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Long ball

Northport signal-caller
Simon Blissett wins Longest
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QB challenge. Huntington's
Guzik also competes— **A19**

Photo courtesy Steven Zaitz



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Suffolk County Sheriff Errol D. Toulon with Wyatt Houppert, honorary sheriff for the day. Photo courtesy Office of the Suffolk County Sheriff

Suffolk Sheriff swears in 12-year-old as honorary sheriff ahead of lifesaving surgery

The ceremony welcomed Wyatt to SCSO family before he receives a kidney transplant from correction officer's wife

On Tuesday, July 22, Suffolk County Sheriff Errol D. Toulon, Jr. inducted 12-year-old Hauppauge resident Wyatt Houppert as an Honorary Sheriff for the day. Wyatt, who is bravely battling kidney failure and preparing for a life-saving transplant, was sworn in during a special ceremony at the Sheriff's Office in Riverhead. The event also recognized the incredible generosity of his kidney donor, Dawn Rice, who is the wife and sister of two Sheriff's Office correction officers.

HONOR

Following the swearing-in, the Sheriff's Office hosted a special experience for Wyatt and his three siblings with emergency vehicles, a presentation by the Sheriff's Office's Drill Team and a formal salute by officers as Wyatt was welcomed as the newest member of the extended Sheriff's Office family. Wyatt's only kidney failed earlier this year, and he now endures multiple weekly dialysis sessions in preparation for his transplant in the coming weeks. The Sheriff recognized Wyatt's courage, the love and support of his family, and the selfless acts of Dawn Rice and her family.

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Vintage is in – visit Greenhouse Antiques in St. James

BY EMILY MANDRACCHIA
DESK@TBRNEWSMEDIA.COM

Just off of North Country Road in St. James, there stands a bright yellow fiberglass horse outside a historic greenhouse. But what’s inside is not an assortment of plants, rather a wealth of antique collectibles ranging from large furniture pieces and 50s-style kitchen appliances to small trinkets and local paper ephemera. For the past 13 years, Greenhouse Antiques and Collectibles has guaranteed a relaxing time indulging in all kinds of history— whether it’s curiosity about a time period outside your generation or a hunger for nostalgia, Greenhouse has something for everybody.

Practically a museum itself, the store features thousands of pieces from across the globe with histories of 100 years or more. According to Phil, an employee at Greenhouse, their items are sourced from 45 vendors; which are effectively diversified to cater to a range of tastes.

When asked about the bestselling types of items and customer demographic, Phil said, “it’s an affluent area... I don’t just pinpoint stuff that I would like, but it’s about what other people like... we have regulars in here that are fans of fine jewelry... or if they’re looking for tremblers, so we specifically contact those vendors to see what they can bring in. We kind of cater to our customers, and we look at the trends to see what people are really interested in.”

Some of the items Phil described that have made a comeback are collectible glassware made with uranium, which glows under UV light, all from a YouTube video, and the



Old-fashioned Steiff stuffed animals in a case.

Photo by Emily Mandracchia

original Steiff stuffed animals dating as far back as 1930s Germany, which they happen to make great business with. Their worn faces and colorful eyes are especially hard to resist, scruffy with love and the official silver Steiff emblems in their ears.

Antiquing as a hobby itself has resurfaced thanks to popular social media platforms like Instagram and TikTok— further helping Phil, Lou and their team curate their stock. Teenagers and young adults are largely responsible for a great deal of the comeback of antique, thrift and consignment shops in recent years, whether they are collectors or just love unique items with a history, and Greenhouse’s variety of stock encompasses those kinds of people and makes for a unique and engaging activity any day.

There are large amounts of every possible kind of antique and collectible from old American-made toys, porcelain dolls, authentic Beatle’s merchandise and New York sports memorabilia to mid-century greeting cards perfect for art projects and scrapbooking,



Accessories dating as far back as 1750. Photo by Emily Mandracchia

Japanese porcelain relics, rustic signage and hangable license plates from across the country as well as official military pins and gear from the Red Cross, World War II, Vietnam and beyond. Larger investments include retro diner-style pinball machines, phonographs, one-of-a-kind paintings, tiffany glass and kitchen accessories.

“It’s about the appetite to collect,” Phil continued. “Sometimes, people come in just for a piece of furniture, but next thing you know, they’re also looking for something to put on it, now they need a lamp or they want a piece of artwork to match.” Phil describes that entire homes have been furnished by Greenhouse over the past decade, and it helps to be in cahoots with their vendors, so they know what to hunt for at estate sales (where a great deal of their stock comes from) when new trends debut or customers inquire about specific types of products.

Greenhouse Antiques and Collectibles is located at 425 North Country Rd, Saint James. For more information, visit their website at <https://thegreenhouseantiques.com/> or call (631) 584-3758.



Plates, clocks and other decor. Photo by Emily Mandracchia



Quirky retro throwbacks. Photo by Emily Mandracchia

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

BY DANIEL DUNAIEF
DESK@TBRNEWSMEDIA.COM

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
DESK@TBRNEWSMEDIA.COM

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

DESK@TBRNEWSMEDIA.COM

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

of high blood pressure, Type 2 diabetes, heart 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

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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Local quarterbacks strut their stuff

Blissett, Guzik are among 15 Elite QBs to participate in challenge

BY STEVEN ZAITZ

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Smithtown became Quarterback Town this past weekend (July 25-27) as Bulls quarterbacks Nick DeVito of Smithtown West and Antonio Marrone of Smithtown East both charged ahead of the pack at the 2025 National Football Foundation QB Challenge.

SPORTS

DeVito finished first overall in a field of 15 elite high school quarterbacks from both Nassau and Suffolk counties in the event held at Smithtown West High School on July 26.

“It was a lot of fun competing with the best quarterbacks on Long Island,” said DeVito, who led the Bulls to an 8-2 record in 2024. “It was great to show up and let everyone know that we take pride in Smithtown football.”

Marrone won the top spot in the Quarterback IQ category and tied for second place overall with Peyton Robinson of Long Island Lutheran and Luke Taff of Half Hollow Hills West. It was the second year in a row Marrone has won the award for his smarts.

“I’m pretty happy with my performance today,” Marrone said. “Being runner up to Nick and winning the Quarterback IQ award again is a great day. I hope this translates to



Simon Blissett in the 7 on 7 drills on July 23rd. Photo by Steven Zaitz

wins on the field for us this year.”

Other local players who participated were seniors Simon Blissett of Northport. Jacob



Simon Blissett of Northport threw the ball the longest of all 15 quarterbacks, winning the Air IT Out event on July 26. Photo by Steven Zaitz

Guzik from Huntington, Nick Lachappelle of Hauppauge, the only lefty in the competition, and junior Hudson Philbrick from Ward Melville.

Blissett won the Air It Out competition, launching a majestic rainbow from midfield that cleared the goal post by plenty. The throw was measured to be 63 1/2 yards. He is the second Tiger QB to win the long throw, as Owen Johansen unleashed a similar ball in 2023. Blissett was on the sidelines with a broken arm last year when Northport lost a playoff heartbreaker in overtime to North Babylon.

“I felt really helpless with a club on my arm last year during that game,” Blissett said. “But I’m super excited to get back out there and show everyone what we can do.”

Quarterback Week for these young men started on July 23 as they, and many of their teammates, participated in 7-on-7 drills. Jonathan Gill, a longtime coach at Long Island University, served as chief evaluator of the 7-on-7s, as he did on Saturday.

The athletes also attended a symposium on July 25 in Woodbury, where they listened to former Long Island high school football legends. The list of speakers included John Paci, Huntington Class of 1989, who played quarterback with New York Jets and Washington Redskins, and Danny Bonaventura, Hauppauge High School Class of 2009, who was a standout defensive back.

The event is organized by National Football Foundation, Suffolk Chapter

President Len Genova and his staff. Many of the quarterbacks coaches were there, as were parents, friends, training staff and media. The public address announcer was Gregg

first drill tested throwing accuracy. That was followed by events measuring anticipation, distance, touch and throwing on the run. After each test, the quarterbacks hydrated, chatted and huddled around Gill to receive instruction for what was next.

The night before, the quarterbacks sat in the classroom and took a written test that graded their ability to read defenses. This is where Marrone showed his gift for film study.

Philbrick, also a heady quarterback, was just a sophomore when he led the Patriots to the Suffolk County championship game at Stony Brook in 2023. He was proud to be a part of the prestigious QB challenge.

“The guys competing here are all amazing people,” Philbrick said. “It’s a real privilege to be able to spend time with athletes who share the same goals as me.”

This was the fourth year such a contest took place on Long Island. The first two were held at Kings Park High School before it moved to Smithtown West, DeVito’s home field.

“Doing this on my home turf definitely gave me a little juice to go out there and perform for my hometown,” said DeVito. “I wanted to defend our turf and not let anybody else win on it.”

Long Island’s best flag football



Jacob Guzik of Huntington High School was one of 15 Long Island elite quarterbacks to compete on July 26. Photo by Steven Zaitz

Sarra, who is the high school sports editor of Newsday, and the event has a festive, yet hotly contested vibe.

After Sarra introduced each quarterback and their hand-picked wide receivers, the

quarterbacks took place in the afternoon session on July 26. Junior Claire Sclafani of Longwood took home the first-place trophy. There were no TBR Newsmedia-area participants on the girls side.

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