Wtbrnewsmedia.com WEEKLY PODCAST INES THE T of Huntington, Northport & East Northport HUNTINGTON • HUNTINGTON BAY • GREENLAWN • HALESITE • LLOYD HARBOR • COLD SPRING HARBOR • NORTHPORT • FORT SALONGA • EAST NORTHPORT • ASHAROKEN • EATON'S NECK • CENTERPORT

June 26, 2025



WMHO anaylzes Harbor Road as locals push for action Residents are concerned over safety, the Ward

Melville Heritage Organization starts work Α4

Stellar student Avery Yang wins scholarship Yang's passion for history and fashion earned her \$40k

A5

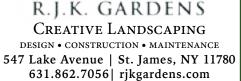


'The Language of Flowers' opens at Mills Pond Gallery **B1**

Republican primary results are i Smyth will be the GOP candidate for Huntington supervisor; Dr. Dave Bennardo and Greg Grizopoulos will run for council in November— A3

Transform Your Property Into A Prévate Retreat

• LANDSCAPE DESIGN WATERSCAPES •LAWN & GARDEN MASONRY



🔷 icpi



SCAN FOR OUR

\$2.00

Overwhelmed? Let us help you...



Law Office of Tara A. Scully, P.C. Celebrating 13 Years of Serving the Community Helping people build, protect and preserve their family's legacies.

Providing a Holistic Approach to Legal Counseling Regarding Matters Including:

- Elder Law
- Medicaid Eligibility Planning
- Medicaid Application Assistance
 - Trusts, Irrevocable & Revocable

Estate Planning

- Nursing Home Placement
 Estate Administration
- Long Term Home Care
- Special Needs Planning

Guardianship Proceedings



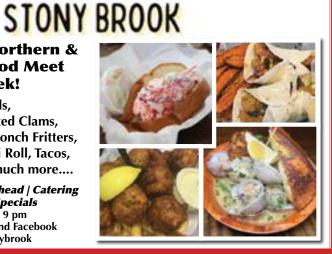
Phone: 631.509.4911 • www.tarascully.com 646 Main Street, Suite 100 • Port Jefferson, NY 11777



Join Us Where Northern & Southern Seafood Meet 7 Days A Week!

Lobster Rolls, Clam Chowder, Baked Clams, Ipswich Fried Clams, Conch Fritters, Garlic Shrimp Scampi Roll, Tacos, Chicken Fingers and much more....

Take Out | Dine In | Call Ahead | Catering Ask About Daily Specials Hours 11:30 am to 9 pm Follow us on Instagram and Facebook @djsclamshackstonybrook



1007 Rt 25A, Stony Brook, NY 11790 631.675.9669 • djsclamshack.com/stony-brook

THE GREATEST CHALLENGES OF OUR TIME

-AN EVENING WITH PRESIDENT-

USA & CANADA LECTURE TOUR | AUGUST 31 - OCTOBER 30, 2025



Meet the Nobel Peace Prize winner and one of the world's greatest leaders. Lech Walesa will take you behind the scenes of one of history's greatest turning points – and into the future we must build together.

REGISTER NOW: www.HistoryExplorer.com

Smyth wins Republican Primary

BY PETER SLONIEWSKY

DESK@TBRNEWSMEDIA.COM

On June 24, a combined slate of incumbent Supervisor Edmund Smyth, Councilmember David Bennardo and Councilmemberhopeful Greg Grizopoulos soundly defeated



an opposition slate in the Huntington Republican primary. With all 185 districts reporting, Smyth

earned more than 60% of the vote. Bennardo and Grizopoulos, in a field of four candidates with two winners, led with 31 and 39%, respectively.

Smyth was first elected town supervisor in 2021 and previously served a term on the Town Board beginning in 2017. A lifelong resident of Huntington, Smyth is also a veteran and an attorney with four children. He defined his term as supervisor by improvements in fiscal stability, revitalization projects in parks, and improvements to the building permitting process.

In Smyth's reelection letter in March, he stuck by and reaffirmed the importance of his legislative record in office, noting his "record of strong fiscal management of your [sic] tax dollars, continued improvements to public safety, parks, beaches, roads, and garbage." He also noted that he and his slate "ignore social media sensationalism and run a dramafree government through unspectacular hard work."

Bennardo, a Huntington resident of more than 25 years, has served as both a high school principal and as the superintendent of South Huntington schools. Bennardo is also a noted

advocate of fiscal responsibility and has worked on water quality, shoreline quality, park enhancement and road paving since joining the town council in 2021.

Grizopoulos, a former assistant district attorney, is a partner at the law firm Grizopoulos & Portz, P.C. and resides in Melville. Grizopoulos places significant importance on "preserving Huntington's suburban character" alongside fiscal responsibility.

The competitiveness of this primary arose from the legal and political backlash to last year's approval of an 'overlay district" in Melville, which could entail the construction of highdensity rental apartments. Councilwoman Brooke Lupinacci, Smyth's opponent, was the only town councilmember to vote against the plan. Lupinacci ran on a ticket alongside former Councilman Eugene Cook and former Zoning Board of Appeals Chairman John Posillico.

In addition to the controversy surrounding this apartment project, Lupinacci accused Smyth of political retribution after an administrative reorganization plan resulted in the firing of all of her individual staff members in favor of a more selective "Town Call Center." In February, Lupinacci said that she would "not back down or be intimidated by their actions," and an automated email response from her office still notes that "the Supervisor and his Board terminated my staff members."

Smyth, Bennardo and Grizopoulos

will run in the general election on Nov.4.



Supervisor Edmund Smyth Photo courtesy of huntingtonny.gov



Councilmember Dr. David Bennardo Photo courtesy of Councilman Dr. David Bennardo



Greg Grizopoulos Photo courtesy of www.gpnylaw.com



Personalized services arranged for all faiths We specialize in preplanning and cremation SERVING OUR COMMUNITY FOR OVER100 YEARS

www.MAConnellFuneralHome.com 934 New York Avenue, Huntington Station NY 11746 | Phone: 631-427-1123

Concerned residents approach legislative committee over harbor road safety

BY EMILY MANDRACCHIA DESK@TBRNEWSMEDIA.CON

Nearly one year after Harbor Road collapsed, the unrepaired road is raising serious public safety concerns for residents and first responders. The delay has led to increased emergency response times and growing fears that the situation could result in avoidable loss of life or property.

At a June 17 Fire, Rescue and Emergency Medical Services & Preparedness Committee (FRES) meeting in Hauppauge, residents and officials voiced frustration over the inaction and jurisdictional confusion surrounding the collapsed roadway. They warned that the current detours and narrow, curving side roads are not appropriate for emergency access and are already contributing to slower response times for fire and EMS services.

Beth Zweig, a resident of Head of the Harbor, said the risk is not theoretical. "This is not speculation. Five and seven minutes could be the difference between a person found DOA or a house burned down," she told attendees, describing the main thoroughfare as "nearly impassible." In response to public pressure following a community rally earlier this year, WMHO promised to provide a list of provisions that would render them comfortable signing the FEMA application. Instead, according to a June 10 letter from WMHO's attorney, the organization presented a list of stipulations that the town and federal government would need to meet in order to access the site for repairs — without accepting ownership or signing off on the application.

The lack of a signed agreement is preventing FEMA funding, which is tied to a 30-month deadline for project completion. Nearly 10 months have already passed. If the parties fail to act soon, the funding could be rescinded. Suffolk County Legislator Robert Trotta estimates repairs could cost \$8 to \$10 million.

Dominick Thorne, a Suffolk County legislator and member of the Public Safety Committee, warned at the June 17 meeting that continued delays not only jeopardize FEMA funding, but could expose all involved parties to greater legal risk if emergency response is compromised.

"There will be more lawsuits if someone

calls the fire department and they don't make it," Thorne said.

The Village of Head of the Harbor officials have expressed concern that the current situation has created unsafe conditions for residents and placed emergency responders in a difficult position.

Public safety officials have not confirmed whether any formal emergency response assessments or contingency plans have been issued regarding Harbor Road, and no agency has stepped forward to assume full responsibility for leading the recovery.

Community members have called on Suffolk County Executive Ed Romaine to take a leadership role in coordinating a resolution, citing his prior involvement with infrastructure issues and relationships with local stakeholders. As of this writing, no direct action has been announced by the county executive's office.

For residents and first responders alike, the concern is that the longer the road remains closed, the higher the chance of a preventable tragedy.

Update on Harbor Road

BY THE WARD MELVILLE HERITAGE ORGANIZATION DESK@TBRNEWSMEDIA.COM

The Ward Melville Heritage Organization (WMHO) announced on June 23 that it has retained an engineering firm, Mueser Rutledge Consulting Engineers (MRCE), and work has begun on taking borings of Harbor Road to determine its composition. This process entails drilling down every five feet until reaching 50 feet, inserting a four-inch wide hollow tube, and pulling out samples of soil from three separate locations.

An engineer will analyze data from the borings. Once that information is gathered, hydraulic data (rainfall, road runoff, the existing water in the pond) will then be analyzed. This process will take approximately two to four months.

The board of trustees feels the frustration of the community regarding the issue of Harbor Road, and we have initiated this work to secure on an accelerated basis the critical information needed to repair or replace Harbor Road. After signing the contract with MRCE on February 12, the first step of this multitiered process was conducting a survey of the grist mill and providing a subsequent report. Once the data collection and analysis are complete, three design concepts will be provided.

The organization hopes to at that point share all the pertinent details with the county, towns, and village. They realize that the matter requires a comprehensive approach that prevents this disaster from recurring in the future.

Cuts to science and education impacts everyone: a high schooler's perspective

BY ANISHA MAKOVICKY DESK@TBRNEWSMEDIA.COM

America is the land of opportunities they say, we just have to work hard and we can succeed. As a high school student, I have watched the current administration strip students such as myself of the opportunities that will allow us to build a successful future. The current funding cuts do not impact just science research but also

OPINION

education. According to a report published by Education Week in May 2025, the National Science Foundation, under ration, canceled over 400

the Trump administration, canceled over 400 grants for STEM education. The administration has even cut funding for PBS Kids, which was created to bring STEM education to children of lower class families. I can't imagine any benefits to discouraging our future doctors, engineers, scientists and leaders from science. If high school students are not allowed to start pursuing science early, they will be set back in the future. And since one day we will all depend on this next generation of scientists, doctors and engineers, setting back high school students will set back our whole country, not just in science.

Everyone should be worried about cuts to science and education funding. These affect entire families, students and educators. Parents



are worried that their children will lack future opportunities to become involved in STEM fields. High school students are primarily affected by the loss of programs and reduced chances to gain experiences to form their career ideas. Educators and teachers are not able to do their jobs and support students as they did in the past. Knowledge generated by scientists trickles down to the high school curriculum but if science is limited, there will be less knowledge passed down, meaning that future high schoolers will be at a lower standing. This domino effect will have a cascading impact on future generations.

A well rounded education is important for everyone, not just students who aspire to attend competitive colleges. As a society, we believe a high school education is crucial for making informed decisions and helping one understand the world better. This is especially relevant because for many people, a high school diploma is the highest level of education they will receive. Federally funded education programs offer different ways of learning both in and outside classrooms. Experiential learning such as hands-on curricula through internships, public education programs, museums and field trips expand upon the standard public school curricula. This is important because students learn in different ways and non-classroom learning experiences are especially beneficial for students with learning disabilities or different capacities to engage. These diverse types of opportunities are necessary to ensure every student is given a chance to succeed.

Over 50% of NSF funding cuts have been to education programs, according to the Hechinger Report. 1,400 grants have been cut, and 750 of those were to STEM education. That equates to about \$775 million that could have helped students engage with STEM. The Department of Government Efficiency (DOGE) began the cuts to reduce diversity, equity, and inclusion in scientific research. While it is understandable to want our federal government to run efficiently, cutting scientific research and education will have little effect on the efficiency of our government and the lasting impacts will put our entire nation at a disadvantage. It is imperative that we protect our equal access to education in order to create a better future.

Anisha Makovicky is a student at Earl L. Vandermeulen High School.

Smithtown's Yang wins \$40K Judge Cohalan history scholarship

BY DANIEL DUNAIEF DESK@TBRNEWSMEDIA.COM

For her in-depth research about the Prime Thimble Factory in Huntington, Smithtown

HONOR

High School East senior Avery Yang has won the Honorable Peter Fox Cohalan Scholarship in

American Studies from the Robert David Lion Gardiner Foundation.

In its 10th year, the scholarship provides \$10,000 per year for four years to a student who plans to study history in college and who demonstrates a commitment and interest in the subject by focusing on an element of local history on Long Island that reflects New York state and American history.

An accomplished student at Smithtown High School East, Yang focused on the factory that produced the small metal pieces that protected the fingers of those who were sewing from 1836 until the 1880's.

"She did a great job on her research," said Judge Cohalan, for whom the scholarship is named and who is one of the four trustees of the foundation. "Her English was perfect, there were no mistakes. I'm a nitpicker."

Yang, who plans to attend the University of Massachusetts at Amherst in the fall, is especially passionate about the history of fashion and its connection to the cultural history of an era.

In her paper, which included 30 references and 47 endnotes, including a photo from her own collection of thimbles, Yang described not only the history of the factory but also the symbolism associated with the thimble.

To continue to receive the scholarship, whose previous winners have attended schools including William & Mary, Dartmouth, the University of Michigan and Marist, Yang must earn a 3.25 grade point average during each semester and contribute to a local historical society through a host of possible eligible activities, including website design and maintenance general research.

Over the course of its operation, the factory, which was owned and operated by Ezra Prime, "reflected changes and conflicts within American society. It echoed the broader shift across industries from artisans to factories, and shaped social debates surrounding women's rights through its product's symbolic meaning," wrote in her winning essay.

Gibson girls

Shaun Minton, who taught Yang last year in an Advanced Placement US History class, was delighted that she won this scholarship.

He described Yang as the "top of the top" among students.

During class last year, Minton was discussing the flapper style of the 1920's. He usually compares the flappers to the Gibson Girl.

While some students may have heard of, read about or seen films with flappers, few have any working knowledge of the Gibson Girl, whose archetypal fashion preceded the flappers.

That, however, wasn't the case for Yang, who was able to "explain the fashion of the Gibson Girls better than I could."

In an email, Yang described the Gibson Girl, who was described in illustrations by Charles Gibson, as fashionable women who were modern and active and yet conformed to a patriarchal view of femininity.

Minton, who provided a college recommendation for his former student, recalled how she wrote a targeted and accurate response to a document based question.

"She was able to get right to the point and analyze the material in such a concise manner that I photocopied her paper and showed it to the rest of the class," he said.

Fashion and history

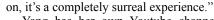
Yang became fascinated with understanding history through fashion in middle school, when she started watching videos on the Internet of people who made historical clothing.

"The tactile aspect drew me into it," she said. To live the connection to history, Yang sews her own clothing that reflects the styles and fashions of the time. She recreated a vintage original dress that took about three weeks to make from the 1930's and early 1940's with rayon crepe that she bought from an online fabric store.

For another ensemble from around 1818, she worked for about two months to recreate a gown from Théodore Géricault's "Portrait of Laure Bro." She researched primary sources such as historical sewing guides and garments in digital museum collections.

She enjoys the connection to the people, history and culture when she designs and sews these outfits.

It is a "magical experience to feel like you are participating in the same sorts of practices and rituals as someone from the past," she said. "When I finally get to put it



Yang has her own Youtube channel and her videos, which include descriptions of old antique machines and the dresses she's made with them as well as a description of sock plushies.

Yang's parents Alan and Cherry Yang are happy and proud of the work her daughter, who has also been a Gardiner scholar, did for this scholarship, which is an ongoing part of her passion for history.

Yang surrounds herself with history, as her room has various antiques including a collection of working children's sewing machines, old irons, advertising pieces and spools of thread, said her mother.

Yang loves antique shops, where "each object there has a story. We bring items home" and her daughter delves into its history, her mother said.

Minton appreciates how Yang, who is successful in math and science classes as well, has chosen to study history in college.

"Kids of her caliber nowadays tend to do STEM," he said.

Yang's parents would like their daughter and her older siblings to find their own way. After college, Yang, who also plays alto saxophone in several groups including the pit orchestra

and jazz band, would like to go into museum conservation where she can work with historical pieces and help preserve them, giving her the opportunity to paint a picture of cultural and social trends that are often missing from the written record. She would also consider becoming a history teacher.

Yang, who is hoping to participate in the graduate level program in public history at UMass Amherst, sees fashion as a reflection of cultural and social aspects of life.

"I find it really interesting to see changes in fashion and the ways in which things are sewn," she said.

Left: Yang with the black dress she recreated from the 1940s vintage original.

Bottom right: Yang wearing a period dress she designed and created based on Theodore Gericault's "Portrait of Lauren Bro", painted in 1818. That project, which involved using silk and cotton, took two months to create. Photos courtesy of Avery Yang

Editorial

Cutting STEM threatens future growth

Plants need stems to survive. They provide structural support and connect the roots to the leaves and flowers, making it possible to bring water, nutrients and sugars throughout the plant.

Similarly, STEM (science, technology, engineering and mathematics) serves a critical function for society.

As with the rest of a plant, STEM is not the only part that nourishes our culture, but it does offer critical support that makes it possible to adapt to future challenges and to push the frontier of human knowledge.

This week, we and scientists around the world celebrated the long-anticipated grand opening of the Vera C. Rubin Observatory in Chile, a telescope and camera so advanced that it has already spotted 2,400 asteroids we hadn't previously seen.

This state-of-the-art camera was funded by the National Science Foundation and the Department of Energy's Office of Science, making it possible to see deep into space and to ask questions about changes around us as well as dark matter and dark energy.

"NSF-DOE Rubin Observatory reflects what's possible when the federal government backs world-class engineers and scientists with the tools to lead," Harriet Kung, acting director of the DOE's Office of Science said in a statement. Indeed!

This project echoes some of the cutting edge science efforts that the federal government supported after World War II.

STEM funding supports translational research, which addresses questions like what molecule can scientists target to slow or stop the progression of cancer or what plant genes can enhance resistance to disease or environmental extremes. It can also support basic research that explores what causes a cell to divide, to die, or to differentiate.

Both of these areas of research have led to important discoveries that have contributed to society. Researchers credit their achievements with the opportunity and knowledge they received from previous generations of scientists who, like runners in a relay race, pass the baton to the next generation of great thinkers and explorers.

Science funding has among the highest returns on investment of any federal funding, Cutting funding to areas like the National Science Foundation, the National Institutes of Health, and other federal programs can impede the ability of science and society to grow and respond to change.

The current budget proposal for 2026 suggests a 40 percent cut to the NIH, which would reduce the number of institutes from 27 to eight. Yikes!

Further up the chain, societal growth also depends on supporting the education of students who can go from a classroom where they learn about what's known to a field where they can rewrite the textbooks they had studied.

Canceling grants to STEM education not only threatens the students who miss out on chances to learn, but also society, which won't benefit from the spark of inspiration these students receive.

The federal government must continue to invest in STEM. The future growth of our society - with businesses, cures for diseases and an expanding knowledge base that enables us to live healthier and better lives - depends on it.

Letters to the Editor

Local community paper should cover community events

I'm irritated by the coverage of the No Kings protest by the Port Times Record in the June 19 issue. Why this "community" newspaper continues to give attention to leftleaning causes rankles me. Right there on the front page side-bar were two other stories that merited much greater attention because of their community interest: The PJ mayoral results in a hotly contested election and the nationally ranked rowing teams celebrating the accomplishments of our hard-working teens. Instead, the main focus was on a totally ineffectual protest that accomplished nothing.

Why must the Port Times Record give voice to misguided individuals. For example, the article quotes the protest organizer claiming, "We don't do dictator parades." The parade celebrating the founding of the US Army had been planned under the Biden administration for two years.

The irony should not be lost on clearthinking people that the real dictatorship was the government that required and demanded that we wear masks, stay quarantined, prevented us from worshipping in our churches and synagogues, mandated vaccines, closed businesses, made sure that the elderly died alone, kept us social distant at an arbitrary 6-feet apart and closed schools setting back the education of our children. Who were the real dictators? Where were these antidictatorship protesters then? Yet, the Port Times Record thinks No Kings is front-page news.

Perhaps the Port Times Record should focus on community news and leave its bias to the op-ed page.

Rick Ceo Port Jefferson Village

Response to Gene Sprouse's June 12th

I am responding ONLY as a longstanding resident of the community, not as a Setuaket Neighborhood House Board member.

I purchased a home on Lake Street in 1976 directly across the Setauket Mill Pond from the Setauket Neighborhood House. Before that, I lived in the B Section of Strathmore for 7 years. A total of 56 years in the community, compared to Mr. Sprouse's 55 claimed years, is pretty equal local tenure. However, as a person living so close to the SNHfor 49 years, I do have a pretty good sense of the daily activities there.

While living on Lake Street, I used the SNH many times for my children's birthday parties and for two of my own birthday celebrations.

The Lake Street ladies, led by Eva Glaser, Liz Tyler and Marylu Mills assembled to do the first major redecorating of the house back in 1980. It was the first Three Village Historical Society Candlelight House Tour featuring some homes around the Setauket Mill Pond to raise money to refresh the interior of the Setauket Neighborhood House. I was part of that effort, yet those three ladies deserve all the credit.

I offer the above simply to show my longstanding involvement with the SNH.

I have been a member of the SNH Board for 10+ years now, but this letter is NOT from the board. It is from a local Lake Street resident who happens to be on the board. It is NOT an official SNH Board response, just my thoughts.

The cameras were installed in the SNH as a safety issue, not to monitor or to spy on any groups using the house.

While it IS posted everywhere that NO SMOKING is allowed inside or on the porches, people using the house continue to smoke there. As a member of the Three Village Garden Club, I have planted and maintained the flowering annuals in front of the house for many, many years. I check them twice weekly and pick up the cigarette and cigar butts (along with cups, plates, napkins and other trash) thrown from the porches into the bushes and flowers. Other board members do so as well.

The house is open most days with little or limited supervision. Recently, a group left a kettle on the stove to burn dry, a major fire hazard. People frequently use the house as a bathroom stop. Significant damage has occurred over the years, and it has become worse of late. Items are stolen and damage occurs. We have had groups from other LI communities using the house for fundraisers that are of no benefit to the local community. While the house is available until 11 p.m., some groups illegally stay longer.

For example, two summers ago I heard loud noises from both inside the house and in the parking lot at 11:30 p.m., well beyond closing time. A fight broke out in the parking lot, and I called the Suffolk County Police at 11:45 p.m. An officer arrived at 12:30 a.m. after I made a second call asking the 911 operator why it was taking so long to arrive at the scene of this fight. The operator told me that the police officer did not know where the SNH was even though I explained its location in my original call. Incredible! At 8 a.m. the next morning SNH Board President Tim O'Leary and I were at the house picking up all sorts of garbage left behind by this group. Needless to say, we are both volunteers.

So, yes, Mr. Sprouse, the SHN DOES need cameras for security and safety. I disagree that, "There is little need for this internal surveillance to protect the House...." It is NOT just "our neighbors" who use the house. People from communities 45-50 minutes away rent space there as well. I am not certain they will "value and protect this great community resource."

As for privacy issues, the house was never meant to be used for secret private political meetings. If privacy is an issue, then such groups should find another place to meet.

No board member is spending time spying on meetings or ogling yoga classes, but when damage occurs (and it certainly has!), we do have a video of the damage done and the responsible party. At one recent meeting, one of the group disabled the camera. Do you support such actions? I do not.

Although groups are told they may NOT tape banners to the walls, just a few weeks ago, a group from outside the Three Village community did so, damaging the paint on a wall that had been painted just months before. We have proof and can assess the responsible group for repairs. Video proof was essential.

Please understand that we have numerous groups who use the house for its intended purpose and deserve credit for their tender care of as Mr. Sprouse asserts, "a wonderful community resource."

I believe, as a neighbor living near this historic building, that video monitoring is essential to the safety and security of the house. If a group finds that offensive, I am sure they can meet elsewhere or in private homes.

With grateful appreciation to all who use and support the house for its intended purpose from the Constitution and By-Laws --"To promote moral, intellectual, recreational and social welfare of the residents of Setauket, New York and vicinity."

Julie Robinson Parmegiani Lake Street , Setauket



WRITE TO US ... AND KEEP IT LOCAL

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

Opinion It's all absurd and it helps to laugh your way through it

y uncle was mad and probably a bit disappointed with the rest of the family. He had gallantly, I suppose in his mind, volunteered to drive our family from the funeral home to the cemetery where



BY DANIEL DUNAIEF

my father was going to be buried.

There my brothers and I were, laughing in the back as if we were on a normal family retreat. No, scratch that, we were probably laughing even more forcefully. It was our coping mechanism, which my uncle, who spent little time with us growing up and, in particular, during my father's illness, wouldn't

and didn't understand.

One of the many things that we observed and shared with each other from the back of that vehicle of loss was the impressive collection of fancy cars that were trailing behind us.

Our father was a big fan of test driving cars but not as much of a fan of buying them. We're pretty sure there were car salesman who went on break immediately as soon as they saw him turn into their lot, desperate to get away from the bearded guy who seemed so earnest and excited about the cars, but almost never did anything other than ask about them, drive them, and return to his aging Buick LeSabre, promising to "think about it."

We were amazed at the Jaguars, the Mercedes and the host of other cars that people who wanted to pay their respects drove to his funeral.

"Oooh, there's a BMW," one of us said. "Wow, dad would love that car, but maybe not in that color."

My uncle shook his head slightly and frowned at us in the mirror. I guess he wanted us to behave more properly or respectfully during this somber moment.

But laughter is not only the best medicine, as it turned out for us, but has been a way my family connects with each other and with many of the people in our lives.

I must have watched the movie "The Court Jester" starring Danny Kaye at least a dozen times with my father. Each time, I knew when the dialog that made him laugh so hard was coming. His breath came in high pitched squeals as he bent over double trying to get air into lungs that were too busy laughing spasmodically.

"The pellet with the poison is in the vessel

from the pestle. The chalice from the palace has the brew that is true," Kaye would say.

Those lines, and the bumbled repetition with nonsense word variations, always hit their mark, forcing him to find a tissue to wipe the tears from his cheeks.

I remember the laughter, and what triggered it, from friends and family members who have either passed or with whom I have had little contact over the years.

Shared laughter, as sitcom producers understand, creates a positive and encouraging atmosphere, telling us that we can return and enjoy these light-hearted and peaceful moments with unseen strangers or with others in the room.

The hit show M*A*S*H combined macabre humor in the midst of a war zone with antics that helped talented but stir crazy doctors manage through difficult circumstances.

My aunt Maxine used to find it both surprisingly annoying and oddly funny when I rolled my sleeves up into strange positions or turned parts of my collar inside out.

"Don't be silly!" she'd laugh, which, of course, only encouraged me. "What are you doing, Daniel?"

She'd come over and, with the soft small fingers of someone who had Down syndrome,

would unfurl the sleeves of my shirt and would adjust my collar.

My grandmother, meanwhile, giggled at the absurdity of her grandchildren.

My brothers and I would sometimes say or do something unusual and, rather than get upset, she would find our behavior so ridiculous as to be laughable. When she giggled, her entire upper body shook, as those quaking motions had an epicenter around her stomach. Her laughter made her seem so much younger.

My wife and I recently attended a live musical show that poked fun at everyone from politicians to sports figures to crazy neighborhood text messages.

The show not only hit home for many, but it also caused people to chuckle so hard that their laughter became a part of the show.

These days, with uncertainty around the world and hovering heat and humidity squeezing sweat out of us like a dish rag, the laughter of those we know or have known can serve as a soothing salve. Life is messy and frustrating and seemingly beyond our ability to control. Laughter may be just what we need, offering the kind of cooling shade that dials down the temperature.

Is showing one's knees still scandalous?

hew! That was blistering heat we just endured for the last few days. When it gets that hot, I have two reactions. I need some ice cream, preferably a cone filled with coffee ice cream dotted with chocolate chips. And I have to switch

to wearing shorts.



Between you and me BY LEAH S. DUNAIEF

So it gave me a chuckle to read an inquiry by a reader of the New York Times Style Questions column asking about wearing shorts to work. Now I'm supposing that she works in a large city

she works in a large city office, where there is a formal or informal dress code, and like me, she wants to beat the heat by donning shorts.

Her question amuses me because it reminds me of how far wearing shorts has come, and also how lucky we are. First the shorts evolution. It must have been a slow news day back in 1960, when The New York Times ran a front page story about Barnard students wearing Bermuda shorts as they meandered through the Columbia campus. Imagine the scandal. It seems President Grayson Kirk of Columbia was offended by the casual dress and asked Barnard President Millicent McIntosh to clamp down on her students. Only skirts were to be worn, came the directive, with some sort of appropriate blouse.

Well, we students protested, with petitions and rallies, until the ban was rescinded to a "request" to wear a coat or slacks over the shorts when on the Columbia campus, which was across Broadway from Barnard. Think how innocent the uproar when measured against today's protests on the same campuses.

Clearly President McIntosh wasn't similarly offended because she advised us during an ensuing assembly of the entire college "to turn over your book covers when you are riding the subway (some two-thirds of students were commuters then) so no one knows you are from Barnard." And any ban would not take place until September, which was one way of kicking the can-or ban-down the road.

Other women's colleges treated the issue of showing knees differently. Radcliffe, adjacent to Harvard, only permitted shorts for athletic activities. Vassar College allowed shorts both on campus and in town (Poughkeepsie, N.Y.). Smith College, in Northampton, Mass., allowed shorts on campus and in class, but no shorter than two inches above the knee. All that was researched by The NYT reporter for the 1960 article.

Today's reporter, Vanessa Friedman, answered the reader this way. "Shorts are often longer than skirts these days and often more conservative. There is no reason a woman shouldn't wear them to the office." She goes on to say that any hesitation might stem from the association of shorts with play and summer weekends rather than work. As such they are not considered professional garb.

There is also the question of what kind of

shorts, she advises. Very short shorts are not any more acceptable than very short skirts. To professionalize the look, a blazer, a belted T-shirt and conservative shoes — platform shoes or even pumps — might complete the outfit, or an oversize button-up shirt.

So now I come to the point of our being lucky. First, most of us are not in a large city office but rather a suburban environment, which, culturally, is more relaxed. We live in the land of the sweatsuits.

Furthermore, times have so radically changed that no one, for example, expects a doctor or lawyer, the epitome of professional, I guess, to appear in a suit. Not even a tie. A button-up Oxford shirt is pretty dressed up these days, and we often see professionals thusly outfitted: men in golf shirts and trousers, and women in short sun dresses.

Finally, we, as journalists, are allowed to look casually dressed. Few people would expect to be interviewed by someone in a suit. It might even make them nervous. Yippee!



TIMES BEACON RECORD NEWS MEDIA Serving Our Community for 49 Years We welcome letters, photographs, comments and story ideas. Send your items to P.O. Box 707, Setauket, NY 11733 or email editor1@tbrnewsmedia.com. Times Beacon Record Newspapers are published every Thursday. Subscription \$79/year • 631-751-7744 www.tbrnewsmedia.com • Contents copyright 2025

EDITOR AND PUBLISHER Leah S. Dunaief GENERAL MANAGER Johness Kuisel MANAGING EDITOR Sabrina Artusa LEISURE & SUPPLEMENTS EDITOR Heidi Sutton

Bea Ruberto ADVERTISING DIRECTOR Kathleen Gobos ACCOUNT EXECUTIVES Elizabeth Reuter Robin Lemkin Katherine Yamaguchi Minnie Yancey

COPY EDITORS

Ernestine Franco

ART AND PRODUCTION DIRECTOR Beth Heller Mason PRODUCTION Janet Fortuna Sharon Nicholson BUSINESS MANAGER Carri-ann Ferraro BUSINESS OFFICE Meg Malangone CLASSIFIEDS DIRECTOR & SUBSCRIPTIONS MANAGER Sheila Murray CIRCULATION & LEGALS MANAGER Harry Zeeve INTERNET STRATEGY DIRECTOR Rob Alfano SPECIAL PROJECTS MANAGER Kathryn Mandracchia



Ronkonkoma man convicted of second DWI within 10 years

Suffolk County District Attorney Raymond A. Tierney announced on June 18 that Thomas Gavlor. 70, of Lake Ronkonkoma, was found guilty of felony Driving While Intoxicated and Aggravated DWI, for driving his vehicle while intoxicated on Ronkonkoma Avenue in Ronkonkoma in 2023.

The evidence at trial established that, on November 9, 2023, at approximately 5:40

p.m., Gaylor was observed operating a 2018 convicted of Driving While Intoxicated on White Chevrolet Cruze in a northbound direction on Ronkonkoma Ave. in Ronkonkoma.

Gaylor was driving the car erratically by driving significantly below the speed limit, breaking at odd points in the road, and even veering into oncoming traffic. A witness driving behind him called 911 to report the dangerous and erratic driving to police. Gaylor was eventually located by Suffolk County police a short time later, parked outside his home and slumped over the steering wheel. After being transported to the hospital due to



Thomas Gaylor

he consented to a blood draw, revealing that his blood alcohol level was .33. over four times the legal limit of .08.

his high level of intoxication,

On June 18, 2025, Gaylor was convicted after a jury trial heard before Acting County Court Judge James A. McDonaugh for Driving While Intoxicated, a Class E felony, and Aggravated Driving While Intoxicated, a Class E felony. Gaylor was previously

August 27, 2018.

"In 2025, there is no excuse for driving drunk," said District Attorney Tierney. "Car services, taxis and rideshares are everywhere. Unfortunately, we see too often how drunk or drugged driving can lead to a tragic result. Repeating that same offense shows a complete and utter disregard for human life."

Gaylor is due back in court on August 13 and faces up to 1 and 1/3 to 4 years' incarceration.

- SUFFOLK COUNTY D.A.'S OFFICE



POLICE SLOTTER

The following incidents have been reported by Suffolk County Police:

Child left unattended in vehicle

Suffolk County Police arrested a Patchogue man after he left his son in a parked vehicle during extreme temperatures on June 24.

Sixth Precinct officers responded to the parking lot of Walmart, located at 161 Centereach Mall, at approximately 1:40 p.m. after a Good Samaritan called 911 to report a child sleeping in a parked 2007 Toyota Highlander that was not running with the windows open a few inches.

Officers were able to reach through the window to unlock the vehicle and remove the child. As first responders were administering aid to the child, his father, Keniarold Andre, 36, returned to the vehicle and was arrested.

The child was in the vehicle, unattended, for approximately 20 minutes and the outside temperature was approximately 100 degrees. The boy, 2, was transported to Stony Brook University Hospital for treatment and was released to a family member and Suffolk County Child Protective Services was notified. Andre was charged with Endangering the Welfare of a Child.

Man dies in police custody in Selden

Suffolk County Police Homicide Squad detectives are investigating the death of a man who died in police custody on June 23.

A detention attendant in the Sixth Precinct was monitoring the cell block when he noticed a prisoner, Quinn Harrison, laying on a bench in the cell in an awkward position at approximately 9:40 p.m. The detention attention notified the desk sergeant. Officers then began CPR and applied an automatic external defibrillator. Members of Selden Rescue responded, continued CPR, and administered Narcan. Harrison was transported by ambulance to Stony Brook University Hospital where he was pronounced dead.

Harrison, 39, of Shirley, was being held overnight after being arrested earlier in the day on two bench warrants and one count of Criminal Possession of a Controlled Substance 7th Degree.

Kings Park man arrested for stalking

Suffolk County Police arrested a Kings Park man on June 23 for stalking a Suffolk County legislator outside of his home last week.

Legislator Robert Trotta reported to police that between June 16 and June 18 a white 1989 Chevrolet pickup truck parked in the driveway of suspended without pay following the crash. his Northport home on more than one occasion

and revved its engine to intimidate him and his family. The incident was reported to police on June 19.

Following an investigation by Major Case Unit detectives, Joshua Smith was arrested. Smith, 47, was charged with Stalking 4th Degree, a misdemeanor.

Mt. Sinai massage parlor raided

Suffolk County Police arrested a woman on June 24 for alleged unauthorized practice of a profession in Mount Sinai.

In response to numerous community complaints, Suffolk County Police Sixth Precinct Crime Section officers, in conjunction with officials from the Town of Brookhaven, conducted an investigation into Sakura Foot Spa, located at 47 Route 25A, and arrested Rongzhen Wang at 7 p.m.

Wang, 43, of Flushing, was charged with alleged Unauthorized Practice of a Profession, a felony. The Town of Brookhaven issued multiple violations and condemned the building as unsafe.

Two arrested at Melville fight club

Suffolk County Police arrested two Northport men on June 22 for allegedly participating in an unauthorized fight club event in Melville.

In response to community complaints, Second Precinct Anti-Crime Unit and Second Precinct Investigative Unit officers investigated a fight club advertised on social media and arrested two participants at Walt Whitman Park at approximately 4:30 p.m. There were approximately 70 people in attendance.

Finley McCloskey, 19, of Northport and Jake Zimilies, 19, of Northport, were charged with Unlawful Assembly.

Pedestrian injured in Huntington

Suffolk County Police arrested a Babylon man for driving while intoxicated after a motor vehicle crash seriously injured a pedestrian in Huntington on June 22.

Jorge Alfaro was running westbound across New York Avenue at Carver Street when he was stuck by a southbound 2012 Chevrolet Camaro, driven by Alexander Vargas, at approximately 2:30 a.m.

Alfaro, 28, of Huntington Station, was transported with serious injuries to Huntington Hospital. Vargas, 30, was charged with Driving While Intoxicated. Vargas is a Suffolk County Police officer assigned to the Second Precinct and was off duty at the time of the crash. He was

- 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.

LGBTQ+ nonprofits speak on Suffolk-related issues

BY WILLIAM STIEGLITZ DESK@TBRNEWSMEDIA.COM

With Pride Month bringing to Suffolk County both joyous parades and calls for greater support of LGBTQ+ community members, TBR News Media reached out to two local nonprofits, Gender Equality New York and Pride for Youth (a division of the Long Island Crisis Center), to ask what issues most impact LGBTQ+ people in Suffolk right now.

Juli Grey-Owens, executive director of GENY, founded the organization in 2016 in



the aftermath of the group Empire State Pride Agenda disbanding. She said that after the passage of marriage equality in New York and

nationwide, "all the LGBT people who were giving money to keep the organization up and running left." "And so with them going out of business," she continued, "there was no statewide advocacy organization to fight for transgender civil rights."

So, she founded GENY to empower transgender, gender nonbinary and intersex New Yorkers, and GENY now provides educational training for Suffolk and Nassau police academies, local hospitals and houses of worship.



PFY, an LGBTQ+ health and human services organization, was founded in 1993 in response to its parent organization receiving many calls on its crisis support hotlines from people looking for LGBTQ+-based services. "Back in 1993, nothing like us existed in a suburban setting," explained Tawni Engel, associate executive director of LICS, adding that PFY became the first LGBTQ+ organization in the U.S. to offer the services it did in a suburban area.

PFY now offers 32 programs and services throughout Suffolk, Nassau and Queens, including social spaces for queer youth, family counseling, housing support and HIV testing and education. "I feel like if you name the service, we offer it," Engel said.

Both directors said one of the most prevalent issues facing LGBTQ+ Long Islanders now is hate and disinformation, especially toward the local trans community, leading to fear, bias and discrimination. "There are people walking around that believe that transgender kids are getting surgery at eight years old; that is a fallacy," said Grey-Owens. "There are people walking around thinking that school nurses are handing out hormones. I mean, school nurses aren't even allowed to hand out a cough drop."

Engel also spoke on the rhetoric around trans community members, saying it is often dehumanizing and federal actions like the erasure of the "T" from the now "LGB+" pages on the Centers for Disease Control and Prevention website don't help. "I think the message that that sends to people, especially young people, is just so demoralizing."

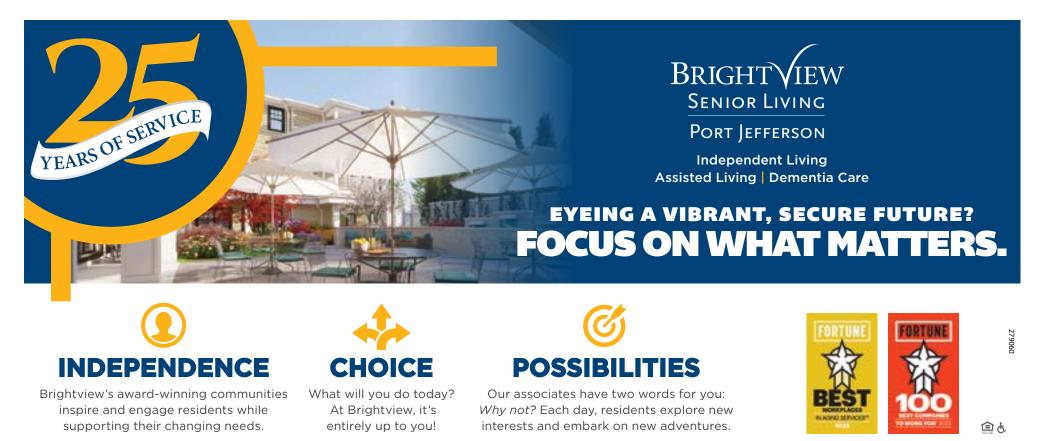
Funding for services is also a major issue. With diversity, equality and inclusion programs dissolving, she explained, corporate sponsorships PFY used to rely on are falling through. "We have received many letters, come to find out they were sent to us illegally by the government, telling us that 'x' amount of dollars were gonna be pulled literally within twenty-four hours. It got reinstated, but it's just been this roller coaster ride."

The complexity these issues have on Pride Month, said Engel, was a consideration when organizing PFY's annual pride gala and fundraiser. "It absolutely is a fun celebratory night of queer celebration and celebrating pride. But at the same time, especially this year ... how do we strike that balance between educating and facing the realities of what's going on, but also celebrating and taking care of ourselves?" she said. "We kind of started off with, okay, let's talk about the realities of what's going on, and then just dance our butts off the rest of the night and take care of ourselves and each other, you know."

The gala featured Glen Cove city councilmember Marsha Silverman (D), who is the first-out lesbian councilmember on Long Island on the North Shore. Both Engel and Grey-Owens emphasized the importance of involvement and support from local officials, with Grey-Owens being a member of the Suffolk County Legislature's LGBTQ advisory board and the LGBTQ task force for Huntington.

"Attend a school board meeting," said Grey-Owens. "Make sure that the school board is representative or has representation or is aware of our community. Go to town council meetings. Visit your legislators... These are all people that have local offices here on Long Island, so it's not like you have to travel to DC to see somebody. You can do it right here on Long Island."

For more information visit the GENY website: www.genderequalityny.org.



BrightviewPortJefferson.com 631.802.5021

From Cold Spring Harbor to Wading River – TBR NEWS MEDIA • Six Papers...Plus Our Website...One Price



631.331.1154 or 631.751.7663 • tbrnewsmedia.com

Auto Services

GOT AN UNWANTED CAR??? Your car donation to Patriotic Hearts helps veterans find work or start their own business. Fast free pick. Running or not! Call 24/7: 1-833-441-4496.

WE BUY 8.000 CARS A WEEK. Sell your old, busted or junk car with no hoops, haggles or headaches. Sell your car to Peddle. Easy three step process. Instant offer. Free pickup. Fast payment. Call 1-855-403-3374

Automobiles/Trucks Vans/Rec Vehicles

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

Automobiles/Trucks Vans/Rec Vehicles

GET A BREAK ON YOUR TAXES! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855-484-3467 today!

JUNK CARS BOUGHT! We'll Beat Any Price. Call 631-500-1015. SEE DIS-PLAY AD FOR MORE IN-FORMATION.

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

mnono

Finds Under 50

FREE BLACK DINING SET: 10 Stam leather chairs, wood table 2 leaves, mica credenza 631-260-3688.

Health, Fitness & Beauty

ATTENTION OXYGEN THER-APY USERS! Discover Oxygen Therapy That Moves with You with Inogen Portable Oxygen Concentrators. FREE information kit. Call 1-833-661-4172

ATTENTION: VIAGRA AND CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - Only \$99! 100% guaranteed. CALL NOW: 1-833-641-6397

HEARING AIDS!! High-quality rechargeable, powerful Audien hearing aids priced 90% less than competitors. Tiny and NEARLY INVISIBLE! 45-day money back guarantee! 855-819-7060

Housesitting Services TRAVELING?

Need someone to check on your home? Contact Tender Loving Pet Care, LLC. We're more than just

pets. Insured/Bonded.

Miscellaneous

631-487-3391

CONSUMER CELLULAR - the same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees and activation is free. All plans feature unlimited talk and text, starting at just \$20/month. For more information, call 1-844-919-1682

DIRECTV- All your entertainment. Nothing on your roof! Sign up for Direct and get your first free months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-888-534-6918

GET BOOST INFINITE! Unlimited Talk, Text and Data For Just \$25/mo! The Power Of 3 5G Networks, One Low Price! Call Today and Get The Latest iPhone Every Year On Us! 844-329-9391

Det Sor Adoption

608 Route 112 • Port Jefferson Station

631.473.6333

save

PRIVATE SENIOR RESI-DENCE: Your Loved Ones Will Be Treated Like Family. Basic Care Provided. Meals, Laundry, Housekeeping & Gym Onsite. PRIVATE PAY ONLY. arlinresidence@gmail.com 914-462-0624

Miscellaneous

TWO MORKIES AVAILABLE Born Valentines Day, 4lbs of fluff, each a different color, very affectionate, smart, potty trained. learning to walk on a leash, 516-314-1489.

Musical Instruments

BLUES MAN PIANO TUNING Certified piano technician, 631-681-9723,

bluesmanpianotuning@gmail. com,

www.bluesmanpianotuning.com

Rescued Animals



Harley is a 3 year old lab is affectionate, loyal and eager to please. He gets along beautifully with other dogs too. This sweet boy needs a new home, yours?

Wanted To Buv

ALL Sports Cards &

We Come To You!

Security Services

away from home.

for Home Watch.

SNOWBIRD? TRAVEL

(631)384-6647

\$\$\$Top Cash Paid!\$\$\$

Call/Txt: Anthony

FREQUENTLY? We are your

eyes and ears when you are

Bonded and Insured specifically

Call or Text Tony 631-689-5683

Recommended by all area

schools. Tony Mann,

631-473-3443, 631-332-6005

www.threevillagewatch.com

PIANO - GUITAR - BASS

All ages-levels-styles.

Many local references.

WANTED

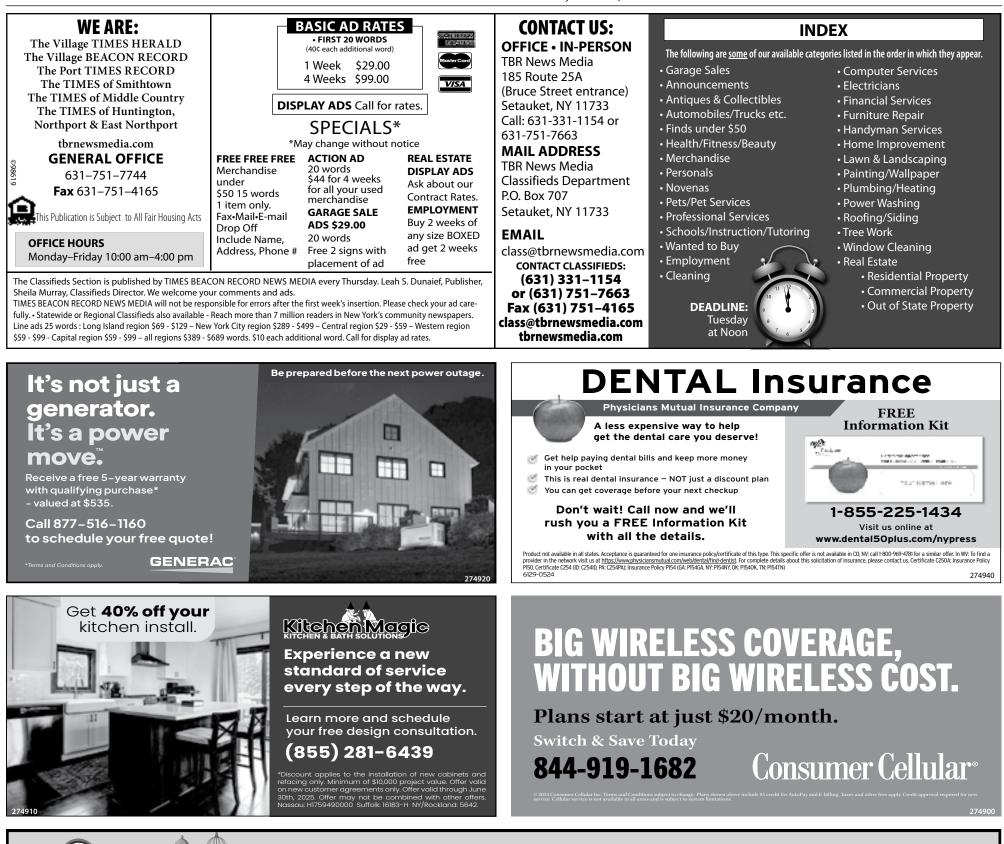
Memorabilia!





Spend your travel dollars when you get there not getting there!

We're not allowed to publish fares 877-988-7277





SELL YOUR USED MERCHANDISE & MAKE DOLLARS AND ROOM

4 wks/\$44/20 words \$.40 ea. additional word

6 Newspapers/Internet Site ~ Huntington to Wading River ~ Deadline: Tuesday at noon.

Call 631-331-1154 or 631-751-7663 • TIMES BEACON RECORD NEWS MEDIA • tbrnewsmedia.com

©101636



Air Conditioning

CENTRAL AIR SYSTEMS INC Beat The Tariffs, Lennox Premier Dealer, www.centralairsystems.com, 621 254 4000 SEE OUR

631-254-4900. SEE OUR DISPLAY AD FOR MORE INFORMATION

Carpentry

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

Electricians

SOUNDVIEW ELECTRICAL CONTRACTING Prompt* Reliable* Professional. Residential/Commercial, Free Estimates. Ins/Lic#57478-ME.

Owner Operator since 2006, 631-828-4675 SEE OUR DISPLAY AD IN THE HOME SERVICES DIRECTORY

ADVERTISE FOR RESULTS 631-751-7663

FILL000060

Exterminating

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

SCIENTIFIC EXTERMINATING SERVICES let's all stay safe, ecological protection, ticks, ants, mosquitoes, termites,deer Natural Organic products 631-265-5252-SEE DISPLAY AD FOR MORE INFORMATION.

Fences

SMITHPOINT FENCE. SPRING FENCE INSTALLATION SALE 12 Sections of 6' high Spruce Stockade Fence \$1999.00, 12 Sections of 6' high White Solid Privacy Vinyl Fence \$2999.00 includes all necessary sections and posts. Additional charge for removal and cart of existing fence, Free estimates. Now offering 12 month interest free financing.

Commercial/Residential. 70 Jayne Blvd., PJS. Lic.37690-H/Ins. 631-743-9797 www.smithpointfence.com.

Floor Services/Sales

FINE SANDING & REFINISHING Wood Floor Installations Craig Aliperti, Wood Floors LLC. All work done by owner. 32 years experience. Lic.#47595-H/Insured. 631-875-5856

Gutters/Leaders

EXPRESS ALUMINUM CORP Seamless gutters & leaders 5 & 6 residential, commercial half round gutters, custom colors, family owned & operated, Lic & Ins 631-345-3562. SEE OUR DISPLAY AD FOR MORE INFORMATION

RTD SEAMLESS GUTTERS free estimates, senior disocunt, military discount, Ray Doino 516-527-1496 Rdoino3@yahoo. com.

SEE OUR DISPLAY AD FOR MORE INFORMATION

Handyman Services

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

Home Improvement

AGING ROOF? NEW HOME-OWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-833-880-7679

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

BEAUTIFUL BATH UPDATES in as little as ONE DAY! Superior quality bath and shower systems at AFFORDABLE PRICES! Lifetime warranty & professional installs. Call Now! 1-833-807-0159

BLUSTAR RENOVATIONS The North Shore's Most Trusted Renovation Experts. 631-751-0751 We love smaller jobs too! Suffolk Lic. #48714-H, Ins. SEE OUR DISPLAY AD FOR MORE INFORMATION. **Home Improvement**

CLOVIS OUTDOOR SERVICES Tree removal, planting, design, cleanup, snow removal and so much more. 631-751-4880. www.clovisoutdoor.com SEE OUR DISPLAY AD FOR MORE INFORMATION

DO YOU KNOW WHAT'S IN YOUR WATER? Leaf Home Water Solutions offers FREE water testing and whole home water

treatment systems that can be installed in as little one

day. 15% off your entire purchase. Plus 10% senior & amp; military discounts. Restrictions apply. Schedule your FREE test today. Call 1-866-247-5728

GOT BAMBOO?

Your neighbor's Bamboo is your problem too! Call 844-247-6624 Bamboo control & removal service with guaranteed results SEE OUR DISPLAY D FOR MORE INFORMATION.

LAMPS FIXED, \$65.

In Home Service!! Handy Howard. My cell 646-996-7628

Home Improvement

NEVER BE WITHOUT POWER AGAIN with a GENERAC Automatic Standby Generator. Flex Financing, Permits & Filing. Gen Ready 631-544-0400 www.getgenready.com Licensed & Insured

PREPARE FOR POWER OUTAGES TODAY with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-877-516-1160 today to schedule a free quote. It's not just a generator. It's a power move.

PREPARE FOR POWER OUTAGES WITH BRIGGS & S T R A T T O N ® PowerProtect(TM) standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty - 7 years (\$849 value.) Proudly made in the U.S.A. Call Briggs & Stratton 1-888-605-1496



Place your ad today

Call 631.751.7663 or 631.331.1154

Tree Work

SERVICES

Home Improvement

SAFE STEP. NORTH AMERICA'S #1 WALK-IN TUB. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-855-916-5473

Home Repairs/ Construction

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

PEST CONTROL: PROTECT YOUR HOME from pests safely and affordably. Roaches, Bed Bugs, Rodent, Termite, Spiders and other pests. Locally owned and affordable. Call for service or an inspection today! 1-833-549-0598 Have zip code of property ready when calling!

500

OFF

PIUS

NO ITERES

BE RESTORED? Lawn Master is the answer-new lawns. seeding, fertilization, lime, annual programs

DOES YOUR LAWN NEED TO

Lawn & Landscaping

Free estimates. Lic and Insured 631-403-4439

ECHO LANDSCAPING-Landscape designers, lawn care and treatments, masonry, poolscaping, tick and mosquito control. 631-928-3669. echolandscapeinc.com

LAWNS R US

Weekly lawn maintenance, spring, fall, gutter cleaning, Pruning, Weeding, Stone Walls, Patios, Sprinkler Systems, Fertilizer Programs, Aeration, Seeding and so much more! See our ad....631-751lawn(5296)www.lawnsrusny. com



Transform your bath

with a walk-in tub

Lawn & Landscaping

SETAUKET LANDSCAPE DESIGN Stone Driveways/Walkways, Walls/Stairs/Patios/Masonry, Brickwork/Repairs Land Clearing/Drainage,Grading/ Excavating. Plantings/Mulch, Rain Gardens. Steve Antos, 631-882-7190 setauketlandscape.com Serving Three Villages

Legal Services

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to major cash settlements. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-833-323-0318. Be ready with your zip code to connect with the closest provider.

Masonry

JOE'S GENERAL SEE OUR DISPLAY AD FOR MORE INFROMATION.

American Standard

HOME SERVICES

970

27



ALL PRO PAINTING INTERIOR/EXTERIOR Power Washing, Staining, Wallpaper Removal. Free estimates. Lic/Ins #19604HI 631-696-8150. Nick

BOB'S PAINTING SERVICE 25 Years Experience. Interior/Exterior Painting, Spackling, Staining, Wallpaper Removal, Staining and Deck Restoration Power Washing. Free Estimates. Lic/Ins. #17981. 631-744-8859

LA ROTONDA **PAINTING & DESIGN** Interior/exterior, sheetrock repairs, taping/spackling, wallpaper removal, faux, decorative finishings. Free estimates. Lic. #53278-H/Ins. Ross LaRotonda 631-689-5998

YOUR AD COULD BE HERE! CALL 631.331.1154

Painting/Spackling/ Wallpaper

WORTH PAINTING "PAINTING WITH PRIDE" Interiors/exteriors. Staining & deck restoration, powerwashing, Finishing Carpentry, sheetrocktape/spackling, carpentry/trimwork. Lead paint certified. References. Free estimates. Lic./Ins. SINCE 1989 Ryan Southworth. SEE DIS-PLAY AD FOR MORE INFO. 631-331-5556

Power Washing

EXTERIOR CLEANING SPECIALISTS Roof cleaning, pressure washing/soft washing, paver Restorations cleaning, polymeric sealing, sealing gutter maintenance. Squeaky Clean Property Solutions 631-387-2156 www.SqueakyCleanli.com SEE OUR DISPLAY AD FOR MORE INFORMATION

Travel

SAVE ON YOUR TRAVEL PLANS! Up to 75% More than 500 AIRLINES and 300,000 HOTELS across the world. Let us do the research for you for FREE! Call: 877 988 7277

water-view work, sun-trimming, elevating, pool areas, storm thinning, large tree removal, stump grinding. Wood chips. Lic#18902HI. Free estimates. 631-246-5377

ABOVE ALL TREE SERVICE

Tree removal, pruning, topping,

stump grinding, Free Estimates

SEE OUR DISPLY AD FOR

ARBOR-VISTA TREE CARE

A COMPLETE TREE CARE

SERVICE devoted to the care

of trees. Maintenance pruning.

Call Bryan 631-928-4544

MORE INFORMATION.

TV Services/Sales

AFFORDABLE TV & INTER-NET. If you are overpaying for your service, call now for a free quote and see how much you can save! 1-833-323-0160

GET DISH SATELLITE TV + INTERNET! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-866-782-4069

CALL YOUR **CLASSIFIED CONNECTION** ADVERTIS TODAY 631.331.1154 or 631.751.7663 OR PLACE YOUR AD ONLINE **TBRnewsmedia.com** ©105750





SCHEDULE A FREE IN-HOME CONSULTATION

BATH REMODEL

Safety. Style. Stress-Free Installation.

CALL NOW 855.564.2680

SPECIAL OFFER Waiving All Installation Costs!



CONTRACTING All forms of masonry LIC/INS, 631-744-0752.

877-418-1237

HOME SERVICES

Place your ad today Call 631.751.7663 or 631.331.1154











Houses For Sale

Remax Signature Properties Live in a Country Club Bretton Woods Enjoy clubhouse, indoor/ outdoor pool, jacuzzi, gym snack bar, restaurant 9 hole golf course tennis, pickle ball, more Rentals also available Jim Elstroth office 631-941-4111, cell 631-833-5552

Rentals

SETAUKET High Visibility, 25A, corner office suite with large plate glass window, private bath, own thermostat, nicely decorated, off street parking, Village Times Building, Call 631-751-7744.

Real Estate Wanted

WE BUY HOUSES FOR CASH AS IS! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-888-704-5670

Rentals-Rooms

FURNISHED ROOM FOR RENT in lovely house, private entrance, private bathroom, quiet and very clean, shared use of washer/dryer & lightly used kitchen, internet access, weekly maid service, 2 miles from university/medical center. No smoking; own thermostat control includes heat and A/C, \$1400. Please call 631-433-0350



LEGALS

Notice of formation of Tidewater Mental Health Counseling PLLC. Articles of Organization filed with the Secretary of State of New York (SSNY) on 3/20/25. Office located in Suffolk. SSNY has been designated for service of process. SSNY shall mail a copy of any process served against the PLLC to 172 W 21st Street, Huntington Station, NY 11746. Purpose: any lawful purpose.

272140 5/22 6x thn

Notice of formation of NOF25A LLC. Arts of Org. filed with Secretary of State of New York (SSNY) on 05/09/2025. Office of location: Suffolk County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of the process to the LLC: 168 Hoover Place, Centerport, NY 11721. Purpose: Any lawful purpose.

272950 5/29 6x thn

Notice of formation: Dead Bait, LLC. filed with the Secretary of State of New York State on 05/02/2025. Office location: Suffolk County. SSNY has been designated as agent of the LLC upon whom process against it may be served, SSNY shall mail a copy of the process to the LLC: 1433 New York Ave., Huntington, NY 11746. Purpose: Any lawful purpose.

273160 5/29 6x thn

Notice of formation of MJM Solutions Consulting LLC. Arts of Org. filed with Secretary of State of New York (SSNY) on 4/23/2025. Office location: Suffolk County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of the process to the LLC: Zenbusiness Inc., 41 State Street, Suite 112, Albany, NY 12207. Purpose: Any lawful purpose.

275290 6/5 6x thn

NOTICE OF SALE SUPREME COURT SUFFOLK COUNTY U.S. BANK TRUST NA-TIONAL ASSOCIATION, NOT IN ITS INDIVIDUAL CAPAC-ITY BUT SOLELY AS OWNER TRUSTEE FOR VRMTG AS-SET TRUST, Plaintiff against

MICHAEL ERIKSEN JR., et al Defendant(s)

Attorney for Plaintiff(s) Knuckles & Manfro, LLP, 120 White Plains Road, Suite 215, Tarrytown, NY 10591.

Pursuant to a Judgment of Foreclosure and Sale en-tered October 10, 2024, I will sell at public auction to the highest bidder at Huntington Town Hall, 100 Main Street, Huntington, NY 11743 on July 17, 2025 at 3:00 PM. Premises known as 214 Soundview Rd, Huntington, NY 11743. District 0400 Sec 093.00 Block 02.00 Lot 009.000. All that certain tract, piece or parcel of land, situate, lying and being at Huntington, in the Town of Huntington, County of Suffolk and State of New York. Approximate Amount of Judgment is \$500,985.79 plus interest, fees, and costs. Premises will be sold subject to provisions of filed Judgment Index No 208778/2022. Cash will not be accepted at the sale.

The foreclosure sale will be conducted in accordance with 10th Judicial District's Covid-19 Policies and foreclosure auction rules. The Referee shall enforce any rules in place regarding facial coverings and social distancing.

Thomas G Teresk Referee	y, Esq.,
File # 3000-0011	93
275610 6/12 4x	thn
SUPPLEMENTAL AND NOTICE-	SUPREN

SUPPLEMENTAL SUMMONS AND NOTICE-SUPREME COURT OF THE STATE OF NEW YORK, COUNTY OF SUFFOLK- MORTGAGE AS-SETS MANAGEMENT, LLC, Plaintiff, -against- MICHAEL PETER KACHURA, AS HEIR, DEVISEE, DISTRIBUTEE OF THE ESTATE OF MARY KATHERENE KACHURA; DEVISEE, DISTRIBUTEE OF THE ESTATE OF MARY KATHERENE KACHURA; CHRISTOPHER THOMAS

KACHURA, AS HEIR, DEVI-SEE, DISTRIBUTEE OF THE ESTATE OF ALEX M. KACH-URA, AS HEIR, DEVISEE, DISTRIBUTEE OF THE ESTATE OF MARY KATH-ERENE KACHURA; ALEX MI-CHAEL KACHURÁ, JR., AS HEIR, DEVISEE, DISTRIBUTEE OF THE ESTATE OF ALEX M. KACH-URA, AS HEIR, DEVISEE, DISTRIBUTEE OF THE ESTATE OF MARY KATH-ERENE KACHURA; JASON J. KACHURA, AS HEIR, DEVI-SEE, DISTRIBUTEE OF THE ESTATE OF ALEX M. KACH-URA, AS HEIR, DEVISEE, DISTRIBUTEE OF THE ESTATE OF MARY KATH-ERENE KACHURA; PENNY HENDERSON AKA PENNY A. CURTIS AKA PENNY KACH-URA, AS HEIR, DEVISEE, DISTRIBUTEE OF THE ESTATE OF ALEX M. KACH-URA, AS HEIR, DEVISEE, DISTRIBUTEE OF THE THE ESTATE OF MARY KATH-ERENE KACHURA; JEN-NIFER CHRISTINE BORN AKA JENNIFER KACHURA, AS HEIR, DEVISEE, DISTRIBUTEE OF THE ESTATE OF ALEX M. KACH-URA, AS HEIR, DEVISEE, DISTRIBUTEE OF THE ESTATE OF MARY KATH-ERENE KACHURA; ANY AND ALL KNOWN OR UNKNOWN HEIRS, DEVISEES, GRAN-ASSIGNEES, TEES LIENORS, CREDITORS, TRUSTEES AND ALL OTHER PARTIES CLAIMING AN IN-TEREST BY, THROUGH, UN-DER OR AGAINST THF ESTATE OF MARY KATH-ERENE KACHURA; UNITED STATES OF AMERICA ACT-ING ON BEHALF OF THE SECRETARY OF HOUSING AND URBAN DEVELOP-MENT; UNITED STATES OF AMERICA, ACTING ON BE-HALF OF DEPARTMENT OF TREASURY - INTERNAL REV-ENUE SERVICE; NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE; PEOPLE OF THE STATE OF NEW YORK; CLERK OF THE SUFFOLK COUNTY DIS-TRICT COURT; JOHN "DOE" (REFUSED LAST NAME) AS JOHN DOE #1, Defendants, Index No. 610751/2019 Plaintiff Designates Suffolk County as the Place of Trial. The Basis of Venue is that the subject action is situated in Suffolk County. To the above named Defendants-YOU ARE HEREBY SUMMONED to answer the Complaint in this

action and to serve a copy of your answer, or, if the complaint is not served with this Summons, to serve a notice of appearance, on the Plaintiff's Attorney(s) within 20 days after the service of this Summons, exclusive of the day of service (or within 30 days after the service is complete if this Summons is not personally delivered to you within the State of New York): and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the Complaint. That this Supplemental Summons is being filed pursuant to an order of the court dated May 19, 2025. NOTICE-YOU ARE IN DANGER OF LOSING YOUR HOME - If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to the mortgage company will not stop the foreclosure action. YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORT-GAGE ASSETS MÀNAGE-MENT, LLC) AND FILING THE ANSWER WITH THE COURT. The foregoing summons is served upon you by publication pursuant to an order of the Honorable Christopher Modelewski, J.S.C. Dated: May 19, 2025 Filed: May 23, 2025. The object of this action is to foreclose a mortgage and covering the premises known as 207 Little Plains Road, Huntington, NY 11743. Dated: December 31, 2024 Filed: June 5, 2025 Greenspoon Marder LLP., Attorney for Plaintiff, By: Monica G. Christie, Esq. 1345 Avenue of the Americas, Suite 2200, New York, NY 10105 (212) 524-5000 F: (212) 524-5050 (No Service by fax) Please respond to Cypress Creek Office: Trade Centre South, 100 W. Cypress Creek Road, Suite

To Place A Legal Notice Email: legals@tbrnewsmedia.com

700, Fort Lauderdale, FL

33309 P: (888) 491-1120

NOTICE OF SALE

The Bank of New York

Mellon f/k/a The Bank of

New York, as Trustee for the

Certificateholders of the

CWABS, Inc., Asset-Backed

Certificates, Series

Ungurath, Individually and

as the Administrator of the

Estate of Mildred Ungurath

a/k/a Mildred Ungarath; et

Pursuant to a Judgment of

Foreclosure and Sale duly

entered April 23, 2024, Í,

the undersigned Referee,

will sell at public auction at

the Huntington Town Hall,

100 Main Street, Hunting-

ton, NY 11743 on July 23, 2025, at 2:00PM, premises known as 1 Manhattan

Place, Huntington, NY

11743. All that certain plot.

piece or parcel of land, with

the buildings and im-

provements thereon erected.

situate, lying and being in

the Town of Huntington, County of Suffolk, State of New York, District 0400

Section 098.00 Block 02.00

Lot 118.001. Approximate

amount of judgment \$303,491.11 plus interest

and costs. Premises will be

sold subject to provisions of

filed Judgment Index#

LOGS Legal Group LLP f/k/a

Shapiro, DiCaro & Barak,

Attorney(s) for the Plaintiff

Rochester. New York 14624

For sale information, please

visit www.Auction.com or call (800) 280-2831

Notice of formation of

Debt Collection Protection

LLC. Arts of Org. filed with

175 Mile Crossing

Dated: May 29, 2025

276770 6/19 4x thn

(877) 430-4792

James Pascarella, Esq,

602925/2015.

Referee

Boulevard

LLC

Mullen; Alan

F: (954) 343-6982

SUPREME COURT

2006-14, Plaintiff

al., Defendant(s)

AGAINST

Mildred

COUNTY OF SUFFOLK

276760 6/19 4x thn

Secretary of State of New York (SSNY) on 06/09/2025. Office location: Suffolk County. SSNY has been designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of the process to the LLC: 239 Feustal Street West Babylon, N.Y. 11704. Purpose: Any lawful purpose.

277670 6/26 6x thn

LEGAL NOTICE

Formation of NY BBQ GUYS LLC filed with the Secy. of State of NY (SSNY) on 6/17/2025. Office loc.: Suffolk County. SSNY designated as agent of LLC upon whom process against it may be served. The address SSNY shall mail process to Michael Riddle, 7 Cyril Dr., Huntington, NY 11743. Purpose: Any lawful activity.

278150 6/26 6x thn

NOTICE OF PUBLIC HEARING OF THE HUNTINGTON UNION FREE SCHOOL DISTRICT, SUFFOLK COUNTY, NEW YORK

LEGAL NOTICE IS HEREBY GIVEN that the Board of Education of the Huntington Union Free School District will hold a public hearing on the Districtwide Safety Plan on August 4, 2025, at approximately 7:00 p.m. prevailing time, in the Jack Abrams STEM Magnet School auditorium, 155 Lowndes Avenue, Huntington Station, NY 11746.

The name and contact information for the person that can provide additional information about this hearing is Blake Dunn, District Clerk, 50 Tower Street, Huntington Station, NY, 11746, 631-673-2126.

Dated: June 26, 2025

HUNTINGTON UNION FREE SCHOOL DISTRICT Huntington, New York Blake Dunn District Clerk

278630 6/26 1x thn

Dog park proposal for last forest in Nesconset gets rejected by Suffolk residents

BY CAROLINE O'CALLAGHAN DESK@TBRNEWSMEDIA.COM

During the May 29 Lake Ronkonkoma Advisory Board Meeting, board representatives introduced a proposal for a dog park of about 5-10 acres to be built in Walter S. Commerdingers Jr. County Park forest located off of Browns Road in Nesconset.

Residents chose to **PROPERTY** express their profound concerns over the threat of deforestation to not only

the last untouched forest in Nesconset but all of Long Island's forests. One of those residents was Mary-Anne Smith, who subsequently started a petition on change.org to spotlight the issue

In her petition titled Save the Last Forest of Nesconset, Smith asks "the Lake Ronkonkoma Advisory Board and Suffolk County Parks Department to please reconsider the location [of the dog park] and prioritize preserving natural spaces and forest, and utilize other alternative open space options in the area."

of building the dog park, including its harm to both wildlife and humans.

Some wildlife in the proposed area are at a higher risk of being harmed than others. They include eastern box turtles, northern longeared bats and common nighthawks. Other less affected animals listed were resident and migratory songbirds, a pair of great horned owls, deer, turkeys and foxes.

For the human residents of the Browns Road and Edgewood Avenue area, Smith brought to light the risks of developing the space, such as increases in road flooding, pollution run-off, property taxes, air-conditioning and electricity costs of nearby homes and urban heat island effect. Smith also said that the proposed dog park would create a decline in property values.

One of the chief complaints listed on the petition was the legality of the dog park proposal. This is due to the forest being a county park, which requires the approval of the county or park authority for any further development to be done. In order for the proposal to be legal, a

core group of residents or public supporters Smith went on to list the potential impacts must first form a demonstration, choose the



Photo courtesy of change.org

site of the potential park, create a budget and finally present their own proposal for the dog park to the designated authorities.

Based on Smith's petition, it is unclear if this process was followed accordingly, which suggests that the proposal may not have been supported by the public in the first place. Smith expressed that she was "not against the idea of [more] dog parks" but rather opposed the unnecessary expulsion of the ecosystem in which the forest plays host to given the limited forests left on Long Island. She also mentioned how the Gibbs Pond Dog Park is less than a mile away from the site. This was to suggest that building a second park in close proximity to Gibbs would be redundant.

Ultimately, the petition amassed over 700 signatures, resulting in the decision of policymakers to no longer develop the Nesconset forest into a dog park. Smith thanked the signers, stating, "because of your support, our voices were heard!"

For more information visit the website Save the Last Forest of Nesconset: www.change.org

Extreme heat prompts emergency declaration for Suffolk County

BY LYNN HALLARMAN DESK@TBRNEWSMEDIA.COM

Governor Hochul declared a state of emergency in 32 counties, including Suffolk County on June 22. Local temperatures on Tuesday, June 24, reached a high of 95 degrees with a heat index—how the heat feels—as high as 105. Hochul urged New Yorkers to "stay vigilant and safe" as extreme heat blankets the area.

When temperature and humidity soar, the result is not just discomfort- it can be lifethreatening, especially for older adults and those with chronic health conditions.

What is extreme heat?

Extreme heat causes more deaths than all other weather-related hazards, including hurricanes, major floods and winter storms, according to the National Weather Service.

The heat index measures how the body perceives extreme heat. Rising humidity combined with temperature makes it feel far hotter than a thermometer alone suggests. Heat Islands-or environments with a high concentration of cement-trap heat and intensify the danger.

Signs of heat stress

Heat cramps are often the first sign of heatrelated illness and can be accompanied by weakness, fatigue, headache, nausea and fainting.

Heatstroke or hyperthermia is a life-

threatening complication of heat stress that occurs when your body temperature rises to 104 degrees Fahrenheit or higher, combined with symptoms such as confusion, hot, dry skin, hallucinations, headache or nausea. At this point, the body's ability to regulate temperature breaks down, resulting in deadly spikes in core temperature.

Heatstroke is a medical emergency. Call 911 immediately. Move the person to a cool environment and apply cool cloths. Do not give fluids, according to medical advice from the National Weather Service.

Who is most at risk?

Older adults are among the most impacted by extreme heat, as their ability to adapt to sudden heat declines. Additionally, symptoms of heatstroke can be subtle and easily missed in frail older adults; in fact, some older adults may not recognize they're overheating. In this population, symptoms can be vague, sometimes appearing only as confusion or slurred speech. Untreated heatstroke can lead to death, especially in the older adult population, even in times when there isn't an official heat wave declaration.

Adults over the age of 65 make up the largest group of emergency room visits related to extreme heat events. People with chronic health conditions are also at greater risk of death during extreme heat. Certain medications, like some antidepressants, can worsen the effects of high temperatures. In extreme heat, deaths may also occur from heart attacks or worsened respiratory conditions such as chronic obstructive pulmonary disease (COPD) or asthma.

Dangerous misconceptions

Never rely on a fan as your main cooling source when it is very hot and humid for extended periods. Do not wait until extreme signs of heat appear, especially in older adults. Once the body's core temperature regulation fails during heatstroke, it can be difficult or impossible to reverse.

How to prepare

Always have a plan in place for dealing with a heatwave. Most importantly, stay indoors as much as possible and drink plenty of water-do not wait until you are thirsty.

Older adults should identify a nearby cooling center or ensure at least one room in the home has an air conditioning unit. A fan is not enough. Never leave a child or pet in a hot car- even for five minutes.

To learn more about how extreme heat affects older adults, go to https://www.cdc.gov/ heat-health/risk-factors/heat-and-older-adultsaged-65.html

Lynn Hallarman is a physician and the former director of palliative care at Stony Brook medicine.







$\star \star \star \star \star$





For All Your Home Parties

Family Birthday, Anniversary, Retirement Dinner, Graduation, Family Reunion, Celebration Of Life, Christening

739 SMITHTOWN BYPASS • SMITHTOWN 👳 631-360-2211 • Fax: 631.360.2212

www.ElegantEating.com • Askeleganteating@aol.com CURB SIDE PICK UP or LOCAL DELIVERY (charge applies) https://www.eleganteating.com/curbside-pick-up-menu.pdf Not Responsible for Typographical Errors