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Recent increase in accidents caused by impaired drivers worries public officers
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Focus on Health

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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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.
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.”

At the event, Kornreich said, “Thank you to Anthony Figliola and the Suffolk County Health Department for continuing to keep a close eye on the waters of Port Jefferson and Setauket.”

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.

Town of Brookhaven to receive $1M for landfill settlement

BY PETER SLONIEWSKY
DESK@TBNRENSMEDIA.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” 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 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.”
County Executive Romaine shares his plans for Long Island during press conference

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?”
New head coach Billy Cosh looks to bring change to SBU football

BY KENNY SPURRELL
DESK@TBRNEWSMEDIA.COM

AUGUST 8, 2024 • THE VILLAGE TIMES HERALD • PAGE A5

After the removal of former head coach Chuck Priore in Nov. 2023, the Stony Brook football team has found its 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 came around, the choice was rather simple for Cosh. At the time, his 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.

“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 relevancy.

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 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.

“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

The following incidents have been reported by Suffolk County Police:

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 p.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 $550, with no front license plate.

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

—COMPILED BY HEIDI SUTTON

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.
NOTICE OF SALE

NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure entered in the Office of the Clerk of the County of Nassau on January 30, 2019, wherein U.S. BANK NATIONAL ASSOCIATION, as Trustee, for RESIDENTIAL ASSET SECURITIES CORPORATION, HOME EQUITY MORTGAGE ASSET-BACKED PASS-THROUGH CERTIFICATES, SERIES 2006-EMX7, are the Defendant(s). I, A/K/A JEAN SENECHAL, ET AL. are the Plaintiff and JEAN JACQUES SENECHAL, A/K/A JOHN SENECHAL, A/K/A JEAN SENECHAL, ET AL. are the Defendant(s). I, the undersigned Trustee will sell at public auction RAIN AL. are the Defendant(s). I, A/K/A JEAN SENECHAL, ET AL. are the Defendant(s). I, the undersigned Trustee will sell at public auction RAIN AL. are the Defendant(s). I, A/K/A JEAN SENECHAL, ET AL. are the Defendant(s).

NOTICE OF SPECIAL DISTRICT MEETING OF THE THREE VILLAGE CENTRAL SCHOOL DISTRICT OF BROOKHAVEN AND SMITHTOWN, SUFFOLK COUNTY, NEW YORK

NOTICE IS HEREBY GIVEN that a Special District Meeting of the qualified voters of the Three Village Central School District of Brookhaven and Smithtown, Suffolk County, New York, will be held in the Periodicals Room of the Emma S. Clark Memorial Library, Main Street, Setauket, on Wednesday, September 18, 2024 at 10:00 a.m. prevailing time, to vote upon the annual operating budget of the Emma S. Clark Memorial Library for the calendar year 2025. The proposition will appear on voting machines in the following form:

Shall the Board of Education appropriate funds in the amount of Five Million Eight Hundred Sixty Three Thousand Two Hundred Twenty Eight ($5,863,228) Dollars for the 2025 operating budget of the Emma S. Clark Memorial Library, with said sum to be raised by tax upon the taxable property of the Three Village Central School District.

AND FURTHER NOTICE IS HEREBY GIVEN that applications for absentee ballots will be obtainable from the District Clerk from August 26, 2024 through September 24, 2024 in the hours of 9:00 a.m. and 3:30 p.m. prevailing time, during the hours on which school is in session. Completed applications are to be received by the District Clerk at least seven (7) days prior to the vote if the ballot is to be mailed to the voter, or the day before the vote, Tuesday, September 17, 2024 if the ballot is to be delivered to the District Clerk’s office located at the North Country Administration Building, 100 Suffolk Ave., Stony Brook, New York.

A list of persons to whom absentee ballots are issued shall be open for inspection to any qualified voter of the District in the office of the District Clerk during regular office hours through the day of the vote.

Said absentee ballot must be received by the District Clerk no later than 5:00 p.m. on the day of the vote, September 18, 2024 if it is to be canvassed.

AND FURTHER NOTICE IS HEREBY GIVEN that registration for the purpose of registering all qualified voters of the District pursuant to Section 2014 of the Education Law who are to be added to the Register to be used at the aforesaid vote will be conducted from 8:30 a.m. to 3:30 p.m. on September 18, 2024 at the Special Meeting to be held in the Periodicals Room of the Emma S. Clark Memorial Library. The deadline for voting is August 23, 2024 if the ballot is to be canvassed. Military ballots shall be canvassed if they are received in the office of the District Clerk no later than 5:00 p.m. on the day of the vote.

Military ballot applications received in accordance with the foregoing will be processed in the same manner as other military ballot application under Section 2018-a of the Education Law. The application for military ballot may include the military voter’s preference for receipt of the military ballot by mail, fax, or email.

AND FURTHER NOTICE IS HEREBY GIVEN, that military voters who are not currently registered shall apply to register as a qualified voter of the Three Village Central School District by requesting and returning a registration application to the District Clerk in person, by mail to North Country Administration Center, 100 Suffolk Avenue, Stony Brook, New York, by email to igermano@3villagecsd.k12.ny.us, or fax sent to (631) 730-4068.

Military voters who are not currently registered to vote under Article 5 of the Education Law may include the military voter’s preference for receipt of the registration application under Section 2018-a of the Education Law. The application for military ballot may include the military voter’s preference for receipt of the military ballot by mail, fax, or email.

AND FURTHER NOTICE IS HEREBY GIVEN, a military voter’s original military ballot must be returned by mail or in person to the Office of the District Clerk at North Country Administration Center, 100 Suffolk Avenue, Stony Brook, New York. Military ballots shall be canvassed if they are received by the District Clerk before the close of polls on September 18, 2024 showing a cancellation mark of the United States Postal Service or a foreign country’s postal service, or showing a dated endorsement of receipt by another agency of the United States Government; or received not later than 5:00 p.m. on September 18, 2024 and signed and dated by the military voter and one witness thereto, with a date which is ascertainment to be not later than the day before the election.

Dated: August 1, 2024
Stony Brook, New York
Inger Germano,
District Clerk
AVISO DE LA REUNIÓN ESPECIAL DEL DISTRITO ESCOLAR CENTRAL DE THREE VILLAGE DE BROOKHAVEN Y SMITHTOWN, CONDADO DE SUFFOLK, NUEVA YORK EN NOMBRE DE LA BIBLIOTECA COMMEMORATIVA EMMA S. CLARK

POR LA PRESENTE SE DA AVISO de que una Reunión Especial del Distrito de los votantes calificados del Distrito Escolar Central de Three Village de Brookhaven y Smithtown, Condado de Suffolk, Nueva York, se llevará a cabo en la Sala de Publicaciones Periódicas de la Biblioteca Commemorativa Emma S. Clark, Main Street, Setauket, el miércoles 18 de septiembre de 2024 a las 10:00 a.m. hora prevaleciente, para votar sobre el presupuesto operativo anual de la Biblioteca Commemorativa Emma S. Clark para el año calendario 2024.

La proposición aparecerá en las máquinas de votación en la siguiente forma:

La Junta de Educación deberá apropiarse de fondos por la cantidad de Cinco millones ochocientos sesenta y tres mil doscientos veintiocho ($5,863,228) Dólares para el presupuesto operativo 2025 de la Biblioteca Commemorativa Emma S. Clark, con dicha suma se麦克rañará y se le asignará mediante impuestos sobre la propiedad imponible del Distrito Escolar Central de Three Village.

Y SE DA AVISO ADICIONAL que la votación en esa reunión se realizará mediante cédulas de papel; las urnas estarán abiertas el 18 de septiembre de 2024 durante el período que comenzará a las 10:00 a.m. y terminará a las 9:00 p.m., hora vigente, en dicha fecha.

Y SE DA AVISO ADICIONAL de que se llevará a cabo una Reunión de Información Presupuestaria en la Biblioteca el 4 de septiembre de 2024 a la hora de 7:00 p.m.

Los fideicomisarios y el personal de la biblioteca estarán presentes para proporcionar información al público.

Y SE DA AVISO ADICIONAL que cualquier residente del Distrito pueda obtener una copia de la declaración de la cantidad de dinero que se requerirá para financiar el presupuesto de la Biblioteca para 2025, cualquier residente del Distrito el miércoles 4 de septiembre de 2024 hasta el martes 17 de septiembre de 2024 entre las 9:30 a.m. y las 4:00 p.m. en el edificio de la administración del North Country, avenida de Suffolk Avenue, Stony Brook, New York, en los días en que la Biblioteca está abierta.

Una lista de las personas a las que se emiten boletas de voto en ausencia estará disponible para inspección para los votantes calificados del Distrito en la oficina del Secretario del Distrito durante el horario regular de oficina hasta el día de la votación.

Ley Electoral, también es el derecho a que su nombre se coloque en dicho Registro de residentes del Distrito a más tardar a las 10:00 a.m. y las 9:00 a.m. hora prevaleciente, los días de semana y todos los días anteriores al día establecido para la votación, excepto el domingo y, además, las listas de inscripción estarán disponibles en la Biblioteca Commemorativa Emma S. Clark el día de la votación.

Y SE DA AVISO ADICIONAL de que se conmemorará con la Sección 2014 de la Ley de Educación del Estado de Nueva York, en los días en que la Biblio-

teca Commemorativa Emma S. Clark, Main Street, Setauket, entre el 10:00 a.m. y las 9:00 a.m. para recibir, preparar, el Registro del Distrito Escolar que se utilizará para la Reunión Anual del Distrito Escolar que se celebrará en 2025 y cualquier otra reuniones especiales de distrito que podrán celebrarse con posterioridad a la elaboración de dicho Registro. El día de la votación, cualquier votante calificado tendrá derecho a que su nombre se coloque en dicho Registro siempre que se sepa o se demuestre a satisfacción del Secretario, que tiene derecho de votar a la reunión extraordinaria para la que se ha de preparar el registro. La fecha límite para registrarse para votar es el viernes 6 de septiembre de 2024.

El registro será proporcionado a los residentes del Distrito a más tardar a las 5:00 pm del 25 de agosto de 2024. En dicha solicitud, el votante militar puede indicar su preferencia de recibir una boleta militar para preparar el Registro del Distrito Escolar que se utilizará para la Reunión Anual del Distrito Escolar que se celebrará en 2025 y cualquier otra reuniones especiales de distrito que podrán celebrarse con posterioridad a la elaboración de dicho Registro. El día de la votación, cualquier votante calificado tendrá derecho a que su nombre se coloque en dicho Registro siempre que se sepa o se demuestre a satisfacción del Secretario, que tiene derecho de votar a la reunión extraordinaria para la que se ha de preparar el registro. La fecha límite para registrarse para votar es el viernes 6 de septiembre de 2024.

El pedido de la solicitud de registro puede incluir la preferencia del votante militar para recibir la solicitud por correo o correo electrónico. Los formularios de solicitud de registro de votantes militares deben recibirse en la Oficina del Secretario del Distrito a más tardar a las 5:00 pm del 25 de agosto de 2024.

Y SE DA AVISO ADICIONAL que los votantes militares que no están registrados en el Registro del Distrito Central Escolar de Three Village, pueden pedir una solicitud para recibir una boleta militar para preparar el Registro del Distrito Escolar que se utilizará para la Reunión Anual del Distrito Escolar que se celebrará en 2025 y cualquier otra reuniones especiales de distrito que podrán celebrarse con posterioridad a la elaboración de dicho Registro. El día de la votación, cualquier votante calificado tendrá derecho a que su nombre se coloque en dicho Registro siempre que se sepa o se demuestre a satisfacción del Secretario, que tiene derecho de votar a la reunión extraordinaria para la que se ha de preparar el registro. La fecha límite para registrarse para votar es el viernes 6 de septiembre de 2024.

La Junta de Educación utilizará para la Reunión Anual del Distrito Escolar que se celebrará en 2025 y cualquier otra reuniones especiales de distrito que podrán celebrarse con posterioridad a la elaboración de dicho Registro. El día de la votación, cualquier votante calificado tendrá derecho a que su nombre se coloque en dicho Registro siempre que se sepa o se demuestre a satisfacción del Secretario, que tiene derecho de votar a la reunión extraordinaria para la que se ha de preparar el registro. La fecha límite para registrarse para votar es el viernes 6 de septiembre de 2024.

La Junta de Educación resolverá cualquier cuestión que surja durante la votación, con el testigo del mismo, con una fecha que se determine que es no más tarde del día anterior de la elección.

fecha: 1 de agosto de 2024

Stony Brook, Nueva York

Inger German, Secretaria de Distrito Escolar Central de Three Village
de Brookhaven y Smithtown, Condado de Suffolk (Nueva York)

222620 8/8 1x vth
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.
Northport Little League team wins 9U Crown

BY STEVEN ZAITZ
DESK@TBRNEWSMEDIA.COM

It took over 48 hours to play and endured a torrential downpour, but the Larkfield-Northport 9 and Under Little League baseball team finally got a chance to celebrate this past Monday — for a game that had started two days earlier.

The baby Tigers scored a 13-6 victory over the Babylon nine-year-olds at Ostego Park in Commack in a game that started Saturday night, Aug 3. After Northport took a 3-0 lead in the first inning, the heavens opened and the game resumed on Monday, Aug. 5.

Starting pitcher Jordan Ellis went three innings and gave up four runs on three hits and he struck out six Babylon batters. Kellyn Repetti, who started the game as the Tiger third baseman, pitched an inning and two-thirds, allowing two earned runs, and Jack Sheedy closed out the game, working the final inning and a third.

Northport pitchers issued 13 total walks, which was the cause of much of the Babylon traffic on the basepaths and extended the length of the game to almost three hours. But they got big out when needed and allowed no more than two runs in any inning.

On offense, Northport jumped out to a 9-2 lead after two and a half innings, scoring at least a run in every inning but the fourth and exploding for five runs in the third. Sheedy and Repetti both had RBI triples in the third inning off of Babylon starter Thaddeus Skarulis. The number two through six in the Larkfield-Northport batting order were an astounding nine for nine, with eight runs scored, and seven runs batted in.

Ellis, Sheedy and first baseman Jackson Spoto were all 2 for 2 and Repetti was 3 for 3. Right fielder Dominic Elliot smacked a two-RBI single in the fifth inning, as the 9U Tigers just kept adding on. They led 11-4 after four and half innings, as the afternoon began to darken to dusk.

Wayne Kaifler, Reilly Cheffo and James Domanick also registered hits for Larkfield-Northport in the final game.

To make it here, the Tigers won an 8-7 nail-biter against West Islip in the semifinal game, which took eight innings to decide. Spoto, who led the pitching staff all season, threw 75 pitches in that game and was ineligible to pitch in the championship game, so Larkfield head coach John Sheedy turned to his three-headed monster of pitchers to piece together the victory.

“Each of our pitchers did really well in this game and I am extremely proud of them and every member of this team,” said Sheedy, whose son Jack finished the game with a strikeout. “This championship is so well deserved for these kids. Every one of them put in a lot of hours of practice and they, as well as their families, were so dedicated during this season. To see everything come to fruition is just a wonderful thing.”

Repetti, who for every game wears a shiny, multicolored necklace that his mom made for him, was ecstatic on his his team winning the championship jewels.

“It feels great to win,” Repetti said. “We are a good team, but I think the necklace brought us the good luck we needed.”

And with that, the entire team and their families were off to Coach Sheedy’s house for a little pizza celebration.

Said the coach — “It was the best tasting pizza we’ve ever had.”
Pencils? Check. Notebooks? Check. Don’t forget about back-to-school sleep

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 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.

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 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 athleticism, 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 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.

Jim Taylor, who specializes in the psychology of sports and parenting and who has been a consultant to the U.S. and Japanese ski teams, met Duffy when they were on a podcast panel related to sport psychology in 2022. Taylor suggested that sleep is much more than a physical process, as it has psychological and emotional implications.

“One of the most powerful tools that athletes have is sleep, which impacts them in so many ways,” he explained in an email.

Taylor, who competes in triathlons, has seen his results improve from top 20 in his age group to two national championship titles and three world championship podiums.

“Of course, I’m sure other factors contributed to my improved results, but I know that improved sleep was a key contributor,” he explained.

**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.”

“With 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.

DESK@TRBNEWSMEDIA.COM
Obituary: Remembering Henry Hull

Henry Hull (Hank) of Port Jefferson passed away on July 26 at the age of 91. Born in 1933 in Orange County, Hank was the son of Henry Hull and Helen Frances Smith of Highland Mills.

Having lost both his parents by age 14, building a strong family was everything to this man. His greatest joy was spending 64 years married to the love of his life, Eileen Katherine Hull. Together they had four children: Jacqueline Hull, Suzanne Frances Wolff, the late Lawrence Henry Hull and Christine Cognetti. The role he treasured most was being grandfather to his all-star team of seven who lovingly called him Pop: Thomas Henry Hull, Sarah Hull, Alexa Jane Wolff, Connor Wolff, Ella Cognetti, Olivia Cognetti, and Katherine Cognetti.

Raised by his loving sister-in-law Carrie, college seemed out of reach until he was inspired by a high school teacher to apply to Albany State. There he discovered his lifelong love for education. Hank earned his bachelor's degree from the University at Albany, a master's degree from Hofstra University and did extensive graduate work in mathematics at Boston College.

Hank was a believer in the power of education, so teaching was not only his career but also his true calling. He spent 35 years teaching mathematics at a variety of levels, ranging from middle school classes in Northport to courses at Suffolk Community College and Dowling College. In addition, he was a founding member of the Continental Mathematics League (CML), an organization that enables students and schools to compete in a variety of subjects on a global level.

Giving back to the community was always a priority for Hank. He was a member of the Eaton's Neck Fire Department and an ex-Captain and lifetime member of the Port Jefferson Fire Department. A veteran of the US Air Force, he was a mathematics instructor at Sampson Air Force base in Geneva.

Using stories and jokes he touched so many lives; Hank was always ready with a (not so) quick story to engage those around him. He loved the challenge of puzzles and met the crossword each day with a hopeful spirit. Hank found a passion for poetry, often gaining inspiration at night and writing throughout the day. We are now fortunate to have hundreds of poems to comfort us.

Hank enjoyed the simple things in life with his grandchildren like ice cream, oreos, a cold beer and deep discussions. He loved seeing his children and grandchildren play the sports he once played himself and could often be found cheering on the sidelines of soccer, lacrosse, golf, basketball, and baseball. Up until the end, he kept track of where everyone was in their travels so he could pray for their safe returns.

Wherever Hank went he touched the lives of so many with his deep sense of caring and utmost respect for others.

Memorial visitation will be on Thursday, August 1 from 2–4 p.m. and 7–9 p.m. at Bryant Funeral Home. Firematic services are on Friday at 8:00 p.m. A mass followed by celebration of life will be held on Friday, August 2 at 11:30 a.m. at Caroline Episcopal Church in Setauket. The burial is at the Cemetery of the Highlands on Saturday, August 3 at 1 p.m.

In remembrance of Joseph Mark Shroyer

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.

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

Dr. Shroyer was 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.
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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.

Gratitude not complaints

Jen Schaedel’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.

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.

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
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 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.

Apparantly 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.
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