

Knowledge to 'Mpower' Women And Girls

A Mighty Lass hosts second annual mother/daughter event

BY NICOLE LOCKWOOD

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A confident and empowered woman is developed during the adolescent years, a time that is often challenging and stress-inducing both physically and mentally, especially for young girls. A Mighty Lass, an organization with the goal of providing tools and strategies to promote confidence, compassion and independence for females of all ages, will soon be hosting its second annual mother/daughter event known as "Mpower."

"We want to provide girls with knowledge, because knowledge will give them the power to stand strong and feel good about themselves," said

Emma Brandt, cofounder of A Mighty Lass. "As a gender, we need to start embracing and celebrating each other, supporting one another's uniqueness."

The overall mission is for girls to leave the event feeling as though they are good enough. It is common during the middle school years for girls to begin to feel as though they don't measure up in some way, whether it be their looks, performance in school or relationships with friends and family members. A Mighty Lass recognizes these insecurities, and works to mitigate them through knowledge and encouragement.

Moreover, A Mighty Lass recognizes that the best way to empower



The Mpower event will take place at LIU Post on Saturday, March 11.

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Turning The Page In Oyster Bay Town Hall

New ethics guidelines, board to guard against corruption



Town Attorney Joseph Nocello said he'll be the "chief enforcer" of the new ethics guidelines and procedures in the Town of Oyster Bay. Nocello was an assistant U.S. attorney with the Eastern District of New York from 1991-95. Looking on during the Feb. 28 meeting to introduce the town's new Ethic Board are Councilwoman Michelle Johnson and Supervisor Joseph Saladino.

(Photo by Frank Rizzo)

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When former Town of Oyster Bay Planning and Development Commissioner Frederick Ippolito was facing sentencing last fall after being convicted in a tax evasion case, U.S. District Court Judge Leonard Wexler declared that, "there is something rotten in the Town of Oyster Bay."

Ippolito is now serving a prison sentence, and his former boss, Supervisor John Venditto, is also fighting federal corruption charges and stepped down Jan. 4 to prepare his defense.

And recently, published reports

indicated that the Nassau County District Attorney's Office has empaneled a grand jury to investigate corruption in Oyster Bay.

In the face of these developments, the town unveiled what it called sweeping ethics reform and introduced a new Board of Ethics on Feb. 28.

"We're here to demonstrate the dawn of a new day in [the town]...to reform ethics and rebuild the public trust in our town," said Supervisor Joe Saladino.

Among the town's new initiatives are:

- Creating an independent ethics board

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