Veteran zoning board member Andrew Thomas replaced amid controversy over holdover status — A11

Back-to-school means back to sleep. A5

Focus on Health

Inside: Web your way to better health
Sleep tips to power your next workout
Is it tiredness or fatigue?
Sleep snoring more than circulate
Choosing the right hospital
Sun safety word search

Inside Arts & Lifestyles • B13

CHILDHOOD ENRICHMENT CENTERS

Come in for a tour & experience what makes us different!

Toddler/Preschool (Ages 18mos.-5yrs.)
Half-day, full-day & extended day educational classes and personal attentive care.

School-Age Care (Grades K-5)
Affordable before/after school and school break programs. District busing available.

Infant Care (Ages 6 weeks & up)
A safe, loving, & stimulating home away from home environment.

37 Crystal Brook Hollow Rd. 631-331-5351 www.kidsofmountsinai.com
43 Echo Ave. 631-403-4790 www.kidsofmillerplace.com
Make a Statement...
with flooring that shows off your style and taste!

Carpet • Laminate • Hardwood • Area Rugs • Waterproof Flooring

631-737-0638
2838 Middle Country Road • Lake Grove
carpetyourworld.com

Balsam, Schmid & Huber, LLP
Attorneys

Office Manager: Natalie Grunnan
407 East Main Street, Suite 11, Port Jefferson, NY 11777
Telephone: (716) 589-6638
Email: john@bshllp.com
Website: www.bshllp.com

John Huber
Land Use, Planning & Zoning Partner
(practicing since 1997)

John concentrates his law practice on sophisticated land use, planning & zoning matters involving code analysis & compliance, covenants, restrictions & easements, design & engineering standards, municipal & regulatory approvals & permitting (including wetlands compliance), project feasibility analyses, site planning & stakeholder relations.
Town of Brookhaven to receive $1M for landfill settlement

BY PETER SLONIEWSKY
DESK@TBRNEWSMEDIA.COM

In June, waste-incinerator Covanta agreed to pay the Town of Brookhaven $1 million to settle a lawsuit alleging the company trucked hazardous ash to the town’s Yaphank landfill. While the settlement is pending in the Nassau County Supreme Court, town Supervisor Dan Panico (R) said he has “no reason to believe that it wouldn’t be approved.”

The lawsuit was filed in 2013 by whistleblower Patrick Fahey, a former Covanta Hempstead employee, on behalf of local governments that sent municipal waste to the Covanta plant in Westbury. Brookhaven accepted the resulting ash at its Yaphank landfill.

Covanta, which announced in April a name rebranding to Reworld Waste, has denied any wrongdoing.

Fahey’s attorney, David Kovel, has said that his client “doesn’t think the town is acting in the best interests of its citizens” by accepting such a “sweetheart” settlement.

Members of the Brookhaven Landfill Action and Remediation Group shared similar sentiments in a June 6 statement at a Brookhaven Town Board meeting. Group co-founder Monique Fitzgerald said, “It is despicable that this settlement would give Covanta a pass, while continuing to force community members to carry the burden,” adding, “This agreement comes without any input from the community.” She noted that Covanta would be absolved of any future financial responsibility for pollution cleanups in the area.

BLAR group has also called for the immediate closure of the landfill, which was previously slated to be closed in 2027 or 2028, and for there to be an immediate cleanup of the North Bellport community’s air, land and water. Town officials have yet to provide a firm timeline for closing the Yaphank facility.

Panico, when asked whether the town will earmark the settlement money for the benefit of the North Bellport community or for remediation at the landfill, said, “We’re doing work far in excess of that $1 million figure. Our commitment to the people of North Bellport is long-standing and strong.”
Supervisor Panico and Councilmember Kornreich check out Suffolk County’s Water Quality Program

Brookhaven Town Supervisor Dan Panico (R) and Councilmember Jonathan Kornreich (D-Stony Brook) joined Suffolk County Health Deputy commissioner, Anthony Figliola, at the Port Jefferson Marina on July 30 to review and learn more about the Suffolk County Marine Water Quality Monitoring Program.

The county’s Office of Ecology routinely monitors the quality of marine surface waters, throughout the county, as part of various environmental and management programs.

These activities were initiated in 1976 under the “208 Study” (Section 208 of the Federal Water Pollution Control Act of 1972), a comprehensive water quality management program calling for the development of a plan to meet established water quality goals.

Panico said, “Suffolk County’s marine monitoring program is as interesting as it is impressive. Far more is known now, than decades ago, about the health of our waters, and its sources of degradation. There is a great deal of work to be done — the continual measuring to obtain metrics of the conditions.”

He added, “Port Jefferson and Setauket harbors are two beautiful and treasured features of Brookhaven Town, and we appreciate the partnership with Suffolk County.”

Kornreich elaborated further, stating that he and Panico enjoyed joining Suffolk County’s team as they tested various sites in and around the harbor complex.

“They are out on the water, all year round, in all weather, taking samples and testing to make sure contaminants and algae are being monitored at all times. Thank you to these hard working men for your role in protecting public health and our maritime environment,” the councilmember said.

BY DANIEL DUNAIEF
DESK@TRBNEWSMEDIA.COM

Imagine a typical school classroom filled with adults, listening as intently as they can to a detailed lecture about the finer points of tax law or multivariable calculus.

The adults in the room who weren’t particularly interested in the topic might struggle to concentrate, and several of them might try — perhaps unsuccessfully — to stay awake.

Now, bring a group of eight-year-olds into the same room, with the same instructor, and the same material. The likelihood that any of those younger students would fall asleep in their chair is far lower.

One reason for that difference is that the younger set, consistently, gets more sleep, while the older generation, from high school students on up the chain, typically, are not as well-rested.

“We think it’s normal, if you’re bored, to fall asleep, but it’s not,” said Dr. Steven Feinsilver, director of Sleep Services at Northwell Lenox Hill Hospital. “Falling asleep in a lecture that doesn’t interest you means that you either have a sleep [problem] or, more likely, are sleep deprived.”

Indeed, the percentage of the population that is sleep deprived is estimated at around 50% or more, a staggering number, which means that at least half the population needs more restorative sleep.

With the start of another academic year just under a month away, sleep experts are urging students to start shifting back to their respective school sleep schedule in the coming weeks.

These sleep experts suggest that students who may sleep until 9 a.m. or later during the summer, but will soon get up for school at, say, 6 a.m., are experiencing a type of jet lag people often feel when they travel across the Atlantic.

Sleep experts say that changing an adolescent’s schedule to an earlier waking routine, a week or more before school starts, can ease that school-year transition, while others recommend shifting up wake-up time, by an hour earlier per day during the September lead-up.

“If you know you’re going to have to be waking up at 6 a.m. for the first day of high school, you should be starting to wake up within that hour, within three days or so, before that so your body gets used to it,” said Lauren Hale, professor of preventive medicine and sleep behavior expert at Stony Brook Medicine.

Routines, including getting enough sleep, are important in preparing for the mental effort required to meet daily learning challenges.

“Our brains like a consistent schedule,” said Brendan Duffy, director of Sleep Services at Catholic Health, which includes Port Jefferson-based St. Charles Hospital and Smithtown-based St. Catherine of Siena. “It’s important to get up at the same time,” even on weekends.

**Teenagers need more sleep**

The academic age group that needs the most sleep is the one that is often getting the least.

High schools often start just after 7 a.m., in part because after-school activities such as athletic practices and events, as well as other extra-curricular activities, take up the hours between the end of school and the onset of darkness.

“Between 15 and 25, everybody’s clock tends to run slow,” Feinsilver said.

The school districts that have pushed high school start times back have seen their test scores go up, added Feinsilver.

He acknowledged that it’s challenging for parents who are managing their own work schedules to balance their children’s academic hours. Parents and schools can and should try to compromise, he urged.

**Benefits on the athletic field**

A return to school also means the restarting of athletic programs, some of which begin before the first day of the new academic calendar.

Student-athletes are pushing their minds and bodies, as they juggle demanding academic requirements with training and competition.

Sleeping the estimated optimum of seven to nine hours per night not only helps improve an athlete’s competitive skills but also helps prevent physical problems.

Sleeping enough is a “way to avoid injuries,” said Duffy, who has been talking to students in a range of ages all the way through college.

Duffy added that professional teams are also encouraging athletes to budget for the sleep their minds and bodies need.

Additionally, he suggests sleep is a form of prehab, as sufficient rest can prevent injuries that would require rehabilitation.

Duffy has spoken with several area teams about the importance of sleep, including the Stony Brook women’s soccer team.

“For 90% of the players, this is the first time they hear about the importance of sleep athletically, said Tobias Bischof, the head coach of SBU women’s soccer team. “My players are 18- to 22 years old and it’s not on their radar yet how important sleep is.”

He describes sleep as “probably the greatest recovery tool we have” and believes it’s “super important for injury prevention.”

As a coach, Bischof has started journaling his players sleep patterns and believes he and others can be better coaches with enough rest.

**Mental health**

Sleep can also be a sign of, or a contributing factor to, mental health issues.

In a Sleep-to-Rise campaign, the Sun Belt Conference suggests that talking about sleep is a gateway to discussing mental health.

Not getting enough sleep or poor sleep quality can increase the risk for mental health issues, while poor sleep itself can reflect mental health challenges.

In its sleep-to-rise online effort, the conference urges athletes to consider sleep a “competitive advantage.”

“We know that when student-athletes, we emphasized the importance of prioritizing your sleep,” Lauren Shear, assistant commissioner of Championships & Sports Administration at the Sun Belt Conference, explained in an email. “This meant highlighting how sleep affects both mental health and physical health.”

Shear added that the conference tries to provide educational resources on mental health, nutrition, sleep and other factors to equip the student-athletes with the information they need to succeed in and outside competition.

She tries to get seven to eight hours of sleep per night and has noticed that when she gets six or less, she’s more irritable and lethargic. She’s also more likely to get sick.

Stony Brook’s Hale added that sleep, unlike diet or other life changes, can provide a noticeable benefit.

“People can see immediate results quicker than other behaviors,” Hale said. “If you choose not to have dessert, you might feel like you lost something and you don’t see a benefit the next day. If you actually got a full night of sleep, you might feel the benefits that day.”

**Sleep tips from SBU’s Hale**

• Prioritize your sleep health
• Try to have regular sleep times, even on weekends
• Make sure you get morning light
• Avoid substance use, like caffeine late in the afternoon
• Put screens away before bedtime
• Sleep in a cool, dark, quiet place
• Pay attention to your body. Figure out when you get restorative rest compared with when you don’t.

Boy chases a soccer ball. Pixabay photo

If you actually got a full night of sleep, you might feel the benefits that day.

**HEALTH**

Don’t forget about back-to-school sleep.

Student falls asleep at his desk. MetroCreative Connection

Sleep experts say that changing an adolescent’s
Suffolk County District Attorney Raymond A. Tierney announced on Aug. 1 that Anthony Santiesteban, 32, of Centereach, was sentenced to 40 years to life in prison, after a jury found him guilty in June of Murder in the Second Degree and other related charges, for fatally shooting Martina Thompson, 33, of East Patchogue, in Oct. 2022.

The evidence at trial established that in the early morning hours of Oct. 29, 2022, surveillance video captured Santiesteban and the victim engaging in a conversation next to Santiesteban’s Jeep Cherokee in a parking lot in Coram.

Santiesteban was then seen on video following the victim into a fenced area at the rear of the parking lot. Immediately afterwards, at approximately 1:03 a.m., a gunshot is heard on the video recording, and Santiesteban was captured walking out of the fenced area with a semi-automatic handgun in his hand. Santiesteban then entered his Jeep and left the scene.

At 1:25 a.m., the police found the victim with a gunshot wound to her face, lying in a pool of blood. She was transported to Long Island Community Hospital in Patchogue where she was pronounced dead.

On Nov. 2, 2022, police searched Santiesteban’s bedroom pursuant to a search warrant and recovered a loaded and defaced 9 mm handgun. Ballistics testing confirmed the bullet casing found next to the victim’s body came from the gun found in the bedroom.

“Terrorist deliberately took the life of Martina Thompson, whose children will now have to live without their mother,” said District Attorney Tierney. “Murder does not just end one life, it devastates families, friends, and entire communities. While no punishment can ever truly compensate for the loss of a loved one, this sentence ensures the defendant will face severe consequences for this grievous act and will no longer pose a danger to the public.”

— Suffolk County DA’s Office

**Centereach man sentenced to 40 years in prison for killing East Patchogue mother**

**Wanted for Grand Larceny**

Suffolk County Crime Stoppers and Suffolk County Police Fourth Squad detectives are seeking the public’s help to identify and locate three men wanted for allegedly possessing stolen credit cards in South Setauket in July.

Multiple credit cards were stolen out of a purse at ALDI, located at 139 Alexander Ave., Lake Grove, on July 26. A short time later, a man allegedly used the stolen credit cards to purchase gift cards, valued at $1,200, at Target, located at 255 Pond Path in South Setauket.

**Man found lying in road in Moriches**

Suffolk County Police Major Case Unit detectives are investigating the circumstances surrounding an incident during which a man was found unconscious in the road in Moriches on Aug. 5.

Seventh Precinct officers responded to Montauk Highway, near Louis Avenue, at approximately 4:30 a.m. after a 911 caller reported an unconscious man lying in the road.

The man, John Ballard, 30, of Mastic, was transported to Long Island Community Hospital in Patchogue for treatment of serious injuries. Detectives are asking anyone with information to call 631-852-6555.

**Melville pharmacy burglarized**

Suffolk County Crime Stoppers and Suffolk County Police Second Squad detectives are seeking the public’s help to identify and locate the people who allegedly burglarized a Melville pharmacy in July.

Three people allegedly burglarized 110 Pharmacy & Surgical, located at 459 Walt Whitman Road on July 30 at approximately 4:45 a.m. They stole cash and other items. They fled in a black four door Mercedes-Benz, possibly a S550, with no front license plate.

Detectives are asking anyone with information to call 631-854-8201.

— Compiled by Heidi Sutton

**The following incidents have been reported by Suffolk County Police:**

**CAUGHT ON CAMERA**

Suffolk County Crime Stoppers offers a **cash reward** for information that leads to an arrest. Anyone with information about these incidents can contact Suffolk County Crime Stoppers to submit an anonymous tip by calling 1-800-220-TIPS.
**County Executive Romaine shares his plans for Long Island during press conference**

**BY TONI-ELENA GALLO**
**EDITOR1@TBRNEWSMEDIA.COM**

Suffolk County Executive Ed Romaine (R) held a Zoom press conference with local media publications Friday, July 26.

Romaine’s opening remarks emphasized the importance of local media, and his desire to give the press an opportunity to “write the stories you need to write.”

He then briefly discussed some of his seven-month tenure’s accomplishments, including the approval of the Water Quality Restoration Act that aims to rectify Suffolk’s sewer systems subject to a referendum on Election Day, Nov. 5.

Romaine is looking to put sewer infrastructure “on steroids,” as 70% of the county utilizes pollutant-rich cesspools. His plan is to put “densely populated areas of Suffolk, whenever possible, on sewers,” and the less densely-populated areas on Innovative/Alternative septic systems that will denature the ground and surface water.

Romaine stated that the county will be purchasing new vehicles for the Suffolk County Police Department as well, and he intends to improve police and county government’s mental health services.

Additionally, the county executive expressed concern that Long Island is being “short changed” by the state and federal governments, in which the Island “does not get its fair share.”

“I want to know what happened to the infrastructure money that I supported that President Biden [D] put forward, or the environmental bond issue that the governor put forward, which I supported. … I just don’t see that money flowing to Long Island,” he said.

He gave a local example where Suffolk is deprived of comparative support: “For bus transportation and funding, we get $40 million. Nassau County, which is one-third the size of Suffolk, gets $103 million.”

Romaine went on to share that recently he submitted “one of the largest capital budgets in Suffolk’s history.”

This comes from his wish to fix many of the county’s dilapidated properties that have lacked maintenance. “It’s time that we maintain our roads, our bridges and our infrastructure,” he said.

Romaine went on to discuss his objective to lessen the Island’s high traffic congestion: “How about redoing the bridge over Nicholls Road? How about adding a third lane to the Sagtikos/Sunken Meadow Parkway?”

Furthermore, Romaine spoke of some of his disappointments with the state’s relationship with Suffolk.

For example, when discussing the Long Island Rail Road, Romaine said, “I come from a county where electrification stops at Babylon, Huntington and Ronkonkoma, and everything east of that being diesel. Really? Why aren’t we subject to getting electric trains? Why do we have to put up with dirty diesel?”

---

**Eye on the Street: Summer on Long Island**

**BY AVA HIMMELSBAch**
**DESK@TBRNEWSMEDIA.COM**

Long Island prides itself in its beautiful weather, more specifically, its gorgeous summers.

That is why Port Jeff locals and visitors were asked this weekend: “What do you like to visit or do during summer on Long Island?”

**Carolyn and Julie**

Many Long Island residents thrive in the summer weather and enjoy spending time outdoors when the sun is out. Julie highlighted her relaxing visits to the local beaches: “We just got a parking permit for the beach, so we go on the beach, drive on the beach, that’s fun.” She also noted her enjoyment of going fishing and eating out.

**Amanda, Michelle, Kaitlyn and their children**

“My favorite thing to do in the summer is go to the Shirley Beach splash pad with the toddlers,” Michelle said. She loves that spot due to its free admission combined with the opportunity of play time outside for her children. “Going to the ocean, [especially] Smith Point,” Kaitlyn added. She mentioned that she enjoys the beaches closer to home, as well. “My favorite thing is to go to the parks around us,” Amanda stated.

**Gallya (right) and her friends Sima and Sandra**

Gallya, a Long Island resident, was joined by her visiting friends Sima and Sandra, who had just arrived on the Island that day.

“Walking through Port Jefferson, it’s such a great little village,” Gallya noted. “I like to go on the fishing boat, I like to go eat ice cream at the shack, I like to bring my closest friends that come from different parts of the world — presumably in reference to her friends Sima and Sandra — to share the beauty of this part of America.”

Port Jefferson is undoubtedly a favorite for locals and visitors alike in the summertime. “I like to go to the restaurants in town, the meditation center and all the little boutique shops. I love to walk on the waterfront where they do sailing and rowing,” Gallya added.

As for the rest of Long Island, she enjoys visiting the wineries and farms out east, as well as hiking at Avalon Park.

**Anne and Zoey**

“The beach!” Zoey said when asked about summer activities. “Yes, the beach. We love to go to West Meadow Beach with the grandchildren while they’re here. Anything fun for kids to do, like Rocketship Park,” Anne added, in regard to the location of the interview. Zoey and Anne agreed that Kilwins in Port Jefferson is a fun spot to grab ice cream. “There’s a wonderful park up near Ward Melville [High School], I think it’s Washington Avenue Park,” Anne continued. “We love going there.”

“Also the library, Emma Clark Library [in Setauket],” Zoey concluded. “We spent a lot of time there yesterday. It’s amazing how much energy you can spend in a library with two kids.”
Local school officials have adopted the following family eligibility criteria to assist them in determining eligibility:

- Students in New York State that are approved for reduced price meals will receive breakfast and lunch meals and snacks served through the SNAP/TANF/FDPIR Households:
  - the individual child's designation as Other Source Categorically Eligible, as defined by law. Children are determined Other Source Categorically Eligible if they
  - Foster children may also be included as a member of the foster family if the foster family chooses to also apply for benefits for other children. Including children in foster care as household members may help other
  - The child will still receive free benefits

- Letters to parents. One application for all children in the household should be submitted. Additional copies are available at the principal's office in each school.

- Households with income the same or below the amounts listed above for family size may be eligible for and are urged to apply for free

- Foster children are eligible for free meals based on their participation in SNAP, TANF or FDPIR. Foster children may also be included as a member of the foster family if the foster family chooses to apply for benefits for other children. Including children in foster care as household members may help other children in the household qualify for benefits. If non-foster children in a foster family are not eligible for free or reduced price meal benefits, an eligible foster child will still receive free benefits.

- Households with income the same or below the amounts listed above for family size may be eligible for and are urged to apply for free.

- Applications may be submitted at any time during the school year to building Principals or District Office. Please contact District Office at 631-791-4231 with any questions regarding the application process.

- Children in households receiving Women, Infants and Children (WIC) benefits may be eligible for free or reduced price meals through the application process.

- Under the provisions of the policy, the designated official will review applications and determine eligibility. If a parent is dissatisfied with the ruling of the designated official, he/she may make a request either orally or in writing for a hearing to appeal the decision. Mr. Sean Leister, Deputy Superintendent whose address is 550运河 Hill Road, Port Jefferson NY 11777 has been designated as the Hearing Official. Hearing procedures are outlined in the policy. However, prior to initiating the hearing procedure, the parent or School Food Authority may request a conference to provide an opportunity for the parent and official to discuss the situation, present information, and obtain an explanation of the data submitted in the application or the decisions rendered. The request for a conference shall not in any way prejudice or diminish the right to a fair hearing.

- Complete only applications can be approved. This includes complete and accurate information regarding: the SNAP, TANF, or FDPIR case number; the names of all household members; on an income application, the last four digits of the social security number of the person who signs the form or an indication that the adult does not have one, and the amount and source of income received by each household member. In addition, the parent or guardian must sign the application form, certifying the information is true and correct.

- In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, disability or limited English proficiency.

- Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

- Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

- To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: [https://www.usda.gov/sites/default/files/documents/ad-3027.pdf](https://www.usda.gov/sites/default/files/documents/ad-3027.pdf), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA.

Notice of formation of Sample, LLC.

Notice of formation of Port View Media, LLC.
In remembrance of
Joseph Mark Shroyer

PREPARED BY THE SHROYER FAMILY
DESK@TBRNEWSMEDIA.COM

On Aug. 4th, 1932, Dr. Joseph Mark Shroyer (Joe) passed away at 91 on July 9th at Stony Brook University Hospital.

Born to Dr. Reed M. and L. Pearl Shroyer in Vincennes, Indiana, he grew up as the youngest of four. In Indiana, he learned the importance of hard work, education and family.

He, subsequently, completed his bachelor’s degree at the Indiana University, where he served as the president of the Acacia House and was a co-founder of the world-renowned Little 500 bicycle race.

Joe married Nancy Jane Morris, and his first child, Ken, was born, while attending medical school at Yale. Following graduation, Dr. Shroyer pursued training in experimental pathology, at the University of Rochester, in Upstate N.Y., where his daughter, Beth, was born.

Following this, Joe completed residency and clinical fellowships, in adult and pediatric orthopedics, at the Mayo Clinic, Walter Reed Army Medical Center and the New Mexico State Children’s Hospital.

Dr. Shroyer enlisted as an officer in the U.S. Army in 1962, serving as a trauma and orthopedic surgeon, for almost nine years. He was the commanding surgeon of a Mobile Army Surgical Hospital (MASH) unit in Vietnam, as well. Additionally, he was the chief of orthopedics at military bases, throughout the southwest.

Dr. Shroyer entered private practice in Pueblo, Colorado, in 1969, where he lived with Ken, Beth and his first wife, Nancy, until she passed away. In 1982, Dr. Shroyer married Joann Arnold, with whom he raised their daughter, Katie, and his stepson, Brian. Later in life, he married his high school sweetheart, Nancy Knowles, with whom he lived for many years before she passed away, last year.

Joe was an adventurer, avid horseman, skier, sailor and motorcyclist. He and the family traveled frequently to Kino Bay, on the coast of one of the most remote areas of Northwest Mexico, and to the high peaks of the Rocky Mountains.

He devoted his life to serving others, and was a role model to his children, grandchildren and those whose life he touched.

Dr. Shroyer is survived by his son, Ken, his wife, Laurie, his daughters, Beth and Katie, and his three grandchildren: Robert, Jessica and Brad.

A memorial service was held at the Three Village Church in Setauket.
New head coach Billy Cosh looks to bring change to SBU football

BY KENNY SPURRELL
DESK@TBRNEWSMEDIA.COM

After the removal of former head coach Chuck Priore in Nov. 2023, the Stony Brook football team has found his replacement in hopes that brighter days are ahead.

Finishing the 2023 season with an 0-10 record — the worst in program history — was not the way the Seawolves hoped to bounce back from 2022 that ended with a 2-9 finish. Just under a month after removing Priore, Stony Brook hired former Western Michigan University offensive coordinator and quarterbacks coach Billy Cosh to fill the role.

Cosh, 32, a resident of Smithtown, started his coaching career at Concord University in 2015, soon getting the position as a graduate assistant and quarterbacks coach for Indiana from 2016 to 2017. Cosh made the move to the Virginia Military Institute in 2018, serving as the wide receivers coach in 2018 and 2019, then getting promoted to offensive coordinator and quarterbacks coach for the 2020 and 2021 seasons.

Cosh jumped to Richmond in 2022 where he led a top 20 offensive SP+ rating, advancing to the second round of the FCS playoffs in his lone season. After serving as offensive coordinator at Western Michigan for the 2023 season, Cosh was named the third head football coach in Stony Brook history. At 31 years old, he became the second-youngest current head coach in NCAA Division I football.

Coaching at Richmond in the Coastal Athletic Association (CAA) — the same conference as the Seawolves — Cosh said he has “always admired Stony Brook from afar.” In his first head coaching position, Cosh will look to pull the Seawolves out of the cellar.

“I knew this place has a chance,” Cosh said. “I knew they had the capability, so that’s kind of what attracted me to the job.”

Football is in Cosh’s blood. Bouncing around from place to place during his upbringing, he is the son of Chris Cosh who played linebacker for Virginia Tech from 1977 to 1981. Chris coached for 40 years at multiple FCS schools such as UNLV, Maryland, Michigan State, South Carolina and many more. He currently serves as an analyst at Western Michigan.

“I thought my dad had the coolest job in the world,” Cosh said. “I was like a sponge; I was around the game all the time. I got to see different players that played in the NFL and watched how they work and watched how coaches coached, it was really unique.”

Cosh was raised with his brother, James, who went on to play football at the United States Naval Academy from 2007 to 2011. James is currently a scout for the Chicago Bears in the NFL.

Being brought up around football, Cosh was destined to be a star on the field. Attending Arundel High School in Gambrills, Md. from 2006 to 2009, Cosh won the job of starting quarterback his junior year. He went on to break seven state records that season including most passing yards (3,909) and touchdowns (56), but it paled in comparison to his senior season.

Cosh’s senior year was special, throwing for 3,913 yards and 56 touchdowns. He set Maryland state records for career completions (594), passing yards (7,433) and touchdowns (112), finishing his high school career with a 22-3 record and leaving college coaches clamoring to have him on their team.

Though Cosh’s achievements on the field spoke for themselves, he credits playing with future NFL wide receivers RJ Harris and Alec Lemon for much of his success at Arundel.

“That kind of made a big difference,” Cosh said. “I wasn’t a great player, but I was very appreciative of the guys around me.”

When the college recruitment process started, Cosh’s father was the defensive coordinator at Kansas State University. A chance to play at a Big 12 school and have his father guide the way was too good for Cosh to pass on, deciding to play college football as a Wildcat.

Unfortunately, when things seem too good to be true, they often are. Cosh’s coaches opted to give him a freshman redshirt his first season at Kansas State, meaning he would be sidelined and not see action the entire season.

Looking ahead to his sophomore season, Cosh realized there may not be an opportunity for him to play anytime soon. With three quarterbacks on the roster that were returning the following season, all of them were ahead of him on the depth chart. He was paid a visit by James Madison University’s head coach Mickey Matthews who told Cosh he would have a better opportunity playing for him, so Cosh made the move.

Transferring to James Madison for his sophomore year hoping that he would have the chance to play, Cosh’s wishes were not answered. Again, Cosh was at the bottom of the depth chart and did not see action the entire season, later claiming that the move from Kansas State was one that he regretted.

“Really made a rash decision to leave, Coach [Bill] Snyder told me I would regret it, and he was right in some ways,” Cosh said. “I went [to James Madison] and was kind of told I wasn’t good enough, which was probably true, I wasn’t the greatest player, but I was never really given a shot.”

Cosh realized that he would have to step down a level if he wanted to get any real playing time, opting to transfer again, this time to Butler Community College in the NJCAA. Making the move in hopes to impress scouts and get back to the Division I level, Cosh did just that.

Stepping down a level gave Cosh the opportunity to see the field, but the talent pool in the NJCAA was very deep. He played with “12 to 15” future NFL players and against current All-Pro players such as Tyreek Hill, Alvin Kamara and Cordarrelle Patterson.

Cosh’s lone junior college season was described as a “rebirth” for him by Butler head coach Troy Morrell. He turned heads by throwing for 2,856 yards and 25 touchdowns in 2012, but he would soon face another obstacle. Cosh tore his ACL in the NJCAA junior college championship game and lost to Iowa Western, 27-7.

Despite the sour ending, Cosh reflects on his time at Butler fondly.

“I loved that time,” Cosh said. “I loved my teammates. I loved the coaching staff... so that was awesome.”

Despite the injury, Cosh had impressed college scouts enough to receive some offers. He committed to the University of Houston before the conclusion of the 2012 season, successfully making his way back to the NCAA Division I level.

However, Cosh soon faced another roadblock. His commitment to Houston came before the injury to his knee, something that he thought would lead the team to pulling his scholarship. To Cosh’s surprise, the Cougars chose to keep him around.

Still rehabbing his ACL tear, Cosh missed the entire 2013 season due to injury. He made his debut in 2014, and though he only saw the field three times at Houston, he was able to end his college career on his terms, not others’.

Though Cosh’s time at Houston was underwhelming on the field, it was where he met his wife, Kelsey.

Being around the game of football his entire life, Cosh has faced plenty of adversity throughout his career. Due to these challenges, it makes sense that Stony Brook Athletic Director Shawn Heilbron believes that Cosh is the man for the job to bring the Seawolves back to relevance.

Kenny Spurrell is a reporter with The SBU Media Group, part of Stony Brook University’s School of Communication and Journalism’s Working Newsroom program for students and local media.
Long-serving volunteer questions replacement on Port Jeff zoning board

BY LYNN HALLARMAN
DESK@TBRNEWSMEDIA.COM

Andrew Thomas, architectural designer and village resident, made his case to remain as a member of the Village of Port Jefferson Zoning Board of Appeals at the Board of Trustees meeting July 31.

Having served on the ZBA since 2014 and the Architectural Review Committee since 2020, Thomas highlighted his experience in a detailed statement. Thomas is the husband of former village trustee Rebecca Kassay, now Democratic candidate for the state Assembly District 4.

Despite his efforts, trustees voted 3-1 in a resolution to “fill the vacant position under which Thomas was serving in a holdover capacity.” He was replaced with real estate agent and ZBA alternate member, Alexia Poulos. Trustee Kyle Hill cast the dissenting vote, while trustee Stan Loucks was absent.

Addressing prior concerns about possible conflict of interest from his dual roles on the ZBA and ARC, Thomas offered several solutions to the board including withdrawing from the ARC or recusing himself from certain matters. He stated that legal counsel from the New York Conference of Mayors indicated no conflict exists.

POLITICS

Zoning procedures

Zoning is the process by which a municipality is divided into separate districts or zones. The goal is to avoid incompatible land uses, like a car wash being built in a residential area. If an applicant, such as the builder of a car wash, is dissatisfied with the zoning regulations, a petition can be lodged with the ZBA for a variance. The ZBA then decides whether to grant or deny this request.

Holdover status

According to the July 1 organizational minutes of the Board of Trustees, Thomas, along with another ZBA member and three members of the Planning Board are currently in “holdover” status, with terms that have expired as far back as 2022.

Additionally, a total of 17 volunteer members across several different committees and advisory councils have also been identified in the minutes as serving in holdover status due to expired terms.

Holdover status occurs when a volunteer member continues to serve after their official term has expired, ensuring that the board, committee or council remains functional. Volunteers in holdover status can be reappointed or replaced by a governing body such as the Board of Trustees according to New York State Public Officers Law.

Mayor Lauren Sheprow in an email to TBR stated that “we have recently discovered a comprehensive and consistent lack of timely and accurate recordkeeping of our land use board members by prior administrations over the years, resulting in term start and end dates that are not verifiable.”

She added, “We are diligently working to bring all boards, committees and councils into compliance with NYS Village Law if they are not.”

The Board of Trustees will hold a work session Aug. 14. The next trustees board meeting open for public comment will be held Aug. 28.
Officials express concern at high rate of drunk and drugged driving incidents

Suffolk County District Attorney Ray Tierney (R), New York State Sen. Dean Murray (R-East Patchogue) and county Sheriff Errol Toulon Jr. (D) released public safety announcements to remind the public of the dangers of drunk and drugged driving. They further discussed the importance of staying at the scene of a crash, as well as the legal and financial ramifications of a criminal arrest.

“We are more than half-way through this year’s ‘100 deadliest days of driving.’ In Suffolk County alone, there have been at least 20 fatalities since Memorial Day weekend, many of which were caused by drunk or drugged drivers. That is almost three lives lost per week, many of which were completely preventable, and despite the prevalence and convenience of ride-shares,” Tierney said.

“Drunk and drugged drivers threaten the lives of random and innocent roadway users of every age, gender, ethnicity and economic status, every single day throughout [our state],” he added.

In 2022 Long Island saw 245 people die in crashes, with 164 in Suffolk County alone — a third of which involved DWIs. According to a member of the SCPD, “Suffolk County holds the trophy for [these accidents], and it’s not a good trophy to hold.”

Murray, Toulon and Tierney doubled-down on their pledge to fight for the safety of all New Yorkers.

“Drunk and drugged drivers threaten the lives of random and innocent roadway users of every age, gender, ethnicity and economic status, every single day throughout [our state],” Tierney said.

They further urged all Long Islanders not to drive under the influence of any alcohol/drugs, regardless of the amount, since the officials want everyone to remember that any amount of alcohol or drugs in a person’s system is too much when it comes to driving.

Furthermore, these officials stressed the desire to have the Deadly Driving Bill passed in Albany, “to save countless lives, and make our roadways safer across New York State.”

This bill would call on lawmakers to close a great many of the loopholes in drugged driving laws. More specifically, the Deadly Driving Bill would end the allowance of an individual to avoid arrest and prosecution for operating a vehicle while drugged, unless the officer can pinpoint the drug by which the driver is impaired — while said drug must be listed in Section 3306 of the Public Health Law, as well.

Murray voiced concern over the specifics of legalized marijuana, as he feels that many have been left wondering whether it is appropriate to ingest any amount of it before taking the wheel.

“When New York State rushed through legislation to legalize marijuana, it was done so in a way that left many questions unanswered. Who can legally sell it? Who can legally buy it, use it or consume it?” Murray said. “There is definitely a need to educate the public [on this], and I’m thrilled to team with Suffolk County District Attorney Ray Tierney and Suffolk County Sheriff Errol Toulon Jr. to put these PSAs out to the public, to help facilitate that process.”

All public safety announcements can be found on the Suffolk County District Attorney’s website at www.suffolkcountyny.gov/da.
passed in Albany, “to save countless lives, the desire to have the Deadly Driving Bill person’s system is too much when it comes drugs, regardless of the amount, since to drive under the influence of any alcohol/throughout [our state],” Tierney said.

“Drunk and drugged drivers threaten the lives of random and innocent roadway users of every age, gender, ethnicity and economic status, every single day, through this year’s ‘100 deadliest,” Tierney said.

Officials express concern about the dangers of drunk and drugged driving.

They further urged all Long Islanders not to ingest any amount of it unless the officer can pinpoint the drug by process.

Ray Tierney (R), New York Sheriff Errol Toulon Jr. File photo

“100 deadliest

In 2022 Long Island saw 245 people were caused by drunk or drugged drivers. That is almost three lives lost per week, many of which have been left wondering whether all public safety announcements could be here!

Call 631-744-3722

Asking $20.00.

VANS/REC VEHICLES

***AAA*** AUTO BUYERS Highest Cash Paid, All Years/Conditions, WE VISIT YOU, Or Donate, Tax Deduct + Cash. DMV ID#1303199. Call LUKE 516-VAN-CARS, 516-297-2277

GOT AN UNWANTED CAR??? Your car donation to Patriotic Hearts helps veterans find work or start their own business. Fast free pick. Running or not! Call 24/7: 1-888-251-3135.

JUNK CARS BOUGHT! We’ll Beat Any Price. Call 631-500-1015. SEE DISPLAY AD FOR MORE INFORMATION.

TOP CASH PAID FOR ALL TRUCKS, CARS, & VANS. Highest prices paid for fixable vehicles. Call Mark 631-258-7919. SEE DISPLAY AD FOR MORE INFORMATION.

FINDS UNDER 50

FLUORESCENT LIGHT FIXTURE 4 foot 2 bulb Asking $20.00. Call 631-744-3722
We are:
The Village TIMES HERALD
The Village BEACON RECORD
The Port TIMES RECORD
The TIMES of Smithtown
The TIMES of Middle Country
The TIMES of Huntington,
Northport & East Northport
tbrnewsmedia.com

General Office
631–751–7744
Fax 631–751–4165

OFFICE HOURS
Monday–Friday 10:00 am–4:00 pm

Classifieds Section is published by TIMES BEACON RECORD NEWS MEDIA every Thursday. Leah S. Dunaief, Publisher, Sheila Murray, Classifieds Director. We welcome your comments and ads.

$59 – $99 – Capital region $59 – $99 – all regions $389 – $689 words. $10 each additional word. Call for display ad rates.

Line ads 25 words:

Statewide or Regional Classifieds also available - Reach more than 7 million readers in New York’s community newspapers.

TIMES BEACON RECORD NEWS MEDIA will not be responsible for errors after the first week’s insertion. Please check your ad carefully before placing of ad.

Basic Ad Rates
- First 20 words
  1 Week $29.00
  4 Weeks $99.00

Display Ads Call for rates.

Specials*
*May change without notice

Free Free Free
Merchandise under
$50 15 words
1 item only.
Fax-Mail-E-mail
Drop Off
Include Name, Address, Phone #
Free 2 signs with placement of ad free

Action Ad
20 words
$44 for 4 weeks for all your used merchandise
Garage Sale
Ads $29.00
Buy 2 weeks of any size BOXED ad get 2 weeks

Employment
Ask about our Contract Rates.

Real Estate Display Ads
Mail Address
TBR News Media
Classifieds Department
P.O. Box 707
Setauket, NY 11733

Email
class@tbrnewsmedia.com

Contact Classifieds:
(631) 331–1154
or (631) 751–7663
Fax (631) 751–4165
class@tbrnewsmedia.com
tbrnewsmedia.com

Dental Insurance
Physicians Mutual Insurance Company

A less expensive way to help get the dental care you deserve!
Get help paying dental bills and keep more money in your pocket
This is real dental insurance – NOT just a discount plan
You can get coverage before your next checkup

Don’t wait! Call now and we’ll rush you a FREE Information Kit with all the details.

Free Information Kit

1-855-225-1434
Visit us online at www.dental50plus.com/nypress

Life Alert

I’m never alone
Life Alert® is always here for me.
One touch of a button sends help fast, 24/7.

For a Free brochure call:
1-800-404-9776

Times Beacon Record Classifieds • 631.331.1154 or 631.751.7663
HELP WANTED

RIVERHEAD SCHOOL DISTRICT has the following positions available, school monitors, substitute monitors, school bus drivers, substitute computer lab aides, school teacher aides, substitute school teacher aides, substitute food service workers, substitute custodial workers, SEE THEIR DISPLAY AD FOR MORE INFORMATION.

Rocky Point UFSD

Available Openings:
School Teacher Aides – Full-Time, 10-Month-$23,100 with benefits
Food Service Workers – Part-time, 16-months-$16.50 per hour M-F 4 hour position
School Monitors – Part-time, 16-Months-$16.50 per hour, M-F 3 hour position
Substitute Teachers-All subject areas – $130/day per diem $160/day preferred
Substitute Registered Nurse – $28.00 per hour
Substitute Custodians – $16.50 per hour
Substitute School Monitors – $16.50 per hour
Substitute Teacher Aides – $16.50 per hour
Substitute Clerical – $16.50 per hour
Substitute Licensed School Security Guards – $22.00 per hour

Please submit a letter of interest and completed RPUFSD application to
Ms. Susann Crossan, Assistant Superintendent, Rocky Point UFSD, 90 Rocky Point Taphank Road, Rocky Point, NY 11778

Applications can be found on rockypointufsd.org under district employment opportunities. DR

PLACE YOUR AD TODAY

Call 631.751.7663 or 631.331.1154
SERVICES

Carpentry
LONG HILL CARPENTRY
45 years experience
All phases of home improvement. Old & Historic Restorations. Mastercard/Visa Lic. #H22336/Ins. 631-751-1764 longhill7511764@aol.com

Clean-Ups
LET STEVE DO IT
Clean-ups, yards, basements, whole house, painting, tree work, local moving and anything else. Totally overwhelmed? Call Steve @ 631-745-2598, leave message.

Exterminating
ALL PURPOSE LANDSCAPING
Tree spraying, exterminating, owner operated, licensed/insured, 631-924-4099 SEE DISPLAY AD FOR COUPON AND MORE INFORMATION.

PEST CONTROL: PROTECT YOUR HOME from pests safely and affordably. Roaches, Bed Bugs, Rodent, Termite, Spiders and other pests. Locally owned and affordable. Call for service or an inspection today! 1-866-448-8311 Have zip code to connect with 631-745-2598 for free estimate. 631-734-9979, see our display ad for more information.

Scientific Exterminating Services let’s all stay safe, ecological protection, ticks, ants, mosquitoes, termites, deer Natural Organic products 631-265-5252 SEE DISPLAY AD FOR MORE INFORMATION.

Fences
SMITHPOINT FENCE.

Floor Services/Sales
FINE SANDING & REFINISHING
Wood Floor Installations Craig Aliperti, Wood Floors LLC. All work done by owner. 31 years experience. Lic. #47595-H/Insured. 631-875-5856

Home Improvement
BEAUTIFUL BATH UPDATES in as little as ONE DAY! Superior quality bath and shower systems at AFFORDABLE PRICES! Lifetime warranty & professional installs. Call Now! 1-855-399-2076

BLUSTAR RENOVATIONS
The North Shore’s Most Trusted Renovation Experts. 631-751-0751 We love smaller jobs too! Suffolk Lic. #46714-H, Ins. SEE OUR DISPLAY AD FOR MORE INFORMATION.

LAMPS FIXED, $65. In Home Service! Handy Howard. My cell 646-996-7628

Home Repairs/Construction
BROWN & COMPANY CONTRACTING
Master Carpentry, Kitchens, Baths, Basement Renovation, Decks, Outdoor Living Spaces Lic/INS 619-901-7277

GENERAL CONTRACTOR, TILE & MASONRY SPECIALIST. 20 years of experience. Also clean-ups and junk removal. Call 631-232-0174. FOR MORE INFORMATION SEE DISPLAY AD.

Handymen Services
HANDYMAN SERVICES AND PAINTING. Dependable, Hon- est, Professional. No job too small. Call Steve 631-831-3089. SEE DISPLAY AD FOR MORE INFORMATION.

Home Repairs/Construction
ALL PHASES OF HOME IMPROVEMENT From attic to your basement, and everything in between, RCJ Construction www.rcjconstruction.com commercial/residential, lic/ins 631-580-4518.

Home Improvement

Legal Services
INJURED IN AN ACCIDENT? Don’t Accept the insurance company’s first offer. Many injured parties are entitled to major cash settlements. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-888-454-4717. Be ready with your zip code to connect with the closest provider

Painting/Spackling/Wallpaper
JOE’S GENERAL CONTRACTING
All forms of masonry Lic/Ins. 631-744-0752. SEE OUR DISPLAY AD FOR MORE INFORMATION.

BOB’S PAINTING SERVICE

LA ROTONDA
PAINTING & DESIGN

Masonry
MASONRY
JOE’S GENERAL CONTRACTING
All forms of masonry Lic/Ins. 631-744-0752. SEE OUR DISPLAY AD FOR MORE INFORMATION.

Painting/Spackling/Wallpaper
ALL PRO PAINTING

Window Cleaning
RELIABLE WINDOW CLEANING
Commercial storefronts, residential windows, power washing. Call or text Ben at (631)942-2355 for your FREE estimate.

Save on Windows and Doors!
Buy One, Get One
40% OFF $100 OFF
ALL WINDOWS AND DOORS
AND
Affordable Financing!
NO Money Down,
NO Monthly Payments,
NO Interest for 12 months

CALL BY AUGUST 31 TO SCHEDULE YOUR FREE CONSULTATION
888-610-7738

Call by August 31
to schedule your FREE consultation.

888-610-7738

30% OFF INSTALLATION ON YOUR DREAM KITCHEN.

OFFER EXPIRES 10/31/24
Discount applies to the installation of new cabinets and refacing only. Minimum of $10,000 project value. Offer valid on new customer agreements only. Offer valid through 10/31/24. Offer may not be combined with other offers. NY License #: N1759490000 Suffolk #18193-H NY License: 9642

Kitchen Magic
KITCHEN BATH SOLUTIONS
855.281.6439

Did You Know
You can See
TBR NEWS MEDIA’S
Ads on the Internet?
Go to

tbnrnewsmedia.com
Selling Your Used Car or Truck?

Call Classifieds
631-331-1154 or 631-751-7663

**MAKE THE SMART AND ONLY CHOICE**
when tackling your roof!

Before

After

**FREE ESTIMATE**
1-855-492-6084
Expires 4/30/2024

**LIMITED TIME OFFER!**
**SAVE!**

UP TO 50% OFF INSTALLATION

AN ADDITIONAL 10% OFF
for military, health workers
and first responders

New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Erie Construction Mid-West, Inc. (Erie). Offer terms and conditions may apply and the offer may not be available in your area. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homeservicescompliance.com. All rights reserved. License numbers available at eriehome.com/erie-licenses/

**MADE IN THE U.S.A.**

**LIMITED TIME OFFER!**
**SAVE!**

**AN ADDITIONAL 10% OFF**
for military, health workers
and first responders

### JUNK CARS BOUGHT

**CALL US LAST!**
WE’LL BEAT ANY PRICE
Lost keys or title no problem

631.500.1015
LICENSED • BONDED • INSURED
DMV CERTIFIED 7002706

**PROMOTE YOUR BUSINESS!**
We will design your ad for you. NO ADDITIONAL CHARGE!
Call 631.331.1154 for more information

### LEAF FILTER

**CALL TODAY FOR A FREE INSPECTION!**
1-855-478-9473

**20% OFF**
Your Entire Purchase* Seniors + Military

**10% OFF**
for military, health workers and first responders

* See Representative for full warranty details. **One coupon per household. No obligation estimate valid for 1 year. Subject to credit approval. Call for details. AR 365620923, AZ RDC 344027, CA 10553795, CT HC 9671528, FL CBC056679, IA C1727280, ID RDC 51966, LA 1055084, MA 1794447, MD MHC111225, MI 262300173, 262300318, 262300329, 262300330, 262300331, MN IR731180, MT C221092, ND 473194, NE 50145-22, 50145-23, NJ 217309873859, NM 408693, NV 86990, NY 189363, OH 409393, OR GC-41354, TN 10981, UT 2705156440, WA LEAFFNW822JZ, WV WV056912.

### JACUZZI

**CALL NOW**
855-564-2680

### RENT ME!

**ONE DAY**

YOUR BATHROOM. YOUR WAY. IN AS LITTLE AS

SPECIAL OFFER
Waiving All Installation Costs

Advertises apply. Offer subject to change and vary by dealer. Expires 8/26/24.
HOME SERVICES

FREE ESTIMATES

Tree Removal • Pruning • Topping • Stump Grinding

Call Bryan: 631.928.4544
Email: AboveAllTree@live.com
AboveAllTree.com

BOB’S PAINTING SERVICE

40 YEARS EXPERIENCE
Owner Operated Since 1978

• Interiors • Exteriors
• Powerwashing
• Staining & Deck Restoration
• Wallpaper Removal
• Gutter Cleaning
• Spackling & Wall Restoration

FREE ESTIMATES
631-744-8859
Lic./Ins. (#17,981)

ECOLOGICAL PROTECTION

Scientific Exterminating Services
Proudly Serving the Community Since 1957

TICKS • MOSQUITOES • TERMITES • ANTS • BEES

All Purpose Landscaping

Tree Spraying • Exterminating

631-924-4099
allpurposeexterminating.com

LAMPS FIXED $65
In Home Service!!
Handy Howard
My Cell → 646-996-7628

HAN D Y M A N SERVICES

Dependable • Honest • Professional
No Job Too Small

CALL STEVE @ (631) 831-3089

Above All Tree Service

FREE ESTIMATES

Tree Removal • Pruning • Topping • Stump Grinding

Call Bryan: 631.928.4544
Email: AboveAllTree@live.com
AboveAllTree.com

DEER PROBLEM? WE CAN HELP.

Specializing in all phases of fencing:
Wood • PVC • Chain Link • Stockade
Now offering 12 month interest-free financing

SMITHPON FENCE
COMMERCIAL & RESIDENTIAL

OVER 40 YEARS EXPERIENCE
FREE ESTIMATES COMMERCIAL/RESIDENTIAL
70 Jayne Blvd., Port Jeff Station
(631) 743-9797

La Rotonda
PAINTING & DESIGN

INTERIOR • EXTERIOR

Taping • Spackling
Decorative Finishes
Power Washing
Wallpaper Removal
Faux Finishes

631-689-5998
Lic. #53278-H/Ins.

ALL PRO PAINTING

ALL WORK GUARANTEED
FREE ESTIMATES

INTERIOR • EXTERIOR • POWERWASHING
CUSTOM WORK • STAINING • WALLPAPER REMOVAL
EXPERIENCED AND RELIABLE

NICK CORDOVANO 631-696-8150
LICENSED #19604-H & INSURED

Randall Brothers Tree Service

Planting • Pruning • Removals • Stump Grinding

Free Estimates
631-862-9291
516-319-2595 (cell & text)
Fully Insured Lic# 50701-H
Home Services

Brown & Company
- Master Carpentry
- Kitchens & Baths
- Basement Renovations
- Decks/Outdoor Living Spaces

Brownandcompanyny.com
Scott Brown 631-901-7277

Joe’s General Contracting
- All Forms of Masonry
- Driveways/Sidewalks
- Pavers/Brick/Block Work
- Culture Stone

www.Joesgeneralcontracting.com
Lic#32372-H & Insured
631-744-0752

Craig Aliperti, Wood Floors, LLC
Fine Sanding & Refinishing
Wood Floor Installations
Old Wood Floors Made Beautiful
All Work Done By Owner

Formerly Of A Huntington Father & Son’s Business
Lic. #47595-H/Insured
631-875-5856

Reliable Window Cleaning
- Commercial Storefronts
- Residential Windows
- Power Washing

Call or text Ben at (631)942-2355 for your free estimate!

BluStar Renovations
(631) 751-0751

www.BluStarNY.com
- Windows & Doors
- Siding & Roofing
- Kitchens & Baths
- Basements
- Additions & New Construction
- Decks & Custom Carpentry

RCJ Handy Man Services
- From Your Attics To Your Basements and everything in between.
- High quality workmanship at great prices.
- Licensed and insured.

www.rcjconstruction.com
(631) 580-4518

Craig Aliperti, Wood Floors, LLC
Fine Sanding & Refinishing
Wood Floor Installations
Old Wood Floors Made Beautiful
All Work Done By Owner

Formerly Of A Huntington Father & Son’s Business
Lic. #47595-H/Insured
631-875-5856

RTD Seamless Gutters
- 5” Gutter
- Gutter Cleanings
- 6” Gutter
- Colored Gutters
- Gutter Screens
- Gutter Repairs

FREE ESTIMATES - SENIOR DISCOUNT - MILITARY DISCOUNT
Ray Dino
516.527.1496
Rdoino3@yahoo.com

You don’t have to do it...
Let Steve Do It!
ALL PHASES OF HOME IMPROVEMENT
- Total Renovations
- Kitchen & Bath
- Decks Built/Repaired
- Doors/Windows/Siding
- Sheetrock/Spackling
- Flooring
- Painting
- Tile Work
- Brick & Masonry
- Cleanups/Cleanouts

Call today for automatic snow removal
631-745-2598

BluStar Renovations
(631) 751-0751

www.BluStarNY.com
- Windows & Doors
- Siding & Roofing
- Kitchens & Baths
- Basements
- Additions & New Construction
- Decks & Custom Carpentry

Joe’s General Contracting
631–744–0752
• All Forms of Masonry
• Driveways/Sidewalks
• Pavers/Brick/Block Work
• Culture Stone

www.Joesgeneralcontracting.com
Lic#32372-H & Insured
631-744-0752

Craig Aliperti, Wood Floors, LLC
Fine Sanding & Refinishing
Wood Floor Installations
Old Wood Floors Made Beautiful
All Work Done By Owner

Formerly Of A Huntington Father & Son’s Business
Lic. #47595-H/Insured
631-875-5856

Reliable Window Cleaning
- Commercial Storefronts
- Residential Windows
- Power Washing

Call or text Ben at (631)942-2355 for your free estimate!

BluStar Renovations
(631) 751-0751

www.BluStarNY.com
- Windows & Doors
- Siding & Roofing
- Kitchens & Baths
- Basements
- Additions & New Construction
- Decks & Custom Carpentry

Joe’s General Contracting
631–744–0752
• All Forms of Masonry
• Driveways/Sidewalks
• Pavers/Brick/Block Work
• Culture Stone

www.Joesgeneralcontracting.com
Lic#32372-H & Insured
631-744-0752

Craig Aliperti, Wood Floors, LLC
Fine Sanding & Refinishing
Wood Floor Installations
Old Wood Floors Made Beautiful
All Work Done By Owner

Formerly Of A Huntington Father & Son’s Business
Lic. #47595-H/Insured
631-875-5856

Reliable Window Cleaning
- Commercial Storefronts
- Residential Windows
- Power Washing

Call or text Ben at (631)942-2355 for your free estimate!

BluStar Renovations
(631) 751-0751

www.BluStarNY.com
- Windows & Doors
- Siding & Roofing
- Kitchens & Baths
- Basements
- Additions & New Construction
- Decks & Custom Carpentry
POWERWASHING
Residential - Commercial
- House
- Driveway
- Deck
- Pavers
- Fencing
- Roof
Soft Wash • Professional • Low Pressure!!!
Call Now For A Free Estimate
631-240-3313
www.PowerWash Pete.com
Licensed & Insured
22230

EXTERIOR CLEANING SPECIALISTS

Roof Cleaning
No Pressure, Safe Foam Process Removal of black/green algae stains, moss and lichen
Pressure Washing/Softwashing
Siding, Decks, Patios, Fences
Paver Restorations Cleaning, Polymeric Sanding, Sealing
Gutter Maintenance Cleaning, Leaf Guards

631.387.2156 • SqueakyCleanLI.com
P.O. Box 151, Saint James, NY
Licensed #55467-H & Fully Insured

PROFESSIONAL & BUSINESS

Brad Merila
Certified
Piano Technician
6 Barnwell Lane, Stony Brook
631.681.9723
bluesmanpianotuning@gmail.com
bluesmanpianotuning.com
©212690

Professional Services Directory

Place Your Ad in the
Buy 4 weeks and get the 5th week FREE
(631) 751.7663 or (631) 331.1154

Did You Know You Can See TBR News Media's Ads on the Internet?
Go to tbrnewsmedia.com

Save on Windows and Doors!

Buy One, Get One
ALL WINDOWS AND DOORS
AND
Take an Extra $100 OFF YOUR ENTIRE PURCHASE
AND
Affordable Financing!
NO Money Down,
NO Monthly Payments,
NO Interest for 12 months *

Call by August 31 to schedule your FREE consultation.

© 2024 Andersen Corporation. All rights reserved. RBA13669

*Special price is for first Lawn service only. Requires purchase of annual plan, for new residential EasyPay, MonthlyPay, or PrePay customers only. Valid at participating TuGreen locations. Availability of services and/or products may vary by geography. Not to be combined with or used in conjunction with any other offer or discount. Additional restrictions may apply. Consumer responsible for all sales tax. *Guarantee applies to annual plan customers only. BBB accredited since 07/01/2012. ©2024 TuGreen Limited Partnership. All rights reserved. In Connecticut, B-0153, B-1380, B-0127, B-0200, B-0151.
### Looking For...

<table>
<thead>
<tr>
<th>A New Apartment or House?</th>
<th>A Roofer?</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Pet Walker?</td>
<td>A Baby High Chair?</td>
</tr>
<tr>
<td>A Tutor For Your Child?</td>
<td>A Handyman?</td>
</tr>
<tr>
<td>A New Motor For Your Boat?</td>
<td>Office Space?</td>
</tr>
</tbody>
</table>

Our online Classifieds Section. Your local services are at your fingertips anytime of the day or night 24/7.

Visit: [tbrnewsmedia.com/Classifieds Listings](https://tbrnewsmedia.com/Classifieds Listings)
Editorial

With drunk and drugged driving plaguing Suffolk County, what can we do to keep ourselves and our roads safe?

It is, unfortunately, not a new phenomenon.

According to Suffolk County District Attorney Ray Tierney (R), motor vehicle crashes are the number one cause of death for people between the ages of 15 and 24, with the leading causes being reckless driving and distracted driving while, often, under the influence of drugs or alcohol.

Since Memorial Day weekend, drunk/drugged driving in Suffolk has claimed approximately three lives a week, and since 2018, the trend of drugged driving deaths has grown exponentially — 35% — statewide.

Suffolk County is a prime contributor to that number.

Maureen McCormick, Suffolk County District Attorney’s Office Vehicular Crimes prosecutor, recently said that the innocence of most of these vehicular crime victims is what is truly alarming about these cases.

And, with the state’s push to treat individuals intoxicated with drugs as firmly as those found drunk at the scene of a crash — as of now, a drugged driver in the state can only be charged with a DUl if the officer can name the drug the person has taken, and if said drug is included in a catalog of substances commonly tested for — why has a coalition of advocates been getting turned down in Albany for many years? And, why is America one of a quarter of countries that has a blood alcohol content (BAC) of 0.08, while the rest of the world only allows a limit of 0.05?

So, what can we do about the dangers of drunk/drugged driving? Here are some tips to stay safe on the roads.

• When going out, be sure to secure a nondrinking driver, ahead of time, to ensure a plan, and avoid in-the-moment confusion.
• Alternate drinking alcoholic beverages with soda, juice or water.
• Do not mix alcohol with other drugs, including over-the-counter and prescription medications.
• Do not get into the car with an impaired driver. Use other means of transportation such as a taxi, public transportation or driver who is sober.
• It is wise to have no substances in your system when operating a vehicle, even if you are within legal limits.
• Keep in mind: Even if you take prescription medication, avoid driving if it makes you drowsy, or lowers your energy levels. A substance does not have to be illicit to cause danger to yourself and others on the roads. Have someone drive you, when possible.
• Buckle up! If hit, a seatbelt reduces the risk of serious injury by 50% in the front seats, and up to 75%, in the rear seats.
• If you suspect an impaired driver is near you while on the road, slow down and consider turning away. When it is safe to do so, pull over and dial 911.

In this way, we will keep ourselves and our roads safe in Suffolk County and elsewhere.

Letters to the Editor

Brother, can you spare the MTA $15 billion

Port Jefferson Branch LIRR riders should be concerned that MTA Chairman and CEO Janno Lieber said he will take Gov. Kathy Hochul (D) at her word — when she promised to restore the $15 billion she cut from the transit agency’s $51 billion 2020-2024 Five Year Capital Plan due to her pause of congestion pricing — is wishful thinking on his part.

Hochul continues to not provide the financial source for her $15 billion. She has kicked the can down the road until the next state budget is adopted — nine months from now.

In 2019, Gov. Andrew Cuomo (D) and the state Legislature, instead of providing hard cash, gave the MTA congestion pricing. This was supposed to raise $15 billion toward the MTA 2020-2024 capital plan.

Albany’s financial watchdog, State Comptroller Tom DiNapoli (D), said nothing. With real cash, virtually all of these state-of-good-repair projects would have already been under way.

Hochul claims she can find additional state and federal funding to make up for the missing $15 billion in congestion pricing. The MTA will receive $1.8 billion in annual formula grants supplemented by competitive discretionary grant program allocations from the Federal Transit Administration in federal fiscal year 2024 (Oct. 1, 2023-Sept. 30, 2024).

Other than these resources, there are no other FTA pots of gold to cover the missing $15 billion previously accounted for from congestion pricing.

Clearly Hochul and her staff, who advise her and ghost write her speeches, have little understanding of how Washington funding for the MTA works. When it comes to MTA financing, Hochul reminds me of the old cartoon character Wimpy. He was fond of saying, “I’ll gladly pay you on Tuesday for a hamburger today” — or in this case $15 billion worth of MTA capital transportation projects tomorrow.

Larry Penner
Great Neck

Poor choice of word

The word “divisive” in the headline of your article regarding the “In Trump We Trust” banner in Port Jefferson (TBR News Media, Aug. 1) is misleading. It infers that the banner indicates former — and, hopefully, future — President Donald Trump (R) is “divisive.” I’m sure that the papers wouldn’t have used the word “divisive” in the headline had the banner stated the name of the actual divider-in-chief currently occupying the White House.

Art Billadello
East Setauket

WRITE TO US … AND KEEP IT LOCAL

We welcome your letters, especially those responding to our local coverage, replying to other letter writers’ comments and speaking mainly to local themes. Letters should be no longer than 400 words and may be edited for length, libel, style, good taste and uncivil language. They will also be published on our website. We do not publish anonymous letters. Please include an address and phone number for confirmation. Email letters to: editor1@tbrnewsmedia.com or mail them to TBR News Media, P.O. Box 707, Setauket, NY 11733
Opinion

Cut it out! Celebrating the misery of others could hurt us, too

I’m tired, crabby, angry, annoyed, frustrated, disappointed,appalled and short tempered. Sleep, as a feature in TBR News Media this week suggests, will cure some of that. But I’m just so fed up with the nonstop negativity in the country. Half the country not only wants to win, but seems thrilled with the prospect that the other half will lose. The worse the losers feel, the happier they are.

We’ve become a society of stomping toddlers, eager to crush the creative creations and ideas of those we oppose under our feet. Cut it out! This isn’t helping.

Okay, let’s take a step back from politicians and discuss us, you know, John and Joan Q. Public.

We are generally sleep deprived, according to statistics and people who pinch themselves not out of sheer joy but out of the necessity of staying awake each day.

More than one out of two people in the cars next to us may not only be texting and/or talking on the phone, but is also likely struggling to stay awake. That’s not good for them or for us.

Think about it: when you go to a store for stuff, call a company to send someone to fix your air conditioners in overhearing heat, or need someone to provide a skill set that you don’t possess, you don’t ask a long list of questions to make sure they were on the winning political team or that they believe everything you believe or even that they got enough sleep the previous night.

But, wait, what if the help we need is part of the other political team or, even going outside the realm of politics, is a devoted fan of the Red Sox, believes in red herrings, or is a fan of the color red?

You might privately enjoy the victory of your team or your would-be political leader, but are you really eager for them — you know, the “others” who are a part of our lives — to be miserable?

Their misery could become your misery.

It might tickle you to watch them cry and to ponder the existential threat that the person you support won and the person they supported lost, but you still need them even if you have no use for their political leaders.

If they lose sleep and are worse at their jobs, you might have to wait longer in line, deal with an incorrect bill you have to keep fighting, or suffer through the consequences of getting a meal that contains an allergen you told the waitress you couldn’t eat.

Even if you feel a momentary satisfaction that people who are supporting the wrong candidates lost, you shouldn’t be too eager to push their head in the mud or to throw tomatoes at them. You might need those people and your tomatoes.

What happened to agreeing to disagree, to the art of compromise or even just to listening? If whichever side loses feels like they still have a seat at the table, an ability to affect policies, an opportunity to help our children learn — is anyone on this campaign talking about education, ever? — and confidence that someone will listen to their ideas, the political and cultural temperature wouldn’t be so high and we the people would sleep and work better.

Yes, the extremes on each side can be absurd and frustrating, but even those people with the most ridiculous signs can be agreeable and helpful outside the context of political ideology.

So, just to recap, we might want to consider this great experiment in democracy as a team effort. We don’t always say and do the right things and we don’t always back the right horses, but, together, we can be greater than any one election or one would-be leader.

Unless we’re ready to live on a farm and eat our own food, educate our children, provide our own energy and entertainment and perform necessary surgeries on ourselves, we need each other. Once we remember that, we might have a better chance of sleeping well at night, which will make us better at our many roles, from parenting, to working, to contributing to our communities.

A modern day spy story that could turn into a series

If you like spy stories, read on. The riveting part about this one is that it is real. The account jumped off the front page of The New York Times to me on Tuesday and speaks to the state of the world today. The recent large East-West prisoner exchange unearthed this tale that could be a streaming series but is reality.

Slovenia, once part of Yugoslavia, is a small country in central Europe. It is bordered by Austria and Hungary on the north, Croatia on the east, the Italian port city of Trieste on the southwest and it has coastline along the Gulf of Venice. Although controlled by the Soviet Union for most of post WWII, it is now a member of NATO and the European Union.

It was there that Russian Anna Dultseva and her husband, Artem Dultsev, set up an online art gallery and passed themselves off as Argentines. He started a bogus high tech business. Using the name Maria Rosa Mayer Munos, she organized frequent trips to Britain and even arranged for art exhibitions in Edinburgh.

Tipped off by intelligence in Britain, the couple was arrested in December 2022 in their comfortable home near the capital, Ljubljana, as they were communicating with Moscow, using special equipment that bypassed phone and internet lines.

Their lives must have been constantly tense for the wife and husband. They had two children, a daughter, now 12, a son, now 9, and a small dog. They kept to themselves, spoke to no one, and seldom had visitors, according to neighbors in the suburb. The children attended the nearby British International School, and the family spoke Spanish and English at home.

Although people sometimes gossiped about them, wondering what they were doing there, they were mostly ignored because they did not cause trouble. Their financial filings might have sparked interest, since they showed little income, yet they lived in a three-story house with a small garden and a wooden fence and sent their children to a school that charged $10,000 per pupil. The art they sold was the kind bought in China for little money.

The authorities are still trying to figure out what the couple was up to since their arrival in 2017, although probably not fully activated until war with Ukraine five years later. Large sums of cash were found in the house, causing speculation that they were paying off a network of sleeper agents and other Russian operations throughout Europe.

Apparently Russian intelligence has an elaborate network of deep-cover sleeper spies trained to impersonate citizens of other countries by Russia’s foreign intelligence agency, the SVR. This is, apparently, a real life version of a television series called “The Americans,” that was in turn inspired by the arrest in 2010 of a ring of sleeper spies in the United States.

According to NYT reporter, Andrew Higgins, Russia has a long history of fielding such undercover spies “who burrow deep into target countries over many years.” This is something that President Putin has supported since his days in the K.G.B. These “illegal” spies have no diplomatic cover, no obvious connection to Russia, and suffer the consequences on their own if caught.

Whatever the pair did is considered to have been extremely important because, when they were released, were rejoined by their children, and landed in Moscow, they were greeted by a smiling Putin, who addressed the children with the Spanish words, “Buenas noches.” They were also greeted by Sergey Naryshkin, the head of the SVR intelligence agency. If unaware of their parents’ real jobs, as the Kremlin asserted, those must have been two very confused children.
NOW HIRING

DIESEL MECHANIC
Serving Shoreham, NY

Class A mechanic - $37.06 & Class B Mechanic - $32.72

✓ GREAT HOURLY PAY - NON FLAT-RATE
✓ PREMIUM PAY FOR ASE CERTIFICATIONS
✓ GREAT BENEFITS LIKE 401 (K) AND MORE!
✓ HEALTH INSURANCE, SICK & VACATION PAY

YEAR-ROUND WORK
MONDAY - FRIDAY SCHEDULE
ANNUAL ALLOWANCE FOR BOOTS
AND PRESCRIPTION SAFETY GLASSES

Telephone: 631-744-2204
82 Route 25a, Shoreham, NY 11786
www.workatfirst.com

We are an Equal Opportunity Employer.