim of the Grand Canyon.

Judi is the proud mom of two teachers, Beth Schettino, a FACS teacher at Syosset High School and Queens College, and Stacy Cabrera, a business teacher at Farmingdale High School. She said she is proud that both of her daughters are active in their professional organizations, and are budding union representatives.

**Diane Weiner** started her career on Long Island teaching family and consumer sciences at Babylon Junior-Senior High

School. Not long after that, her children made their debut into the world.

Diane enjoyed a short time as a stay-home mom, and then looked for a position closer to home. She was ecstatic to find a middle school position at JFK in Bethpage where she has taught FACS for 27 years. She says she is eager to see what adventures the next part of her life will bring!

Congratulations to **June Shepard** who is retiring from West Babylon Middle School!

Best wishes for a happy retirement to **Sally Reinhardt** in the Port Washington district!

*Find more at [lifacsprofessionals.org](http://lifacsprofessionals.org)*

# Activities and awards for FACS students



Photo by Victoria Sinacori

Dan Insogna and his winning dishes.

in Suffolk County for scholarships and glory in the Long Island High School Culinary Competition, Insogna took home the top prize of a \$4,000 scholarship to Suffolk County Community College culinary program for his pan-roasted chicken with a mushroom cream sauce, sautéed vegetables and zucchini, and a sweet potato puree.

Among the judges were Jerry Dicecco, chef and owner of Jerry and the Mermaid Restaurant, and Sean Fountaine, executive chef for Atlantis and the Hyatt Hotel, both Riverhead.

Dan is enrolled in the College Culinary Arts I Course in Southold High School taught by Joanne Rizzo, and he is a senior in the HB Ward Technical Culinary Program in Riverhead.

## Accomplishments, activities

**SYOSSET HS FUTURE LEADERS** of America club in conjunction with the FACS department hosted Senior Citizen Prom for local seniors on May 30, 2014 in the school gymnasium.

Students prepared and served food and desserts. The party theme was "What Happens in Vegas," and seniors ate, danced and competed for raffle prizes. -- **Beth Schettino, Syosset CSD**

**THE COMMUNITY CONNECTIONS** Club made caps for premature babies at Stony Brook University Hospital. Students also made dog toys for pet store adoption day and made 20 complete meals for the

## A young chef winner in Suffolk

Southold High School student Dan Insogna won first place in a young chef's competition on May 6, 2014, at the Suffolk County Community College Culinary Arts and Hospitality Center in Riverhead.

Competing against 12 other students from larger schools

school food pantry. -- **Emma Domino and Ginger Ferraro, Three Village SD**

**FASHION CLUB STUDENTS** presented a show with student models. The event included teacher and community participation. Students were featured in Future Corps. In addition they used sewing machine skills to make recycled plastic bag holders which help the environment. -- **Cindy Adriaenssens, and Paula Behrens, Deer Park SD**

**NATIONAL NUTRITION MONTH.** Students coordinated both morning and afternoon announcements with video to go along with nutrition tips.

They also took a culinary tour of the Vanderbilt Museum and learned how food was cooked and prepared many years ago! It was a good trip. Two students entered in the Let Them Eat Cake, LIFACS Challenge. -- **Elaine Zeller, Levittown SD**

**MALL CHOW.** Three students are entered in the Meal at the Mall, LIFACS Challenge. -- **Laura Ciano, Hicksville SD**

**SOUTHOLD CHEERS.** Dan Insogna won the Regional Culinary Competition on Long Island. Congratulations! -- **J. Rizzo, Southold SD**

**700 POUNDS OF FOOD!** The sixth and seventh grades at the middle school participated in the Island Harvest Food Collection Challenge and collected more than 700 pounds of nonperishable food. The high school culinary chefs program also prepared a luncheon for visiting students from Sicily. Buon appetito! -- **Meris First, Locust Valley SD**

**GINGERBREAD COMPETITION.** The eighth grade FACS class won third prize in the Sagtikos Manor Gingerbread Competition. -- **Christy Roxo, Harborfields SD**

**SEWING PROJECT.** Sixth graders were featured in the Future Corps for donating a sewing project to a nursing home. -- **Karen Kazlauskas, Copiague SD**

**THINK BREAKFAST.** The Home and Careers Club sponsored the fourth Think Breakfast! event. Students were offered special options during the breakfast program along with daily prizes that were



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# Activities and awards for FACS students

## ACTIVITIES, from Page 5

distributed by the club members. This program increases the number of breakfasts sold and eaten every year. -- **Christine Barteldt, Copiague SD**

**CAREER FAIR PILOT.** The department recently hosted a pilot career fair program for eighth grade FACS students. It concentrated on alternative careers. Presenters were welcomed into the library and classes attended during their scheduled FACS class. They rotated through stations conducting informational job interviews. It was so well received that it will now be an annual event. -- **Farmingdale MS**

**BIRTHDAY WISHES.** Seventh grade students at Hewitt MS raised money for Birthday Wishes, which assists with creating birthdays for homeless children. The students used their sewing skills to sew buttons on clothing and charged teachers, staff and family for their services. All students enjoyed

the fundraiser and learned a lot about community service. -- **Hewitt MS**

**NEW ELECTIVES.** The high school Culinary Arts program added 4 new half-year electives: Lighten Up, Farm to Table, Snacks, Apps & Desserts and Extreme Cupcakes.

These classes offer an opportunity for students to stay in the program for a full 3 years before being placed in internship programs. It is also a great opportunity to promote the CTE program! -- **Farmingdale HS**

**FIVE NEW TEACHERS.** There are five new teachers finishing the program at Queens College in 2014. They are Julianne Kur, Carrie Stern, Jessica Klein, Jennifer Harris, and Saima Salahuddin.

We welcome them into the field and wish them luck as they begin teaching Family and Consumer Sciences! -- **Andrea Mosenson, Queens College**

**CHRISTMAS COOKIES CREW.** Students at Copiague Middle School made cookies for the holiday tours of Sagtikos Manor, an



**COOKIE DONATIONS NEEDED.** It's not too soon to begin thinking about donating cookies for the annual holiday house tour at the historic Sagtikos Manor on the South Shore. This community service activity is a tremendous boost to raise much needed restoration funds for the 42-room mansion that is more than 300 years old. Any amount, or kind of cookie (without nuts, please) will be gratefully accepted. PR is available for your department. Please contact Cindy Theiss ([ctheiss4@optonline.net](mailto:ctheiss4@optonline.net)) for information or to add your donation.



# 2014 LIFACS Challenge Winners

## Masters of Invention

**MS Winner:** Student Alissa Barber for "Coffee Critters."

**Teacher:** Christy Roxo, Oldfield MS, Harborfield SD.



North Shore HS student Michelle Yoon poses with her teacher Theresa Paolilli-Schiano showing her certificate for winning in the Sew to Serve category with team mates Jessica Miller, Sarah Haliq and Aleshia Hatalovsky.

## It's Not Easy Being Green

**MS Winner:** Student Jessica Gallen for "Vinyl Record Clock."

**Teacher:** Christy Roxo, Oldfield MS, Harborfield SD.

## It's Not Easy Being Green

**HS winner:** Student Michelle Yoon for "Fun, Stylish Fashion Clock."

**Teacher:** Theresa Paolilli-Schiano, North Shore HS.



Two student winners from Oldfield MS in the Harborfields SD with teacher Christy Roxo are, at left, Masters of Invention winner Alissa Barber, and, at right, It's Not Easy Being Green winner Jessica Gallen.



## Snack Attack

**MS winner:** Student Nicole Morreale for "Kiwi Sticks"

**Teacher:** Susan Carlsen, Woodland MS, East Meadow.

## Snack Attack

**HS winners:** Students Danielle Futerman, Lily McGintee, Ruby Talmage, Francesca Denaro, Kerrie McCaffrey

**Teacher:** Janine Lalia, East Hampton HS.



Three Syosset HS students show their certificates for the Let Them Eat Cake prize, from left, Logan Kravitz, Andrew Gee and Shaina Tabak. With Beth Schettino.

## Let Them Eat Cake

**MS winner:** Student Melanie Echeverria for "Sebastian's Radiator Springs Dream"

**Teacher:** Ilyssa Leeper, Long Beach MS.

## Let Them Eat Cake

**HS winners:** Students Andrew Gee, Logan Kravitz, Shaina Tabak for "Up-Up-Up with a Fish"

**Teacher:** Beth Schettino, Syosset HS.



Long Beach MS student Melanie Echeverria, left, won the Let Them Eat Cake prize for "Sebastian's Radiator Springs Dream." She is with her teacher Ilyssa Leeper.



Hicksville MS student Kate Cimino won in Meals at the Mall category. She is with teacher Laura Ciano.

## Sew to Serve

**HS winners:** Students Michelle Yoon, Jessica Miller, Sarah Haliq, Aleshia Hatalovsky.

**Teacher:** Theresa Paolilli-Schiano, North Shore

## Meals at the Mall

**MS winner:** Student Kate Cimino

**Teacher:** Laura Ciano, Hicksville MS.

*Find more at [lifacsprofessionals.org](http://lifacsprofessionals.org)*

# 2014 honors for LIFACS Professionals



Here are the honors for Long Island FACS Professionals presented May 21, 2014, during the end-of-year dinner at the Sheraton Four Points Hotel in Plainview.

1. Teacher of the Year, Nassau: Joanne Leonardi, with Beth Schettino, left, and Diane Amato.
2. Teacher of the Year, Suffolk: Christy Roxo with, from left, family and friends, and Diane Amato.
3. Promising New Professional, Nassau: Meghan Dolce with Pam Jacobson, left, and Diane Amato.
4. Promising New Professional, Suffolk: Laurie Brown with Pam Jacobson, left, and Diane Amato.
5. Distinguish Service: Joanne Galterio with Laura Ciano, left, and Diane Amato.
6. Ellen Swallow Richards Award, Phyllis Chan Carr, who does public relations for Sagtikos Manor, with Cindy Theiss, left, and Diane Amato.

Orchid Award: Barbara Nizewitz



Photos by Nancy Lenz



Find more at [lifacsprofessionals.org](http://lifacsprofessionals.org)

## LI FACS Calendar 2014 to 2015

<b>FALL 2014</b>	<b>EVENT</b>	<b>PLACE</b>
Sept. 10	LI FACS Board meeting	Hauppauge Panera Bread
Oct. 1	Tips-n-Tricks Fall Workshop	To be determined
Oct. 16 to 18	NYSFACS Unified Conference / board meeting	Albany
Oct. 20	LI FACS Board meeting	Farmingdale Panera Bread
Nov. 4.	FACS Election Day Conference	Dave & Buster's, Farmingdale
Nov. 20	Pre-holiday happy hour	Main Event, Farmingdale
Dec. 10	Holiday Board dinner	Joanina, Huntington
<b>SPRING 2015</b>	<b>EVENT</b>	<b>PLACE</b>
Jan. 8	LI FACS Board meeting	Hauppauge Panera
Jan. 13	Winter Workshop	Division Avenue / J. Galtiero
Jan. 23 and 24	NYSFACS State Board meeting	Albany
Jan. 30	Award nominations deadline	
Feb. 25	LI FACS Board meeting	Farmingdale Panera Bread
March 13	College scholarship deadline	
March 20	LIFACS Professional Conference	Riverhead
April 15	LIFACS Challenge deadline	
April 22	LI FACS Board meeting	Hauppauge Panera Bread
May 1 and 2	NYSFACS State Board meeting	Albany
May 7	End of year happy hour	
May 14	LI FACS Challenge awards	Catering school TBD
June 4	LI FACS Board meeting	Farmingdale Panera Bread