Billy Cosh, new SBU football coach, begins first season

A look into Cosh’s background and experience — A5

Director of Athletics Shawn Heilbron and Coach Cosh. Photo courtesy Stony Brook Athletics

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Local teens make Long Island proud in prestigious Carnegie Hall

BY ARAMIS KHOSRONEJAD
DESK@TBRNEWSMEDIA.COM

Carnegie Hall is a name recognized throughout the world as one of the most prestigious musical venues. Its tall, gold-gilded and historic walls have witnessed some of the world’s greatest musicians such as Tchaikovsky, Billie Holiday, Judy Garland and the Beatles.

Now, three Long Island teenage musicians — Kaitlyn Choi, Joshua Lee and Yuuki Donnelly — join these legends’ esteemed ranks.

The concerts in question are part of the annual World Orchestra Week, known as WOW!, which is organized by the International Federation of Musician. Founded in 1948, the event aims to bring in talented young musicians from around the world to play on the sparkling stage in New York City. WOW! has certainly left quite the dazzling impression on its audience. New York Classical Review declared last Friday, Aug. 2, that “just one day in, and it’s not too soon to say it: WOW! really is a wow.”

Oboist Choi, 18, was a senior at Jericho High School as well as the valedictorian of her class, and will be part of the Harvard freshman Class of 2028. She was part of the National Youth Orchestra of the United States of America which is considered one of the most competitive and respected youth organizations for music, deemed by The New York Times to have “some of the best young orchestral players in America.”

NYO-USA consists of musical prodigies from ages 16-19 and was founded by Carnegie Hall’s artistic and executive director, Clive Gillinson. Following her performance at Carnegie Hall, Choi will accompany NYO-US for a tour of South America and continue playing the oboe alongside her orchestra.

The other two teenagers that will represent Long Island on Carnegie’s distinguished stage this week are 15-year-olds, Joshua Lee and Yuuki Donnelly, who will play the double bass and violin, respectively. Joshua is a sophomore attending Locust Valley’s Portledge School, while Yuuki is a junior hailing from Rocky Point High School. They are both part of the National Youth Orchestra 2, which differs from NYO-USA, in its target age of 14-17 and musical repertoire.

Joshua and Yuuki are due to perform on Carnegie’s stage this Thursday night, Aug. 8. Choi played Monday night, Aug. 5.
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New head coach Billy Cosh looks to bring change to SBU football

BY KENNY SPURRELL
DESK@TBNNEWSMEDIA.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.”

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.

“I 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 overwhelming 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.
Centereach man sentenced to 40 years in prison for killing East Patchogue mother

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.

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.

“This defendant 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

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.

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.
ANNUAL NEWS RELEASE - PUBLIC ANNOUNCEMENT

Storeham-Wading River Central School District today announced a free and reduced price meal (Free Milk) policy for Storeham-Wading River area school children. Local school officials have adopted the following family eligibility criteria to assist them in determining eligibility:

2024-2025 INCOME ELIGIBILITY GUIDELINES
FOR FREE AND REDUCED PRICE MEALS OR FREE MILK

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*Students in New York State that are approved for reduced price meals will receive breakfast and lunch meals and snacks served through the Afterschool Snack Program at no charge.

SNAP/TANF/FDPIR Households: Households that currently include children who receive the Supplemental Nutrition Assistance Program (SNAP) but who are not found during the Direct Certification Matching Process (DCMP), or households that currently receive Temporary Assistance to Needy Families (TANF), or the Food Distribution Program on Indian Reservations (FDPIR) must complete an Application for Free and Reduced Price School Meals/Milk, listing the child's name, a valid SNAP, TANF, or FDPIR case number and the signature of an adult household member. Eligibility for free meal benefits based on participation in SNAP, TANF or FDPIR is extended to all children in the household. When known to the School Food Authority, households will be notified of their children's eligibility for free meals based on their participation in the SNAP, TANF or the FDPIR programs. No application is necessary if the household was notified by the SFA their children have been directly certified. If the household is not sure if their children have been directly certified, the household should contact the school.

Other Source Categorical Eligibility: When known to the School Food Authority, households will be notified of any child's eligibility for free meals based on participation in any means-tested nutrition programs with eligibility standards comparable to the NSLP. Eligibility information may also be released to programs authorized under the National School Lunch Act (NSLA) or the Child Nutrition Act (CNA). The release of information to any program or entity not specifically authorized by the NSLA will require a written consent statement from the parent or guardian.

Children in households receiving Women, Infants and Children (WIC) benefits may be eligible for free or reduced price meals through the application process. For up to 30 operating days into the new school year (or until a new eligibility determination is made, whichever comes first) an individual child's free or reduced price eligibility status from the previous year will continue within the same School Food Authority. When the carryover period ends, unless the household is notified that their children are directly certified or the household submits an application that is approved, the children's meals must be charged at the paid rate. Though encouraged to do so, the School Food Authority is not required to send a reminder or a notice of expired eligibility.

The information provided on the application will be confidential and will be used for determining eligibility. The names and eligibility status of participants may also be used for the allocation of funds to federal education programs such as Title I and National Assessment of Educational Progress (NAEP), State health or State education programs, provided the State agency or local education agency administers the programs, and for federal, State or local means-tested nutrition programs with eligibility standards comparable to the NSLP. Eligibility information may also be released to programs authorized under the National School Lunch Act (NSLA) or the Child Nutrition Act (CNA). The release of information to any program or entity not specifically authorized by the NSLA will require a written consent statement from the parent or guardian.

The School Food Authority does, however, have the right to verify at any time during the school year the information on the application. If a parent does not give the school this information, the child's children will no longer be able to receive free or reduced price meals (free milk).

Under the provisions of the policy, the designated official will review applications and determine eligibility. If a parent is disqualified 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. Glen Arcuri, Assistant Superintendent for Finance & Operations whose address is SWRCS, 2658 Route 26A, Storeham, NY 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.

Only complete 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.

Nondiscrimination 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 at (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/arc-3027.pdf from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA.

The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410.
2. fax: (833) 256-1665 or (202) 690-7442.
3. email: program.intake@usda.gov

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* Los estudiantes del estado de Nueva York que estén aprobados para recibir comidas a precio reducido recibirán desayunos, almuerzos y refrigerios servidos a través del Programa de refuerzos después de la escuela sin costo alguno.

**SNAP/TANF/FNS/PDI** Hogares: Los hogares que actualmente incluyen niños que reciben el Programa de Asistencia Nutricional Suplementaria (SNAP) pero que no se encuentran durante el Proceso de Certificación Directa (DCMP), o hogares que actualmente reciben Asistencia Temporal para Familias Necesitadas (TANF), o el Programa de Distribución de Alimentos en Las reservas indígenas (FDPIR) deben completar una Solicitud para comida/leche escolares gratuitas o a precio reducido, con el nombre del niño, un número de caso válido de SNAP, TANF o FDPIR, y la firma de un miembro adulto del hogar. La elegibilidad para los beneficios de comida gratis basada en la participación en SNAP, TANF o FDPIR se extiende a todos los niños en el hogar. Cuando la Autoridad de Alimentos Escolares lo sepa, se notificará a los hogares sobre la elegibilidad de sus hijos para recibir comidas gratuitas en función de su participación en los programas SNAP, TANF o FDPIR. No es necesario que el padre o el tutor del hogar solicite los beneficios de comidas gratuitas. Sin embargo, la Autoridad de Alimentos Escolares tiene el derecho de verificar en cualquier momento durante el año escolar la información en la solicita. Si un padre no le da esta información a la escuela, el niño o los niños ya no podrán recibir comidas gratis o a precio reducido (leche gratis).

Según las disposiciones de la política, el funcionario designado revisará las solicitudes y determinará la elegibilidad. Si un padre no es elegible, se le notificará a un funcionario designado que podrá solicitar una audiencia para apelar la decisión, una vez que el padre se encuentre en el período de apelación.

### Declaración de no discriminación:

Este programa no discrimina por motivos de raza, color, origen nacional, edad, discapacidad o dominio limitado del inglés.

Los hogares notificados de la elegibilidad de sus hijos deben comunicarse con la Autoridad de Alimentos Escolares si deciden rechazar los beneficios de comidas gratuitas. Los hogares pueden solicitar beneficios en cualquier momento durante el año escolar. Los hijos de padres o tutor es que se quedan desempleados o experimentan dificultades financieras a mitad de año pueden ser elegibles para recibir comidas gratis o precio reducido a mitad de año, con una solicitud aprobada, las comidas de los niños deben reclamarse a la tarifa pagada. Aunque se recomienda que la haga, la Autoridad de Alimentos Escolares no está obligada a enviar un recordatorio o un aviso de elegibilidad vencida.

### Prensa anual - Anuncio público

El Distrito Escolar Central de Shoreham-Wading River anunció hoy una política de comidas gratuitas o precio reducido (leche gratis) para los niños en edad escolar del área de Shoreham-Wading River. Los funcionarios escolares locales han adoptado los siguientes criterios de elegibilidad familiar para ayudar a los padres a determinar la elegibilidad.
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.

**SAFETY**
**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?”

“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.

“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.”
Pencils? Check. Notebooks? Check. Don’t forget about back-to-school sleep

BY DANIEL DUNAIEF
DESK@TBRNEWSMEDIA.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 fall asleep. Now, bring a group of 8-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 the Center for Sleep Medicine 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.

“Sleep is the one that is often getting the least,” 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 extracurricular 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 it.

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,” said Tobias Bischof, the head coach of SBU’s 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 sleep patterns and believes he and others can be better coaches with enough rest.

He suggested that coaches are under tremendous pressure and sleep helps him become more patient.

Numerous factors contribute to success on and off the field with these student athletes, including nutrition, hydration, self-care and relationships with their families, as well as sleep, Bischof added.

The soccer coach doesn’t ask about sleep when he’s speaking with high school players who might join the SBU team, but it comes up when athletes ask about ways the school works with athletes beyond training.

He describes mental health support as well as sleep education. “You always want to make them a better version of themselves,” Bischof said.

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.

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 times, 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.

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Town of Brookhaven to receive $1M for landfill settlement

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 facility.

Covanta, which announced in April a name rebranding to Rework 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” in agreeing to settle for $1 million, and opposed the settlement with a court filing. Kovel added that only the state Attorney General’s Office has standing to settle, and that “it is astonishing that the Town of Brookhaven would sell out 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 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.”

**LEGALS**

**NOTICE OF SALE**


Pursuant to a Judgment of Foreclosure and Sale duly entered on May 23, 2024, the undersigned Referee will sell at public auction at the Town of Brookhaven, Brookhaven Town Hall, 1 Independence Hill, Farmingville, NY on August 27, 2024, at 1:00PM, premises known as 32 LINCOLN AVENUE, PORT JEFFERSON STATION, NY 11776; and the following tax parcel or piece of land, with improvements thereon erected, situate, lying and being in the Town of Brookhaven, County of Suffolk and State of New York District: 0200, Section: 162.00, Block: 01.00, Lot: 007.000. Approximate amount of judgment is $730,558.42 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index No. 601189/2015.

If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagee, the Mortgagor, the Mortgagee’s attorney, or the Referee.

For Sale information, please visit Auction.com or call (800) 280-2832.

FRANCESCO P. TINI, Esq., Referee
Roach & Lin, P.C., 6851 Jericho Turnpike, Suite 185, Syosset, New York 11791, Attorneys for Plaintiff

218800 7/18 4x vbr

SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF SUFFOLK

HSBC BANK USA, NATIONAL ASSOCIATION, AS TRUSTEE FOR WELLS FARGO HOME EQUITY ASSET BACKED SECURITIES 2007-1 TRUST, HOME EQUITY ASSET-BACKED CERTIFICATES, SERIES 2007-1 is the Plaintiff and MICHAEL TURPIN A/K/A MICHAEL E. TURPIN, ET AL. are the Defendant(s).


NOTICE OF SALE

Notice is hereby given, that the Board of Fire Commissioners of the Sound Beach Fire District in the Town of Brookhaven, Suffolk County, New York, will change the regular monthly meeting of the Board of Fire Commissioners from Tuesday, August 27, 2024 at 7:00 p.m. to Tuesday, August 20, 2024 at 7:00 p.m. at the Main Firehouse of the Sound Beach Fire District, 152 Sound Beach Boulevard, Sound Beach, New York.

Dated:
Sound Beach, New York
July 24, 2024

By Order of the Board of Fire Commissioners of the Sound Beach Fire District

Lynnann Trapani, District Secretary
222270 8/8 1x vbr

All foreclosure sales will be conducted in accordance with Covid-19 guidelines including, but not limited to, social distancing and mask wearing.

LOCATION OF SALE SUBJECT TO CHANGE DAY OF IN ACCORDANCE WITH COURT/CLERK DIRECTIVES.

220440 7/25 4x vbr

NOTICE OF MEETING CHANGE OF THE BOARD OF FIRE COMMISSIONERS OF THE SOUND BEACH FIRE DISTRICT

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This prayer is never known to fail if repeated 9 times daily for 9 consecutive days. Publication should be promised. J.B.ST. JUDE NOVENA

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TIMES BEACON RECORD NEWS MEDIA

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“Presto” is a four-year-old ShihTzu who would love to be spoiled after being used as a breeder. Now it’s his turn to have a family of his own.

AGUST 8, 2024 • THE VILLAGE BEACON RECORD • PAGE A13
RIVERHEAD SCHOOL DISTRICT has the following positions available, school monitors, substitute monitors, school bus monitors, substitute guards, substitute 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.

HELP WANTED

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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 DUI 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

Gratitude not complaints

Jen Schaede’s long, angry letter (“Unjustified dismantlement of West Meadow Beach cottages,” TBR News Media, Aug. 1) is a classic case of the aphorism, “When you’re used to privilege, equality feels unjust.”

Whether the nearly-free early-1900s waterfront property leases were favors for the politically connected, or just gross municipal malpractice, giving away perpetually renewable rights to valuable public property for private use was always a violation of basic American principles.

Good-faith debates could be had over the proper fate of the buildings. But, the idea that leaseholders deserved to renew the leases forever was always morally indefensible, regardless of how wholesome the community was. So it is shocking to see anyone still defend it, let alone portray themselves as victims.

Rather than complain about public officials reclaiming public property for public use, all the people lucky enough to have been associated with the cottage community over the years should, instead, be quietly grateful for the decades of cheap, exclusive use of land they didn’t own.

John Hover
East Setauket

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

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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 careful 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 overbearing 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.

Apparenty 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 Sergei 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.
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