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Local doctors give back-to-school health advice

Doctors Popp and Nachman talk tick-borne diseases, vaccinations and mental health measures

A4

SCWA issues Stage 1 Water Emergency Alert

Increased water usage lowers tank levels and weakens fire preparedness

A5



Winners of 30th annual Stony Brook Film Festival announced

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B1



Summer in full swing

A Sunday in the Village of Port Jefferson features harbor views, shopping and fun— **A3 & A19**

Photo by Bill Landon

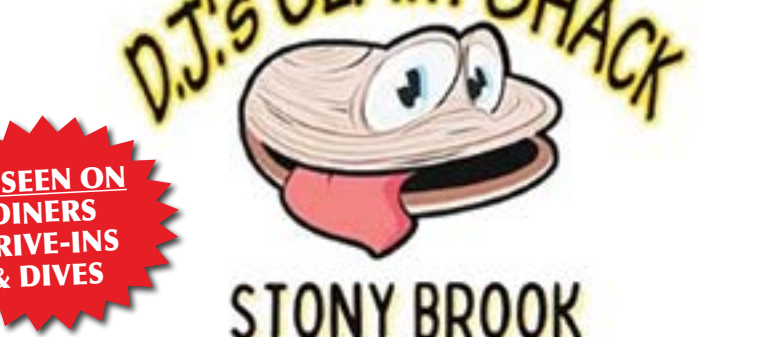


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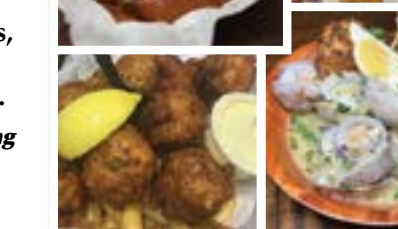


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County legislators' terms extended

BY PETER SLONIEWSKY
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On July 24, Suffolk County Executive Ed Romaine (R) signed the Term Limit Preservation Act of 2025 into law. This bipartisan legislation, passed with unanimous consent, extends the terms of county legislators from two to four years.

This act was passed in light of the Even-Year Elections law passed by the state government in December 2023, which moved all town and municipal elections to take place in even-numbered years. This was done with the mission of improving voter participation through consolidation. However, as a result, the county legislators elected or reelected in 2025 would be required to stand for election three times in four years — in 2026 (in accordance with state law) and again in 2028.

Adjusting term limit rules to allow legislators in their final legal term to remain in office until 2028, the county permits those elected in 2025 to stay until 2028 and subsequently serve four-year terms once elected. Importantly, the term limit rules will continue to only permit 12 years of service — although this will now be in the form of three four-year terms rather than six two-year terms.

Beyond just adjusting in accordance with state law, the bill's sponsor, Presiding Officer Kevin McCaffrey (R, Lindenhurst), noted at the ceremony that adjusting these election dates and preventing special elections for term-limited legislators will save significant quantities of taxpayer money.

“If you’re running every two years, obviously the Board of Elections is required to spend some money,” Romaine said. “[McCaffrey’s] point was [that this bill would result in] less campaigning and more governance.”

At the bill-signing ceremony, McCaffrey also claimed that “Governor Hochul’s [D] election law is a blatant power grab by our Democrat-controlled state government” and that this act would provide “Suffolk’s voters the opportunity to affirm their belief in term limits and protect



Left to right (standing): Legislator Leslie Kennedy (R-Nesconset), Nick Caracappa (R-Selden), Anthony Piccirillo (R-Holbrook), Rebecca Sanin (D-Huntington). Seated left to right: County Executive Ed Romaine and Presiding Officer Kevin McCaffrey. Photo courtesy Suffolk County Executive Ed Romaine's office

local elections.”

This bill is not without precedent in Suffolk County either. In 1993, after a referendum, Suffolk County became the first county in New York State to adopt term limits. While this referendum was not particularly controversial, it was paired at the time with a Democratic proposal to establish a public campaign support fund.

The act was passed unanimously, and Romaine said that “this important measure ensures that our elected leaders can remain focused on serving the people and tackling the real challenges facing our communities.”

“It would allow legislators to spend more time legislating and dealing with constituents and less time campaigning,” Romaine said. “When you’re campaigning, you have a different point of view... you can take a more long-term view when you have a longer term in office.”

"I signed this to give the voters a choice. The voters have to make that argument," he continued.

“This law protects the integrity of our government and honors the will of the people,” McCaffrey said at the bill signing. “We will not allow Albany to undo decades of common-sense reform.”

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Geeks OnSite

New leadership at four Methodist churches with new clergy model

BY SABRINA ARTUSA
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Three pastors will be leading the congregations of North Shore United Methodist Church, Setauket United Methodist Church, First United Methodist Church and Stony Brook Community Church; the latter two did not have a pastor last year and were covered by pastors of nearby churches.

The new model is called the North Shore Villages Parish and will usher a more consolidated distribution of services. Reverend Catherine Schuyler, who has 35 years of experience as a pastor and was previously working in upstate New York, is the only full-time member, while associate pastors Joshua Yun and Okema Diaz will work part time.

The three pastors began their appointments at the beginning of July and rotate churches each week.

Schuyler said that, although sharing pastors is not a new concept for the Methodist church, the new model will require both clergy and congregation to adapt. “What does it mean to pull the four churches together to claim the gospel?” is the question on Schuyler’s mind as she gets to know four different congregations

and communities.

The three pastors and the community have been trying to figure out just that. Through biweekly dinners and office hours, the four churches are figuring out the needs of the cooperative parish and how to manage them.

For Yun, this system is an opportunity to expand youth services. He envisions larger gatherings where young parishioners can share ideas and connect with others in the larger community. Recently, some of the parish’s youth embarked on a mission to Rwanda. Upon their return, they shared their experience and reflected on their trip. An expanded youth group, which is on this horizon, would promote discussion of faith and service.

“Outreach to the surrounding community to offer a faith-based service and get people into our churches — that is our main focus,” Yun said, adding that volunteer programs like the U.M. Army (United Mission: Action Reach-Out Ministry) initiatives are something he is looking forward to integrating locally.

Diaz recently graduated seminary school and has three years of experience as minister. When she was appointed to her position in this new cooperative model, she was eager to embrace a



Okema Diaz. Photo courtesy of Okema Diaz

new way of leading in an expanded congregation. “There is something really exciting about churches that are willing to take on something new,” she said. “Organizations in general get stuck doing things a certain way because it is what they know, and it takes a lot of courage to take on something new.”

The present need for pastors has necessitated cooperative parishes, but this is not viewed as negative by Schuyler or Yun, who are excited about embracing the unique traditions of each congregation and focusing on “grace” and the Methodist “balance of social justice and spirituality.”

As Methodist pastors navigate a shortage of personnel, Schuyler said other churchgoers are stepping up and taking on some clergy duties. Some even become pastors themselves through the unconventional route of online classes as opposed to the traditional three years of seminary school.

Diaz recognizes that there is a “dynamic shift” in how Methodists approach the route to clergy but rejects viewing the cooperative model churches as a solution derived from “scarcity.”

“[It] doesn’t allow for people to expand and

grow with what people are comfortable with,” she said.

Schuyler acknowledges the challenges of getting to know four different parishes and adapting to each church while each congregation has to adapt to having three different pastors. “We get this is something new,” Schuyler said, “and we will figure out how to make it work.”

To parishioner David Seyfert, the arrangement is a “very practical, workable solution.”

“The Methodist church, from its beginnings, believed in ‘quality of quantity’...the current model of multiple pastors serving multiple congregations is in our DNA,” he said.

Holiday sermons will be another challenge, logistically, as the three pastors tackle scheduling the sermons before Christmas. Schuyler is undeterred, however, and certain that after a period of transition the parish will flourish under the new model.

“I am really excited to live into this new idea,” she added.

“With the people that I have interacted with there is a willingness,” said Diaz. “And it all starts with a willingness...already it’s been a true blessing in that regard.

For more information visit www.nyac.com/nyac-cooperative-parishes.

RELIGION

A summer afternoon in Port Jefferson

BY BILL LANDON
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The Village of Port Jefferson is alive with tourists and residents eager to take advantage of the warm — sometimes too warm — weather and harbor views. The ferry brings in visitors, and the sidewalks stay busy.

Whether it’s a walk through Harborfront Park or a quiet moment on a bench with a refreshing drink or ice cream cone, the village, with its local eateries and shops, is the perfect place to spend a summer afternoon.



Scenes of people enjoying their day in the village. Photos by Bill Landon

Local doctors offer parental advice at the end of summer and leading up to school

BY DANIEL DUNAIEF
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As the summer advances to its final full month, local doctors urge parents to focus on a health care checklist for the next several weeks and leading into the start of another school year.

Ticks and the diseases they carry, including Lyme Disease and Babesiosis, have caused problems for residents throughout Long Island, including and especially children who might have walked through grassy areas or hiked through the woods.

“We’ve probably seem more tick related diseases this particular summer than any other summer before,” said Dr. Adrian Popp, chair of infection control at Huntington Hospital/ Northwell Health. “People spend more time outdoors” during the summer, when ticks are abundant and can attach themselves to the skin while pumping these illnesses into their unsuspecting hosts.

“You can walk across a garden” and pick up a tick on your leg said Popp.

Popp added that people can typically see a rash when they get a tick but that’s not always the case.

Children and their parents should do a thorough skin check each time they come inside.

As with many health problems, the earlier people see and treat it, the better the outcome.

Tick season can extend until the first frost in October, offering yet another reason to look forward to cooler weather after the recent scorching heat.

Additionally, families have been traveling this summer and are also planning trips before the start of the new school year.

People are traveling to exotic places and have been bringing back diseases.

“Before you go, talk to a pediatrician,” urged Dr. Sharon Nachman, chief of the Division of Pediatric Infectious Diseases at Stony Brook Children’s Hospital. The hospital has seen a collection of diseases this summer, from Dengue Fever to Malaria and typhoid.

Infant protection

Parents of children born after March can benefit from a relatively new immunoglobulin shot that protects their sons and daughters against respiratory syncytial virus, or RSV.

A lung infection, RSV can lead to



Dr. Adrian Popp and Dr. Sharon Nachman. File photos

hospitalizations and sick visits with doctors and can require parents who might otherwise plan to drop their young children off at day care to need time to stay home with a sick child during their recovery.

Additionally, RSV can cause an ongoing battle with asthma.

The shots for children under eight months of age do not include any live or attenuated virus. Parents of children can get these shots for their children some time around September or October. The shots offer protection that lasts for the season.

“We are strongly recommending that they get their shots,” said Dr. Nachman. “The last thing we want families to do is to go to the doctor’s office, the emergency department or the ICU for a preventable disease.”

With concerns about vaccines, Nachman urged parents to protect their children with a shot that provides antibodies.

“It’s not a vaccine,” she said and it doesn’t have any preservatives. Children who are eligible to receive this shot are at the “highest risk for hospitalization” if they contract RSV.

The RSV shot is not required for most day care centers, but “every parent would want this for their child” particularly because an infection could cause lung damage and lead to chronic problems like asthma, Nachman



said.

Nachman suggested the decision to get the RSV shot is akin to putting a child in a

“We are strongly recommending that they get their shots...The last thing we want families to do is to go to the doctor’s office, the emergency department or the ICU for a preventable disease.”

– DR. SHARON NACHMAN

car seat to protect them even though parents “know they are good drivers” and even as they plan to wash their hands and protect their children against any sicknesses they might carry.

Medicaid and insurance pay for this shot, which means that it doesn’t cost any additional money to protect children from the leading cause of hospitalization.

HPV

Vaccines against the human papilloma virus, or HPV, have been approved for

children who are eleven years old and older.

The guidance has recently changed, allowing nine year old children to receive protection against a virus that can cause cancer later in life.

“That’s good news for all of us,” said Nachman. Giving the virus at a younger age provides greater protection.

As for the schedule for vaccines, nothing has changed, doctors said.

“The vaccine schedule works,” said Nachman. “It makes sure everyone your kid is exposed to is getting the same vaccines that work fine.”

New York schools require students to receive these vaccines before they can attend class.

Children are “going to get sick,” said Nachman, “but the things we can prevent, we really need to.”

Mental health

Nachman urged parents to monitor their children’s mental as well as physical health.

One of the biggest mental health threats comes from what they see online and with whom they interact.

“Oversight and open discussion is really important,” said Nachman. Parents can and should reassure their children that “just because someone wrote that doesn’t mean it’s true.”

Parents also need to understand that their children don’t come with a singular mental health playbook. What works and helps one child may not be the ideal approach for another.

Parents can also unwittingly exacerbate their children’s mental health state by creating an anxious environment.

Parents should seek help for their own anxieties or concerns, which not only helps them but also creates a more comfortable and peaceful environment.

Local doctors urged parents to speak with their pediatricians or general practitioners if they have any questions about physical or mental health.

Searching web browsers for medical advice can be problematic, particularly because these systems weigh the more reproducible and better designed studies the same way they would research conducted on smaller samples and those that might have design flaws.

SCWA urges water conservation amid dropping tank levels and fire protection concerns

BY CHARLIE ZEEVE

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If you turned on a sprinkler last week, it might have felt like a small relief from the heat. However, with temperatures climbing and rainfall staying scarce, the Suffolk County Water Authority is now asking residents to think twice before reaching for the hose.

COUNTY On July 23, the SCWA issued a Stage 1 Water Emergency Alert and urged all customers to reduce nonessential water use. The concern is more than just lawn care or daily routines — officials say water tank levels are dropping low enough to impact fire protection and emergency response.

Water usage has soared during early morning hours, when irrigation systems are most active, pushing the system to deliver more than 500,000 gallons per minute at peak times. When usage climbs that high for extended periods, the pressure in the system can begin to decline, making it harder for fire

hydrants and emergency services to operate reliably.

Fire hydrants and hoses need a certain amount of water pressure to work properly. Hydrants require a minimum pressure of 20 psi (pounds per square inch). Attack fire hoses should be tested to a minimum of 300 psi, as they are used closer to the fire, according to the National Fire Protection Association.

No interruptions have been reported so far, but the alert is a proactive step meant to avoid putting local fire departments in a dangerous position. The message is clear: keeping tanks filled helps keep firefighters equipped to respond if needed.

Residents are also being asked to follow an odd-even watering schedule based on

house number and to avoid watering during the hottest hours of the day, between 10 a.m. and 4 p.m., when evaporation is highest.

This isn't the first time the county has faced this issue. In September 2022, a similar alert was issued after back-to-back heat waves led to spikes in water usage. In October 2024, the SCWA reported pumping more than 7 billion gallons — about 1.5 billion more than what's typical for that month.

Community-wide conservation efforts and rebate programs for smart irrigation systems and water-efficient appliances, as well as more rainfall, led to slight usage declines in 2023 and 2024. This year's prolonged dry spell has begun to reverse some of that progress.

"We need our customers to take immediate

action to reduce their water use," said Charlie Lefkowitz, chairman of the board for the SCWA, in a media alert Wednesday morning, July 23. "Water is a limited resource, especially during peak summer demand, and we need to ensure there's enough available for critical needs like fire protection."

The SCWA first put out alerts about high water demand back in June. The additional step to issue a water emergency was taken after levels stayed low for several consecutive days the week of July 21. High demand is expected to continue through the summer unless usage rates drop.

Behind the scenes, the SCWA has been investing in long-term infrastructure improvements, including major new pipelines and expanded connections between different parts of the county. One of those projects, a 12-mile line on the North Fork, is intended to improve supply resilience in areas where demand has grown steadily.

For more information and water usage tips, visit www.scwa.com/conservation or call 631-698-9500.



In remembrance of Dr. Martin Robert Liebowitz

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Dr. Martin Robert Liebowitz passed away on June 15, at the age of 94. Born on December 21, 1931 to Sol and Ethel Liebowitz, he was predeceased by his parents and his two siblings Herbert Lewis and Alice Gorowitz, and is survived by his wife of over 70 years, Marion, his three children Jonathan Liebowitz, David Liebowitz and Amy Cohas, nine grandchildren, and five great grandchildren.

Dr Liebowitz was raised in the Bronx. He attended the Bronx High School of Science, where he met his future wife, Marion Siskind. He and Marion have remained active in the Bronx Science alumni community for their entire lives. He graduated from Columbia University in three years and with highest honors, earned his medical degree from NYU in 1956, and completed his residency at The Peter Brent Brigham Hospital (now Brigham and Women's) in Boston.

After serving as an Army doctor at the Pentagon in the early 1960s, Dr Liebowitz taught and practiced medicine at Albert Einstein College of Medicine in the Bronx, where he helped establish one of the first dialysis programs in New York State. Early

in his career, he also participated in some of the first twin-to-twin kidney transplants.

Dr Liebowitz moved to Stony Brook to become a founding faculty member at the Stony Brook University School of Medicine when it opened in 1971 (now Renaissance School of Medicine at Stony Brook University). For over 30 years, he cared for patients and helped train successive generations of medical students and residents. Among other honors, he was named a Master of the American College of Physicians in 1999, and in 2018, in recognition of his lifelong dedication to medical teaching, practice, and research, Stony Brook Medicine and Dialysis Centers, Inc., endowed the DCI-Martin Liebowitz Professorship in Nephrology.

Marty, as his friends and family knew him, was a loving and devoted son, brother, husband, father, grand- and great-grandfather, and friend to all who knew him. Despite his demanding and illustrious career, he always had time for family and community. He and Marion loved attending theater and concerts, both in New York City and in Stony Brook, a love that they fostered in their children and grandchildren. They traveled extensively, took part in their longtime synagogue Temple



Dr. Martin Robert Liebowitz

Isaiah, and thoroughly engaged in the world in all respects. They supported numerous charitable causes. Dr Liebowitz is universally remembered as a kind, humble, brilliant, and fundamentally good man.

Donations in Dr. Liebowitz's memory can be made to The Stony Brook Foundation.

In Memorium

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Editorial



Vaccinations are key to a safe school year

As we approach the upcoming school year, with young children spending their days in classrooms, sharing toys, often paying minimal attention to sanitation, and perhaps skipping the soap when washing their hands, it is important parents prepare them by taking the necessary health precautions.

After years of vaccinations protecting us from preventable, debilitating and sometimes deadly illnesses, these medical measures have become the target of increasing skepticism, particularly in the wake of the rapid development of a Covid vaccine with the support of President Trump in his first administration. Vaccinations today prevent more significant problems later. Children under eight months old can receive an RSV vaccine, preventing a lung illness that can lead to asthma. Children nine years old and older, meanwhile, can get an HPV vaccine, which protects them against some types of cancer later in life. Vaccines like MMR prevent measles and Tdap prevents tetanus and diphtheria.

According to the National Foundation for Infectious Diseases, 90% of unvaccinated people who are exposed to measles will contract the disease compared to 3% of vaccinated people. Measles could lead to pneumonia, the swelling of the brain and death. Once considered eradicated, measles is now at the highest rate in 33 years, driven by unvaccinated populations. Luckily, health professionals have developed a solution to this highly preventable, but extremely dangerous disease—a tried and true shot that can save lives. Skepticism is unwarranted with vaccinations.

However, vaccinations can be risky for patients with specific allergies or other health complications, which a doctor can help evaluate. The NFID states that Immunocompromised people or pregnant women should not get the MMR vaccine, for instance.

Vaccinations are the best way to keep children healthy as they enter school. Flu shots not only reduce the severity and duration of symptoms, but can also protect other members of a household. Head lice is another affliction that spreads rapidly within the classroom. In their excitement to play with their friends, children interact in tight quarters, giving lice plenty of targets in their huddled heads.

When children receive necessary shots that have long ago undergone considerable rigorous testing, they can enter school safely and without (too much) worrying from their parents. Sending children off for eight hours, five days a week can be anxiety inducing, but setting them up so they can learn undeterred by sickness is a great way to ensure they are a little safer for it. Taking the advice of doctors is the best way to do that.

Letters to the Editor

We can't afford business as usual in Huntington anymore

I'm running for town supervisor because the residents of the Town of Huntington deserve better leadership. We deserve more transparent and honest leadership that is laser focused not on political fights but on delivering on the issues families really care about: keeping taxes down, improving schools and continuing to make Huntington a place where families can thrive. In a time when the federal government is slashing services across the board, it makes who leads us next all the more critical.

I was born and raised in this town. I grew up fishing with my dad here, playing sports at our community fields, and attending local schools in both the Huntington and Cold Spring Harbor districts. After graduating from St. John's University School of Law, I moved back to start a family here because I knew there was no place I'd rather raise my kids.

But our town is changing, and not for the better.

Like many of you, I wear a few hats: I'm a parent, small business owner and neighbor. Professionally, I run my own law practice, helping individuals, families and small businesses navigate financial challenges and bankruptcy. I'm a dad to two young boys who play on many of

the same fields I did as a kid, and who will attend the same schools. And as a taxpayer, I'm watching as our town moves into an uncertain future with no plan for education, for our local economy, for our seniors and for our young people.

For Huntington to remain a great place to live, we need to make changes now to how we're running our local government, not wait until it's too late.

A simple principle drives my campaign – something we haven't seen here in a long time: we need a voice in Town Hall for all of Huntington. Huntington deserves a town government that works for everyone, not just one town, one neighborhood, or one special interest group. In order for Huntington to thrive, we need every area to be given the resources it needs, not rely on downtown investment while we neglect the rest of our neighborhoods.

The change starts with an unwavering commitment to transparency. As we saw it play out in the Republican primary, there are serious questions about a lack of honesty and integrity in town hall; special interests are being given the keys to the towns and are allowed to run rampant, all while everyday families and their needs are being ignored. On day one, I will get our town's books in order, restore the fiscal responsibility that has been lost, and implement a clear process

for full government transparency.

At the same time, we need to make Huntington a place where families can afford to live, and where seniors can afford to retire with dignity. While the current administration touts our bond rating, it does so at the cost of property taxes, rather than diversified revenue sources. None of this is abstract for me. As a parent, I see these challenges through the eyes of my children: Are our parks clean and safe? Are our roads drivable? Are our local businesses thriving? Is this a place that our children will want to return to when they grow up?

I won't pretend to have all the answers, but I do know how to listen, how to problem-solve and how to follow through. I know what it means to take responsibility, for a client, for a family, for a community. That's what I'll bring to this role.

Cooper Macco
Town of Huntington

Tele-town halls are not enough

Town halls are an essential part of representative democracy. It is an opportunity for constituents to make their concerns heard and receive a response from their elected officials in real time. In a moment where so many Long Islanders stand to lose their health care, as food pantries are struggling to meet the increased demand of families encountering hunger, tele-town halls are inadequate and cowardly.

Neither Representative Nick LaLota (R,NY1) nor Representative Andrew Garbarino (R, NY2) have held in-person public town halls where constituents can raise these questions. Hundreds of us have asked for an in-person town hall for years. As a constituent of Rep. LaLota, his tele-town halls are announced via robocall, which not every resident receives. The questions are preselected, and only those chosen are allowed to speak. We deserve better.

Representative democracy is messy. Sometimes, more often than not lately, it's contentious. But it's what we deserve from our representatives. And when our leaders take a vote to give a tax break to billionaires on the backs of low-income and working-class New Yorkers, the least our representatives can do is look us in the eye and answer us face to face why they chose to take health care and food assistance away.

Congress is on recess in August. Representatives are home in their districts, and it is the perfect time for LaLota and Garbarino to hold their first public in-person town halls since taking office. Perhaps they can spare a couple of hours away from high-end fundraisers and photo ops to respond to those who fear losing their health care, their nutrition assistance, and those who fear ICE detention in their communities. Perhaps they can clarify why this big bill is so beautiful. Because it seems that beauty

is indeed in the eye of the beholder on this one.

Shoshana Hershkowitz
South Setauket

Different view of the North Country Peace Group

In a recent letter [July 3] to the Village Beacon Record, Bruce K. Barry described the goals and aspirations of the North Country Peace Group, which congregates every Saturday morning at the intersection of Route 25A and Bennetts Road, and of which he is a member.

I, on the other hand, am a member of Setauket Patriots, which is a group that meets on the opposite side of Route 25A at the same time and stands in opposition to most of the advertised goals of the NCPG. While we agree on many positions, such as supporting peace and justice, defending our democracy, and opposing the proliferation of nuclear weapons, we also have substantial disagreements on the most reasonable approaches for their achievement. For a person driving through our intersection on a Saturday morning, the distinction between our two groups is immediately apparent from the flags that we fly. On the NCPG side of the street, we see the flags flown by Palestine, the United Nations, Peace (from the 1970s), BLM and two flags with multicolor stripes. On the other hand, our side flies a dozen or so of our country's beautiful flag, the Stars and Stripes, and no others.

In addition to their selection of flags, the NCPG contingent also presents a number of creative political displays, all of which appear to be critical of our present federal government and our president. One of these is a sign that says simply "Good Trouble," which presumably supports politicians and vandals who interfere with ICE agents doing their jobs. Another sign says, "Trump's Big Lie Not Rapist Or Murderer." But the most creative display features a live NCPG member dressed as an exterminator, wearing a helmet, with a tank of insecticide next to him, connected by a hose to a spray nozzle, which he is holding and waving around. He carries a sign with a picture of President Trump's (R) face, with an added Pinocchio nose, presumably to suggest that Trump does not tell the truth. He also holds another sign, which says "Deer Tick,

Dog Tick, Luna Tick. Liar; Cheat. Know Your Parasites." It appears that the implied conclusion to be drawn from this presentation is that President Trump is a liar and a parasite, and he therefore deserves to be exterminated. And while the clever NCPG gentleman would certainly never actually do such a thing, it is not inconceivable that one of his compatriots might be interested. After all, he could become famous.

George Altomose
Setauket

The opinions of columnists and letter writers are their own. They do not speak for the newspaper.

Opinion

Tuning into the pageantry of Long Island while tuning out irritants

Charlie Brown, the character from the comic strip, likely wouldn't have started out hearing the words from his teacher as random sing-song sounds.

Indeed, in his first days of classes, he might have listened carefully, waiting for the moment when the teacher called his name to raise his hand or to answer a question.

At some point, he might have become so habituated to the sound of her voice that he tuned her out, much the way our children sometimes do when they're lost in their phones or when they're replaying a tougher social moment in their head and have disconnected from us at the dinner table or in a car.

Habituation can and often is a healthy process, enabling birds to continue eating when leaves nearby pass their nests. At first, those birds might cower when anything approaches them, but they become so accustomed to the

floating foliage that they quickly cross it off their list of potential threats.

On the other side, the presence of a snake or a hawk might cause young birds in a nest to hunker down and to stay quiet, as their parents try to distract or redirect the would-be predator.

The yin and yang of tuning in or out exist for us just as much as they do for the indifferent or terrified birds, young mice, or urban dogs who ignore car horns and the shouts of angry pedestrians.

We can give ourselves the gift of sensitizing ourselves to the kinds of stimuli that might make us feel better about the world, appreciate our lives, or bring a broad smile to our faces.

We can, for example, take a walk around the magnificent neighborhoods that we are fortunate enough to know on Long Island, paying attention to the way the wind whistles through the leaves, watching the crazy upside down eating pattern of woodpeckers who don't seem to need to be vertical to peck at nearby trees in their search for food, or study the pattern of waves as they lap on a nearby beach.

Heavy rain can provide riveting patterns as the drops plunge into a puddle, sending symmetrical ripples across the surface.

On a sunny day, we can see fields filled with children laughing at their own creative games or, perhaps, cheering for each other in a team event.

While they have invested heavily in the outcome of their games, we can take a moment to appreciate the unadulterated joy of youth and the total focus they have on the present as they hope to win that day.

When I'm otherwise distracted or immersed in a particular concern or anxiety, my wife has often pointed out the things she knows I admire but that I might miss, such as the way light and water interact.

During early mornings or late afternoons, the combination of lower light and sprinklers can create a twinkling pattern of moving light. Do I need to see them as I take my dog for a walk? No, but observing and appreciating them can and often is inspiring.

On Long Island, we can focus on something much further away than us, whether that's looking out across the Long Island Sound, observing the ferry as it crosses the water, or heading out to a beach late at night and gazing at stars set against a black background.

On the other side, I don't need to obsess or

focus on the things that are either outside my control or that might be irritating. A crack in a sidewalk, an insistent and persistent cicada, a disappointing end to a book or a movie don't have to consume my thoughts, as they, like the leaves that pass a bird in a nearby tree, don't require ongoing attention.

The north shore of Long Island, with its beaches filled with unique and sometimes near perfect skimming rocks, its ancient and magnificent horseshoe crabs and its picture perfect tennis courts, manicured lawns and well designed pools can inspire us, capture our imagination and revive memories of our childhoods and the people who shared them with us.

We might slip into the habit of becoming sensitized to things that bother or frustrate us while becoming habituated to the cues that might soothe us.

We can also choose to take a walk or drive to a beach, giving ourselves a mental massage.

By tuning out his teacher, Charlie Brown likely didn't know what he was missing, but we can dial in to cues that energize and us.



D. None of the above
BY DANIEL DUNAIEF

A possible medical breakthrough for treating sleep apnea makes the news

My friend has sleep apnea, and he wears a mask attached to an air supply (CPAP-continuous positive airway pressure) when he retires at night. The air keeps his airway open, which otherwise



Between you and me
BY LEAH S. DUNAIEF

narrows during sleep. This condition results in snoring and gasping for air. He dislikes the mask because it is not comfortable, despite a couple of adjustments made for him by the company that services the apparatus. Although the mask does afford him better sleep when he manages to tolerate it, he is thinking of giving up wearing it despite the fact that sleep apnea can increase the risk

attack and stroke.

Now there may be more help for him and the millions of others who have this diagnosis and difficulty with the equipment.

There appears to be a breakthrough in treatment, according to an article in this past Tuesday's ScienceTimes. News released from Apnimed, a pharmaceutical company doing clinical trials described "a pill that can be taken before bedtime to help keep a person's airway open. The results are from a second round of a Phase 3 clinical trial, which is pretty far along the testing spectrum.

That would eliminate all together the awkwardness of the mask, with its forced air, and be a game changer in other ways, too. For example, because obesity is a factor in sleep apnea, some patients are taking weight loss medication. A new pill would eliminate the need for that avenue of treatment. But, of course, closing one door in medicine often opens another: possible side effects from the pill.

The new pill is called AD109, and the way it works is by "tricking" the throat muscles, which narrow during sleep, into thinking they are awake. In the clinical trial, which included 660 adults with sleep apnea who either couldn't tolerate CPAP machines or refused to use them, "AD109 significantly reduced the average number of hourly breathing interruptions compared to those given a placebo," according to Apnimed.

The company will release the full data from the trial in October, at which time peer-reviewed journals will seek to evaluate and publish the findings. And approval from the Food and Drug Administration (FDA) will be sought in early 2026.



The value of a good night's restful sleep is enormous for health and functioning. It is no wonder, then, that this latest health news for the treatment of sleep apnea has inspired considerable excitement, and the results have been released early.



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Sound Beach man sentenced to 8 years for possessing weapons/drugs

Suffolk County District Attorney Raymond A. Tierney announced on July 25 that Daniel Fink, 23, of Sound Beach, was sentenced to eight years in prison followed by five years of post-release supervision after pleading guilty in June to two counts of Criminal Possession of a Controlled Substance in the Third Degree, and several related charges, for possessing illegal weapons and narcotics in a home that housed a 7-year-old child.



Daniel Fink

Luger; a Glock .380-caliber; a Davis Industries .32 caliber; and a Glock (Austria) 9mm Luger. They also recovered one loaded and operable assault weapon, two loaded and operable revolvers, four large capacity ammunition feeding devices, two digital scales, and plastic bags used to package narcotics.

In addition to cocaine, Fink also possessed MDMA (also known as ecstasy or molly), psilocybin (or mushrooms),

ketamine, clonazepam, buprenorphine, and oxycodone.

“We will not tolerate the endangerment of children through illegal drug and weapons activities,” said District Attorney Tierney. “This defendant’s decision to store illegal narcotics and firearms where a 7-year-old child was present is unconscionable. This case highlights the tragic reality of how drug crimes often put our most vulnerable citizens at risk.”

— SUFFOLK COUNTY D.A.’S OFFICE

According to court documents and the defendant’s admissions during his guilty plea allocution, on January 15, 2025, members of the Suffolk County Police Department executed a court-authorized search warrant at Fink’s Sound Beach residence. Fink shared the residence with his girlfriend and her 7-year-old child, who were both home at the time. Upon searching the residence, officers recovered four loaded and operable semiautomatic pistols: a 9mm

POLICE BLOTTER

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

Woman seriously injured in Dix Hills crash

Suffolk County Police Second Squad detectives are investigating a motor vehicle crash that seriously injured a Kings Park woman in Dix Hills on July 29.

A 75-year-old Kings Park woman was driving a 2021 Lexus SUV southbound on Half Hollow Road when the vehicle collided with a 2022 Lexus at the intersection of the South Service Road at 11:49 a.m. The Dix Hills Fire Department responded to the scene after the woman’s Lexus caught fire.

The woman, whose name is being withheld pending notification of next of kin, was transported to Stony Brook University Hospital for treatment of serious physical injuries. The second driver, Yongming Zhu, 70, of Wheatley Heights, was transported to Good Samaritan University Hospital in West Islip for treatment of non-life-threatening injuries.

Detectives are asking anyone with information on this crash to contact Second Squad detectives at 631-854-8252.

Woman charged with animal cruelty

An East Northport woman has been charged with animal cruelty and endangering the welfare of an incompetent or physically disabled person by Suffolk County SPCA detectives after the execution of a search warrant on her residence on July 19.

Juliana McGarity, 35, was arrested on multiple animal cruelty charges which alleged that she neglected six dogs, five cats, and a hamster in her care by failing to provide a safe and clean environment.

The investigation started after multiple complaints, including a veterinarian who reported administering multiple doses of Narcan to McGarity’s golden retriever to reverse an opioid overdose, leading to a stay at an animal hospital in early July.

On July 19 detectives found that the animals in the home were confined to cages and living in unsanitary conditions with no access to clean water or food. The conditions were also materially harmful to the mental, emotional, and physical wellbeing of a vulnerable adult living in the home under McGarity’s care.

The animals are being medically treated at the Huntington Animal Shelter will then be available for adoption.

If you witness any incident of animal cruelty or neglect in Suffolk County, please contact the Suffolk County SPCA at 631-382-7722.

CAUGHT ON CAMERA



Do you recognize this woman? Photo from SCPD

Wanted for alleged petit larceny

Suffolk County Crime Stoppers and Suffolk County Police Fourth Precinct Crime Section officers are seeking the public’s help to identify and locate the woman pictured above who allegedly stole two air mattresses from Walmart, located at 1850 Veterans Memorial Highway in Islandia, on June 5 at 12 p.m. She fled the scene in a grey Mercedes-Benz.

Man stabbed in Farmingville bar fight

Suffolk County Police Third Squad detectives are investigating a stabbing that seriously injured a man in Farmingville on July 27.

A small group of men entered El Charro Restaurant, located at 359 Horseblock Road, and became involved in an altercation with two brothers who had been sitting at the bar at approximately 11 p.m. During the fight, one of the newly arrived men pulled a knife and stabbed one of the brothers in the abdomen before fleeing the scene.

Both brothers were transported to a local hospital. The stabbing victim is in serious condition. His brother was treated for non-life-threatening injuries.

Detectives are asking anyone with information on the incident to contact the Sixth Squad at 631-854-8652.

Visit www.tbrnewsmedia.com/police for more press releases from the Suffolk County Police.

— COMPILED BY HEIDI SUTTON

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ANNUAL NEWS RELEASE - PUBLIC ANNOUNCEMENT

Effective July 1, 2025, New York State schools participating in the National School Lunch Program (NSLP) and/or School Breakfast Program (SBP) will offer reimbursable meals to students at no cost. Port Jefferson UFSD (School Food Authority name) participates in NSLP and/or SBP.

Free and Reduced Price meal applications may still be collected by your school to determine student eligibility based on the federal income eligibility criteria listed in the chart below.

2025-2026 INCOME ELIGIBILITY GUIDELINES
FOR FREE AND REDUCED PRICE MEALS OR FREE MILK

Free Eligibility Scale						Reduced Price Eligibility Scale					
Free Lunch, Breakfast, Milk						Reduced Price Lunch, Breakfast					
Household Size	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly	Household Size	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly
1	\$ 20,345	\$ 1,696	\$ 848	\$ 783	\$ 392	1	\$ 28,953	\$ 2,413	\$ 1,207	\$ 1,114	\$ 557
2	\$ 27,495	\$ 2,292	\$ 1,146	\$ 1,058	\$ 529	2	\$ 39,128	\$ 3,261	\$ 1,631	\$ 1,505	\$ 753
3	\$ 34,645	\$ 2,888	\$ 1,444	\$ 1,333	\$ 667	3	\$ 49,303	\$ 4,109	\$ 2,055	\$ 1,897	\$ 949
4	\$ 41,795	\$ 3,483	\$ 1,742	\$ 1,608	\$ 804	4	\$ 59,478	\$ 4,957	\$ 2,479	\$ 2,288	\$ 1,144
5	\$ 48,945	\$ 4,079	\$ 2,040	\$ 1,883	\$ 942	5	\$ 69,653	\$ 5,805	\$ 2,903	\$ 2,679	\$ 1,340
6	\$ 56,095	\$ 4,675	\$ 2,338	\$ 2,158	\$ 1,079	6	\$ 79,828	\$ 6,653	\$ 3,327	\$ 3,071	\$ 1,536
7	\$ 63,245	\$ 5,271	\$ 2,636	\$ 2,433	\$ 1,217	7	\$ 90,003	\$ 7,501	\$ 3,751	\$ 3,462	\$ 1,731
8	\$ 70,395	\$ 5,867	\$ 2,934	\$ 2,708	\$ 1,354	8	\$ 100,178	\$ 8,349	\$ 4,175	\$ 3,853	\$ 1,927
Each Add'l person, add	\$ 7,150	\$ 596	\$ 298	\$ 275	\$ 138	Each Add'l person, add	\$ 10,175	\$ 848	\$ 424	\$ 392	\$ 196

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

Other Source Categorical Eligibility: When known to the School Food Authority, households will be notified of any child's eligibility for free eligibility benefits based on the individual child's designation as Other Source Categorically Eligible, as defined by law. Children are determined Other Source Categorically Eligible if they are Homeless, Migrant, Runaway, a foster child, or Enrolled in Head Start or an eligible pre-kindergarten program.

Foster children that are under the legal responsibility of a foster care agency or court, are eligible for free benefits. Any foster child in the household is eligible for free eligibility benefits regardless of income. A separate application for a foster child is no longer necessary. Foster children may also be included as a member of the foster family if the foster family chooses to also apply for benefits for other children. Including children in foster care as household members may help other children in the household qualify for benefits. If non-foster children in a foster family are not eligible for free or reduced-price meal benefits, an eligible foster child will still receive free benefits

If children or households receive benefits under Assistance Programs or Other Source Categorically Eligible Programs and are not listed on the notice of eligibility and are not notified by the School Food Authority of their free meal benefits, the parent or guardian should contact the school or should submit an income application.

Other Households: Households may complete the Application for Free and Reduced-Price School Meals/Milk sent home with the letter to parents. One application for all children in the household should be submitted. Additional copies are available at the principal's office in each school. **Applications may be submitted any time during the school year to Business Office or Principals Office. Please contact Natalie Pego at631-791-4231 with any questions regarding the application process.**

Households notified of their children's eligibility must contact the School Food Authority if they choose to decline the free meal benefits. Households may apply for benefits at any time throughout the school year. Children of parents or guardians who become unemployed or experience a financial hardship mid-year may become eligible for free and reduced-price meals or free milk at any point during the school year.

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

For up to 30 operating days into the new school year (or until a new eligibility determination is made, whichever comes first) an individual child's free or reduced-price eligibility status from the previous year will continue within the same School Food Authority.

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

The School Food Authority does, however, have the right to verify at any time during the school year the information on the application

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

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

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

Nondiscrimination Statement: This explains what to do if you believe you have been treated unfairly.

In accordance with federal civil rights law and USDA civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410; or
- fax:**
(202) 690-7442; or
- email:**
program.intake@usda.gov

This institution is an equal opportunity provider.

Port Jefferson

Continued from A3



LEGALS

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

Notice of formation of Nhandi Iman Entertainment LLC. Arts of Org. filed with the Secretary of State of New York (SSNY) on 07/06/2025. 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: 7 Field Ct., Miller Place, NY 11764. Purpose: Any lawful purpose.

281830 7/17 6x ptr

PUBLIC NOTICE

The resolution, a summary of which is published herewith, has been adopted on April 30, 2025, and amended on July 9, 2025 and the validity of the obligations authorized by such resolution may be

hereafter contested only if such obligations were authorized for an object or purpose for which the Village of Port Jefferson, in the County of Suffolk, New York, is not authorized to expend money or if the provisions of law which should have been complied with as of the date of publication of this Notice were not substantially complied with, and an action, suit or proceeding contesting such validity is commenced within twenty days after the publication of this Notice, or such obligations were authorized in violation of the provisions of the constitution.

Sylvia Pirillo, RMC
Village Clerk

BOND RESOLUTION OF THE VILLAGE OF PORT JEFFERSON, NEW YORK, ADOPTED APRIL 30, 2025

AND AMENDED JULY 9, 2025, AUTHORIZING THE ISSUANCE OF BONDS IN A PRINCIPAL AMOUNT NOT TO EXCEED \$762,500 TO F I N A N C E T H E CONSTRUCTION OF IMPROVEMENTS TO THE CENTENNIAL PARK RETAINING WALL, STATING THE ESTIMATED MAXIMUM COST THEREOF IS \$762,500 AND APPROPRIATING SAID AMOUNT FOR SUCH PURPOSE

The object or purpose for which the bonds are authorized is the construction of improvements to the Centennial Park retaining wall, including improvements to the existing wall and additional mitigation improvements, at the estimated maximum cost of \$762,500.

The period of usefulness is

five (5) years.

The maximum amount of obligations authorized to be issued is \$762,500. Grant funds are expected to be received by the Village to be applied toward the cost of said project or redemption of the Village's bonds or notes to be issued.

A complete copy of the bond resolution summarized above shall be available for public inspection during normal business hours at the office of the Village of Port Jefferson, Village Hall, 121 West Broadway, Port Jefferson, New York.

284580 7/31 1x ptr

NOTICE OF ADOPTION

PLEASE TAKE NOTICE, that after a public hearing was

held by the Board of Trustees of the Village of Belle Terre on, May 20, 2025 and July 15, 2025, the Board of Trustees, on July 15th adopted LOCAL LAW NO. 4 of 2025, entitled "A local law adding Chapter 101 (Exterior Lighting) of the Village Code, to protect and promote the Village of Belle Terre's quality of life, unique character and the ability to view the night sky by establishing regulations and a process for review of exterior lighting. A copy of the law is on file in the Village Clerk's office, Monday through Friday from 9 am to 4 pm.

BY ORDER OF THE BOARD OF TRUSTEES
VILLAGE OF BELLE TERRE
JOANNE RASO,
VILLAGE CLERK
Dated: July 16, 2025

285010 7/31 1x ptr

Notice of Meeting
of the
Village of Port Jefferson
Board of Ethics

PLEASE TAKE NOTICE that the Village of Port Jefferson Board of Ethics will conduct a meeting at 5:30 p.m. on Monday, August 4, 2025, in Port Jefferson Village Hall, located at 121 West Broadway, Port Jefferson, NY, 11777.

All interested parties are welcome to attend.

Elizabeth Kidney
Secretary to the
Board of Ethics
Village of Port Jefferson

285020 7/31 1x ptr

Tune in to...

THIS WEEK

Four local Methodist churches adopt a new cooperative parish model, local doctors speak on back-to-school health precautions, and Suffolk County adopts new term limits for legislators.

Tune in!

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