

Country Village News



July 2023

250 Theodore Drive, Coram, NY 11727

Happy Birthday



01 Barbara Zarcone
13 George Marshall
13 Sandy Bakofen
19 Barbara Klaus
22 Dolores DeFelice

23 Sue Emig
26 Fran Weber
28 Carmine Delmonico
30 Roland Diehl
30 Jane Scott

Marie Bisceglia
Angela Dell'acqus
Tina Illiano
John Madden
Sally Pizzo



Happy Anniversary



29 Josephine & Sal Milazzo



The Story of the Fourth of July

The Declaration of Independence

We celebrate American Independence Day on the Fourth of July every year. We think of July 4, 1776, as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation.

But July 4, 1776, wasn't the day that the Continental Congress decided to declare independence (they did that on July 2, 1776).

It wasn't the day we started the American Revolution either (that had happened back in April 1775). And it wasn't the day Thomas Jefferson wrote the first draft of the Declaration of Independence (that was in June 1776). Or the date on which the Declaration was delivered to Great Britain (that didn't happen until November 1776). Or the date it was signed (that was August 2, 1776).

(continud on page 3)

Touchstone Management

Brian Arellano – President
Jackie Licurse – Management Representative
Austin Cleary – Assistant Property Manager

16 Sawgrass Dr, Suite 1, Bellport, NY 11713 (631) 448-7919
Monday thru Friday 9:00 am – 4:00 pm
Email: info@tpm.team

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Francine Davino	(631) 696-4750
Carol Fox	(631) 790-3239
Sandy Bakofen	(631) 745-6152
Doreen McCrystal	(917) 270-0426

4th of July (continued)

The Continental Congress approved the final wording of the Declaration of Independence on July 4, 1776. They'd been working on it for a couple of days after the draft was submitted on July 2nd and finally agreed on all of the edits and changes.

July 4, 1776, became the date that was included on the Declaration of Independence, and the fancy handwritten copy that was signed in August (the copy now displayed at the National Archives in Washington, D.C.) It's also the date that was printed on the Dunlap Broadsides, the original printed copies of the Declaration that were circulated throughout the new nation. So when people thought of the Declaration of Independence, July 4, 1776 was the date they remembered.

In contrast, we celebrate Constitution Day on September 17th of each year, the anniversary of the date the Constitution was signed, not the anniversary of the date it was approved. If we'd followed this same approach for the Declaration of Independence, we'd be celebrating Independence Day on August 2nd of each year, the day the Declaration of Independence was signed!

For the first 15 or 20 years after the Declaration was written, people didn't celebrate it much on any date. It was too new and too much else was happening in the young nation. By the 1790s, a time of bitter partisan conflicts, the Declaration had become controversial. One party, the Democratic-Republicans, admired Jefferson, and the Declaration. But the other party, the Federalists, thought the Declaration was too French and too anti-British, which went against their current policies.

By 1817, John Adams complained in a letter that America seemed uninterested in its past. But that would soon change.

After the War of 1812, the Federalist party began to come apart and the new parties of the 1820s and 1830s all considered themselves inheritors of Jefferson and the Democratic-Republicans. Printed copies of the Declaration began to circulate again, all with the date July 4, 1776, listed at the top. The deaths of Thomas Jefferson and John Adams on July 4, 1826, may even have helped to promote the idea of July 4 as an important date to be celebrated.

Celebrations of the Fourth of July became more common as the years went on and in 1870, almost a hundred years after the Declaration was written, Congress first declared July 4 to be a national holiday as part of a bill to officially recognize several holidays, including Christmas. Further legislation about national holidays, including July 4, was passed in 1939 and 1941. The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2023 is on Tuesday, July 4.

Every 4th of July the Liberty Bell in Philadelphia is tapped – although not actually rung – 13 times in honor of the original 13 American colonies.



Country Village News

Enjoy Our Community

Times of events are located on the back calendar page of the newsletter.

- Monday - Water Aerobics, Mexican Train Domino's and Bunco 2nd Monday of each month
- Tuesday - Bocce
- Wednesday - Knitting Group, Ladies Game Day, Bingo
- Thursday - Water Aerobics, Men's Club, Chair Yoga, and evening Mahjongg
- Friday - 3rd Friday of the month Left Right Center (unless there is an event on Saturday)

Summer Concerts

Check out the line up of Summer Concerts, most are free but Bald Hill is not. It's going to be a fun summer, live music under the stars, smelling salt water and hearing waves crashing on the beach. If you are looking to go to a concert and don't have anyone to go with, reach out on Facebook, Country Village Friends, I'm sure you'll find someone who is interested.

There are so many venues on the island, here are the ones I've posted:

Tiki Joe's Cedar Beach, Tiki Joe's Smith Point, Beach Club Estate on Lake Ronkonkoma, The Nesconset Gazebo, Bald Hill, Smith Haven Mall and The Smithtown Library, Dennis Cannataro Concert Series.

Our Loving Pooches

I felt the need or desire to talk about Dog's this month. Since I've lived here, it will be 4 years September, there has been an increase in the number of dogs, which I find wonderful. I personally am a little miffed with some people saying, "your dog barks too much", there are very few dogs who do, but the majority do not. The people who complain just don't like dogs, that's fine, but to start to complain just to complain is not right. Our dogs are our family, so please talk to your neighbor if you feel their dog barks too much. It's the right thing to do.

So, this month I added "Fun and Fascinating Dog Facts", enjoy!

Pets Poop:

There are residents or their guests still not picking up after their dogs. Please pick up your dog's poop!!! Respect your community!

BUNCO Is Back.

Starts monthly, Monday July 10 at 7:00pm. We need 12 people to have a game, but we always would love more. Thank you, Linda Bily & Barbara Limberg, for taking on this challenge, we have missed it. If you cannot make the game, ***PLEASE*** call Linda or Barbara.

Country Village News (continued)

Water Aerobics

Angela Del'Acqua will be starting up the Water Aerobics classes. These free classes will be conducted every *Tuesday* and *Thursday* mornings @10:30 am and run for about 45 Min. Classes will start on **Thursday July 6, 2023 @ 10:30 AM. This will be available throughout the summer, weather permitting (unless it's raining) until the end of August.**

Get to Know Your Neighbors Section

This month we have a very talented person who enjoys making puzzles, he makes them out of wood. John Madden is a master when it comes to designing puzzles, it's very interesting. I want to thank Debbie Buscaglia for interviewing John.

(If you would like to be featured in the newsletter, send me an email, cvenews@yahoo.com, or write it up and drop it off in my bin by my garage door. I know we would love to hear about you, it's so interesting.)

Donations

It's important to continue donating to St. Frances Cabrini Church's outreach program. Leave non-perishables in the clubhouse lobby. David Gross is our special angel who brings all the donations to the church. Thank you, David!

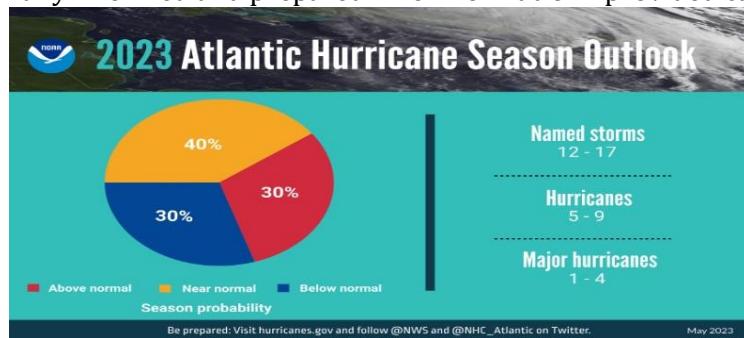
Supporting Our Advertisers

The newsletter would not be possible without our advertisers. When you do patronize our advertisers, please remember to tell them you are from Country Village Estates. They have been loyal to us so let's reciprocate our patronage.

If anyone has information regarding someone who is interested in advertising with us, please reach out to me, Doreen McCrystal, cvenews@yahoo.com.

Hurricane Season June 1st thru November 30th

I belonged to Nassau CERT (Community Emergency Response Team), so I figured I would provide some information about Hurricane season which started June 1st. It doesn't look like it will be a very active season, which is good news for all. But there is always the possibility of one curving up the coast, so why not be fully informed and prepared. The information I provided can be found on Ready.gov.



Community Meeting & Elections

June 26, 2023

Congratulations to Carl Schroder and Linda Bily for being elected to the board. We will miss Charile Bescaglia and Santa Fogarty, they each contribute so much to our communitie. When you see them please thank them for volunteering their time,

I want to take this opportunity to thank all our past members of the Country Village boards, the previous board members, and the new members who have just joined us. These men and women so graciously volunteer their time to help enrich the community we all live in. The people are residents like us and want all the same improvements and enhancements that we do. The difference is that they are working within a budget.

I believe whoever serves on the board works to the best of their ability. Look at what has been accomplished in these past few years. I want to live with an attitude of appreciation in a community looking ahead to all future achievements.

I hope you will join me regardless of if you agree with every decision to thank these people.

Some items from the 26th community meeting:

- Reserves \$419,691.77
- Operating Account \$ 114,977
- The roof and club house were being considered repairs, so the board didn't have to inform us of the repairs and didn't require to vote.
- The pool gates are getting a new lock, so we don't have to go through the bathrooms. It should be towards the end of July.
- Recommendation regarding speed bumps, people are driving too fast in the community. Also, when they pave the street inquire about the gradual speed bump. .
- Recommendation we need an extra WRONG WAY sign, one across the street from the current one by the streetlight. Move the one attached to the stop sign up to the corner.
- The landscapers will not do any weeding in front of the homes, you'll have to hire someone or do it yourself.
- The sewage pumps are not coming for another couple of months, people are still putting wipes down the toilet. The board is asking for \$50 from each homeowner.
- The areas in front of 1, 2, 15 & 21 the landscaper is supposed to put sod down and remove the roots by unit 1.
- Homeowners that have window boxes, the HOA is responsible for repair and painting. They ask the homeowner not to do anything with them. There custom made, 7 foot.
- Selling your home must inform Touchstone.
- Building 22 keeps having roof issues, so the board decided to replace the roof, it's getting too costly fixing the issues.
- HOA has been talking to Optimum about installing fiber in our community, it would have to be done before the roads are paved.

HOMEOWNER'S INSURANCE

You may be able to lower your homeowner's insurance premium. Following are 4 "coverage" items that you may be able to have reduced. The numbers refer to the numbers circled on the attached sample Policy Declaration Page.

1. Coverage A - Dwelling

This is the assumed amount it would take to rebuild your home if it is destroyed by fire. You may not want to lower this amount. It should be at least \$300,000, if not more. Your agent will tell you what they recommend for this coverage.

2. Coverage B - Other Structures

This coverage does not cover any of your property since our homeowners do not have any other buildings. It is mandated by New York State. Insurance companies usually set this number at ten percent of your Dwelling coverage (10%). You can legally reduce this to five percent (5%) of your Dwelling coverage.

For instance, if Dwelling coverage is \$378,000 as in the sample, the insurance company will automatically set Other Structures at \$37,800. This can be reduced to \$18,900 and will result in a lower premium.

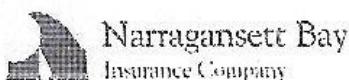
3. Coverage C - Personal Property

Take a look at this amount. It refers to everything inside your home that is not built in, such as furniture, lamps, artwork, clothing, and jewelry. If you think the amount set by the insurance company is way too high, ask them to reduce it to an amount that reflects the rough approximate value of your own personal property.

4. Deductible

If your deductible is \$1,000, you can increase it to \$2,500 and realize a savings, especially if you make changes to Coverage B and C.

Take a look at your Declaration Page and call your agent to find out whether any of the above suggestions will work for you.



Homeowners Declarations Page
Policy Number: [REDACTED]

NAMED INSURED

THEODORE DR
CORAM, NY 11727

YOUR AGENT

GEICO Insurance Agency
One GEICO Blvd
Fredericksburg, VA 22412
(855)721-9250

TRANSACTION SUMMARY

Policy Period: 06/01/2023 12:01 am to 06/01/2024 12:01 am Standard Time at insured location
Transaction Type: Endorsement
Effective Date of Transaction: 06/01/2023 12:01 am
Transaction Premium: (\$366.00)

INSURED RESIDENCE PREMISES LOCATION

31 THEODORE DR
CORAM, NY 11727-3622 Suffolk

Coverage is provided where a premium or limit is shown for the coverage

SECTION I PROPERTY COVERAGES

	LIMIT
Coverage - A - Dwelling - ①	\$378,000
Coverage - B - Other Structures - ②	\$18,900
Coverage - C - Personal Property - ③	\$150,000
Coverage - D - Loss of Use	\$113,400

*You have selected a Coverage B Other Structures Limit that is below the industry standard
You have selected a Coverage C Personal Property Limit that is below the industry standard*

SECTION II LIABILITY COVERAGES

	LIMIT
Coverage - E - Personal Liability	\$1,000,000
Coverage - F - Medical Payments To Others	\$5,000

DEDUCTIBLES

*In case of a loss under Section I, we cover only
that part of the loss over the deductible stated:*

All Perils Other Than Hurricane: - ④	\$2,500
Hurricane Deductible Percentage:	2%
Hurricane Deductible:	\$7,560

PREMIUM CHARGES, DEBITS, AND CREDITS

	PREMIUM
Homeowner Premium:	\$2,156.00
Premium Debits:	\$0.00
Premium Credits:	(\$913.00)
TOTAL PREMIUM:	\$1,243.00

FORMS AND ENDORSEMENTS

	LIMIT	PREMIUM	
HO 23 95 05 02	Ordinance or Law Coverage	10%	Included
	Off Premises Theft Exclusion		Included
HO 04 90 10 00	Personal Property Replacement Cost		\$251.00
HO 04 46 10 00	Inflation Guard	4%	Included
HO 04 20 10 00	Additional Amount of Insurance for Coverage A	25%	\$54.00
	Loss Assessment Coverage	\$1,000	Included



The return of BUNCO.

Second Monday of the month

First game: July 10th

Arrive 6:45 pm; Game begins 7:00 pm

\$5 entry fee

If you can roll dice, you can play bunco. We will teach you!

Meet the neighbors and make new friends.

For more information, call Linda Bily #81 at 631-721-5280 or

Barbara Limberg #120 at 631-334-8654

★ • At least 12 players are needed. ★

Sign-up sheet on bulletin board in the clubhouse.

FREE SUMMER CONCERTS!!!

Tiki Joe's Smith Point

Thu-Sat 6:30 – 9:30p

Sun 6:00 – 9:00p

- 1-Jul 20 Highview
- 2-Jul In The Groove
- 3-Jul That 70's Band
- 4-Jul Freebird
- 6-Jul 95 South
- 7-Jul 2112
- 8-Jul The Mystic
- 9-Jul Guilty Pleasures
- 13-Jul Southbound
- 14-Jul Us and Floyd
- 15-Jul 70's Rock Parade
- 16-Jul Vinyl Revival
- 20-Jul Stagecoach
- 21-Jul Shoot to Thrill
- 22-Jul Peat Moss & The Fertilizers
- 23-Jul Mean Machine
- 27-Jul Urban Rodeo
- 28-Jul Sir Elton – Elton John
- 29-Jul 20 Highview

- 3-Aug Southbound
- 4-Aug Wonderous Stories
- 5-Aug Where Stars Collide
- 6-Aug 70's Rock Parade
- 10-Aug Stagecoach
- 11-Aug Streetfighter
- 12-Aug The Fogerty Project
- 13-Aug The Mystic
- 17-Aug Urban Rodeo
- 18-Aug Freebird
- 19-Aug Legendary Murphy's
- 20-Aug Panic
- 24-Aug Rusty Spur
- 25-Aug Last Exit
- 26-Aug O El Amor
- 27-Aug Decadia

- 1-Sep Gold Dust Woman
- 2-Sep In The Groove
- 3-Sep That 70's Band
- 4-Sep Instant Replay

EVERY WEDNESDAY
DOORS OPEN 7PM

2023
Summer
Waterfront
Concert Series

Beach Club Estate
on Lake Ronkonkoma
Waterfront Catering at its Best!

Get ready to enjoy the HOTTEST bands on Long Island at the newly renovated Beach Club Estate! Live music, dancing, food & cocktails waterfront! Cash Bar. Ala Carte Menu. Weekly specials! \$10 at the door.

June	
7th	Mystic
14th	Southbound
21st	Vinyl Revival
28th	Music Express Dance Band & The SpinOffs

July	
5th	Deverne & The Vintage Soul Motown Dance Band
12th	Fast Five
19th	Mystic
26th	PRIVATE EVENT

Aug	
2nd	Deverne & The Vintage Soul Motown Dance Band
9th	Music Express Dance Band & The SpinOffs
16th	Guilty Pleasures
23rd	Fast Five
30th	Lisa Polizzi Band

Call 800-23-EVENTS for more info
info@anthonyslive.com | 161 Rose Dr., Ronkonkoma, NY 11779

FREE ADMISSION! **2023 Nesconset Chamber**
Summer Concert Series
7:00PM Showtime At The Nesconset Gazebo!

FOOD TRUCKS & RAFFLES!

July 11th- THAT 70'S BAND
July 18th- PUMP AEROSMITH TRIBUTE BAND
July 25th- BON JOURNEY
Aug 1st- RADIO FLASHBACK
Aug 8th- PANIC! DANCE/ROCK TRIBUTE BAND
Aug 15th- SOUTHBOUND

ALL RAIN DATES WILL BE HELD ON THE FOLLOWING DAY
★ SPONSORED BY LEGISLATOR LESLIE KENNEDY ★

Nesconset Chamber of Commerce

FREE SUMMER CONCERTS!!!

Tiki Joe's Cedar Beach

Wed - Sun 6:00 - 9:00p

Tue 6:00 - 8:00p

1-Jul	Sling Shot
2-Jul	1 Step Ahead
3-Jul	Crossing Sunrise
6-Jul	Soapbox Messiah
7-Jul	Limewired
8-Jul	Souled Out
9-Jul	Easy Street
13-Jul	Sanford
14-Jul	Live Vinyl
15-Jul	Bobby Nathan Band
16-Jul	B4 Dawn
18-Jul	Darlene Graham and the Shades of Green Band
20-Jul	Sling Shot
21-Jul	Victims of Rock
22-Jul	1 Step Ahead
23-Jul	Citi Lites
27-Jul	Jackie and the Rippers
28-Jul	Nicolls Rd
29-Jul	Nitework
30-Jul	Joe Rock & the All Stars
1-Aug	Darlene Graham and the Shades of Green Band
4-Aug	Citi Lites
5-Aug	Radio Flashback
6-Aug	Big Jim's Wife
11-Aug	Easy Street
12-Aug	Sling Shot
13-Aug	Hot Cake
18-Aug	Chain Reaction
19-Aug	Victims of Rock
20-Aug	1 Step Ahead
22-Aug	Darlene Graham and the Shades of Green Band
25-Aug	Common Ground
26-Aug	Souled Out
27-Aug	Citi Lites
1-Sep	Sling Shot
2-Sep	Bobby Nathan Band
3-Sep	Easy Street

Bald Hill Upcoming Events Schedule (NOT FREE)

Date	Event
6/24/2023	Chicago - The Band
7/15/2023	Fiesta Latina
7/23/2023	Pat Benatar & Neil Giraldo
7/29/2023	Freestyle Feast
8/05/2023	Darius Rucker & Drew Holcomb
8/13/2023	Beres Hammond
8/19/2023	Yacht Rock Gold
8/26/2023	The 80s Rock Tour
9/01/2023	Russell Dickerson
9/22/2023	Cody Johnson

Summer Concerts at Smith Haven Mall Lifestyle Village.

Wednesday, July 12th at 7pm - History of Rock N Roll

Wednesday, July 19th at 7pm - 80's Wedding Tribute

Band

Wednesday, July 26th at 7pm - JC and the Crocodiles

Pianomen

Bring your chairs and blankets for open seating.

Come early to get your seats.

Our ever-popular Auntie Anne's Pretzels will be selling their famous pretzels (**cash only**).

2023 Dennis Cannataro Family Summer Concert Series



July 6	Just Sixties (60s)
July 13	Any Way You Want It (Journey)
July 20	One Step Ahead (Greatest Hits)
July 27	Penny Lane (Beatles)
August 3	Boardwalk Nights (Jersey Shore Tribute)
August 10	The Gold Coast Orchestra (Motown)

7:30PM • SMITHSTOWN BUILDING • FRONT LAWN
1 NORTH COUNTRY ROAD • SMITHSTOWN

Get To Know Your Neighbors

Contributor Debbie Buscaglia

Hello neighbors. This month's highlighted resident is John Madden.

John was born into an Irish family and is one of seven children. He is the middle child with three sisters and two brothers. John was born and raised on Long Island in East Meadow, NY, and attended East Meadow High School. They moved to Wantagh when he married his then-wife, Karen. John and Karen were married for thirty years and had two children, a boy, and a girl. John is the grandfather to twins, also a boy and a girl. They stayed on Long Island to be close to family, especially the grandkids. He also had a significant job; he babysat his twin infant grandchildren three days a week for years and did an incredible job. The twins are now 14 years old.

John was a very active teenager and liked to run. He was on the track team during his high school years. John still wants to stay active and does so by walking 5 miles a day. John loves to travel and stay busy. He has been to several countries, including Costa Rica, Italy, Ireland, China, and Egypt, to name a few. He has had the opportunity to snorkel, and scuba dive the Great Barrier Reef in Australia, one of John's favorite places to visit. John's other interests are bocce, ping pong, and kayaking.

John also does Volunteer work. John has volunteered at Patchogue Theater for the past eight or nine years. He has worked taking tickets, serving at the bar, and ushering—another place John gives his time to is the Harry Chapin Food Bank. John was the first volunteer to work there.

When John was nineteen, he began a career as a wallpaper hanger in New York City. He continued working as a wallpaper hanger when something else interested him.

John had two school and neighborhood friends, Artie and Jim. Artie and Jim's father, Artie Gallagher, owned a puzzle-making company called PAR PUZZLES. John was intrigued by the intricate making of these wooden puzzles and trained under Artie Gallagher for two years.

When John was twenty-four, he continued to work with wallpaper hanging and puzzle making. When Artie Gallagher was older and unable to run his business, Artie passed everything on to John. Artie's sons had no interest in puzzle-making. John took over PAR PUZZLES and had been doing wooden puzzles ever since on his 1930s puzzle-cutting machine. John loves mounting, gluing, laminating, and cutting all old vintage posters, signs, or pictures for puzzles. Personal photos, lettering, and monogramming can also be customized. Each puzzle piece is hand-cut. A puzzle from start to finish can take weeks to complete. I saw some of John's work, and I can tell you it is very impressive. Each piece is handled with patience, precision, and as much time is needed to produce each work of art. An example of John's work is a puzzle of a bride and groom. The couple sent in their picture, and John did the puzzle. At the wedding, guests can sign the back of a puzzle piece, which becomes a beautiful keepsake. The Mick Jagger puzzle holds 1300 pieces. Another unique feature of John's puzzles is there are no square corners. Puzzle pieces could be personalized as well. An example of this is; if you are presenting this puzzle to a ballerina, the puzzle pieces can be in the shape of a ballerina dancing. John has many different puzzle pieces, shapes, and sizes. The largest puzzle John ever made was 1800 pieces. At three dollars apiece, his collection brings in a particular clientele. In the 1970s, John created many puzzles for Barbara Bush as gifts for her husband, George. John is still creating puzzles today, and you can view his work at parpuzzles.com.



OUR POOL RULES 2023

Last year we went through some trials and tribulations with playing our music. We all love to listen to music at the pool, but we must be mindful of our neighbors sharing the pool with us. We can play music but at a low volume, not blasting so everyone can hear it. The best is to wear headphones. If you read the rules below music is not on there, but we appreciate you to be mindful of others.

As the Rules say below, no one is to go into the pool if there isn't another person on the deck.

It's summer and there will be grandchildren coming to the pool. Their grandparents are part of this community, so they are welcome in the pool. They are kids, and they are told the rules by their parents and/or grandparents.

Summer is a time for sun, swimming and enjoying our neighbors.

COUNTRY VILLAGE ESTATES RULES AND REGULATIONS FOR POOL

- WHEN THERE IS ONE PERSON IN THE POOL THERE MUST BE ANOTHER ADULT ON DECK.
- CHILDREN UNDER THE AGE OF 16 MUST BE ACCCOMPANIED BY A HOMEOWNER OR PARENT.
- CHILDREN LESS THAN 3 YEARS OF AGE ARE NOT PERMITTED IN THE POOL. CHILDREN MORE THAN 3 YEARS OF AGE MUST BE TRAINED OR WEAR SWIM DIAPERS AS RECOMMENDED BY THE SUFFOLK COUNTY DEPARTMENT OF HEALTH SERVICES.
- NO SMOKING.
- NO DIVING OR JUMPING INTO THE POOL.
- USE OF THE POOL AND RECREATION FACILITY WILL BE RESTRICTED TO HOMEOWNERS AND THEIR GUESTS. GUESTS AND CHILDREN WILL BE ACCCOMPANIED BY A HOMEOWNER AT ALL TIMES.
- HOMEOWNERS WILL BE HELD RESPONSIBLE FOR ALL ACTIONS OF THEIR GUESTS IN THE POOL AREA AND CLUBHOUSE.
- NO PETS ARE ALLOWED IN THE POOL OR POOL AREA.
- NO PERSON WILL MAKE UNNECESSARY NOISE OR BEHAVE IN ANY OBJECTIONABLE MANNER IN THE POOL OR RECREATION AREA.
- THE SUFFOLK COUNTY DEPARTMENT OF HEALTH SERVICES RECOMMENDS THAT SWIM DIAPERS BE WORN BY BATHERS WHO ARE INCONTINENT, LACK TOILET TRAINING, OR OTHERWISE LACKING VOLUNTARY CONTROL OF EXCRETORY FUNCTIONS.
- IT IS REQUIRED BY THE DEPARTMENT OF HEALTH THAT BATHERS MUST SHOWER PRIOR TO ENTERING THE POOL. SHOWERS ARE PROVIDED IN THE CLUBHOUSE.
- POLLUTION OF THE SWIMMING POOL IS PROHIBITED. URINATING, EXPECTORATION, OR BLOWING THE NOSE IN THE SWIMMING POOL IS PROHIBITED.
- COMMUNICABLE DISEASE. NO PERSON HAVING SKIN LESIONS, SORE OR INFLAMMED EYES, MOUTH, NOSE, OR EAR DISCHARGES MAY USE THE POOL.
- FOOD AND BEVERAGES ARE NOT PERMITTED IN THE POOL AREA, EXCEPT WATER IN PLASTIC CONTAINERS.
- FLOATS, BALLS, OR TOYS ARE NOT PERMITTED IN THE POOL.
- THE DOOR LEADING FROM THE POOL AREA TO THE RESTROOMS SHOULD BE KEPT CLEAR FOR EASY ACCESS.
- ALL DOORS LEADING FROM THE CLUBHOUSE TO THE POOL AREA WILL BE LOCKED WHEN THE POOL IS CLOSED.
- TO AVOID ACCIDENTS, SHOES MUST BE WORN AT ALL TIMES IN THE CLUBHOUSE. PLEASE DO NOT ENTER THE CLUBHOUSE WITH DRIPPING BATHING SUITS.
- NO TOWELS OR ARTICLES OF CLOTHING WILL BE HUNG OVER THE FENCE.
- FIRST AID SUPPLIES ARE AVAILABLE AT THE DOUBLE-DOOR ENTRANCE TO THE CLUBHOUSE WHILE THE POOL IS OPEN.
- ALL ADDITIONAL REGULATIONS REQUIRED NOW OR IN THE FUTURE BY THE SUFFOLK COUNTY DEPARTMENT OF HEALTH SHALL BE OBEYED BY ALL MEMBERS.

Fun and Fascinating Dog Facts

We realize we may be biased, but here at the AKC we never get tired of learning more about dogs, whether it's a new study on canine behavior, a statistic from the AKC's database, or even just cool facts about a dog's impressive physical and mental abilities. You may know some of these already, and others may be more of a "wait, really?" situation, but we think you'll find all of them entertaining. Check out these fun dog facts.

1. The Labrador Retriever has been on the AKC's top 10 most popular breeds list for 30 consecutive years—longer than any other breed.
2. A dog's nose print is unique, much like a person's fingerprint.
3. Forty-five percent of U.S. dogs sleep in their owner's bed.
4. Speaking of sleeping ... all dogs dream, but puppies and senior dogs dream more frequently than adult dogs.
5. Seventy percent of people sign their dog's name on their holiday cards.
6. A dog's sense of smell is legendary, but did you know that his nose has as many as 300 million receptors? In comparison, a human nose has about 5 million. Dogs literally think in smells, which is why they need to sniff everything they see. By sniffing five to 10 times a second, dogs can flood these scent receptors and create a whole other worldly dimension, which is smell. Dogs need to be allowed to experience this dimension, as it is part of their evolutionary make-up. The next time you take your dog for a walk, let them set the pace so that they can live fully in the moment.
7. Rin Tin Tin, the famous German Shepherd, was nominated for an Academy Award.
8. Dogs' noses can sense heat/thermal radiation, which explains why blind or deaf dogs can still hunt.
9. Only one breed that was among the five most popular breeds in 1934—the Beagle—still remains in the top five today.
10. The name Collie means "black." (Collies once tended black-faced sheep.)
11. Yawning is contagious—even for dogs. Research shows that the sound of a human yawn can trigger one from your dog. And it's four times as likely to happen when it's the yawn of a person he knows. Dogs also yawn to calm themselves down, so repeated yawns could be a sign that your pup is feeling anxious or stressed out.
12. The Dandie Dinmont Terrier is the only breed named for a fictional person—a character in the novel *Guy Mannering*, by Sir Walter Scott.
13. Dogs curl up in a ball when sleeping to protect their organs—a holdover from their days in the wild, when they were vulnerable to predator attacks.
14. The Basenji is not technically "barkless," as many people think. They can yodel.
15. The Australian Shepherd is not actually from Australia—they are an American breed.
16. The Labrador Retriever is originally from Newfoundland.

Fun and Fascinating Dog Facts

17. Human blood pressure goes down when petting a dog. And so does the dogs.
18. There are over 75 million pet dogs in the U.S.—more than in any other country.
19. A person who hunts with a Beagle is known as a “Beagler.”
20. Dogs are not colorblind. They can see blue and yellow.
21. All puppies are born blind and deaf.
22. Dalmatians are born completely white and develop their spots as they get older.
23. Dogs have about 1,700 taste buds. We humans have between 2,000–10,000.
24. When dogs kick backward after they go to the bathroom it's not to cover it up, but to mark their territory, using the scent glands in their feet.
25. A recent study shows that dogs are among a small group of animals who show voluntary unselfish kindness towards others without any reward. This is one fact dog lovers have known all along.
26. The Norwegian Lunde Hund is the least popular dog breed and the only dog breed created for the job of puffin hunting.
27. Greyhounds can beat cheetahs in a race. While cheetahs can run twice as fast as greyhounds, they can only maintain that 70 mph speed for about thirty seconds. A Greyhound can maintain a 35 mph speed for about seven miles. So, the cheetah may start out first, but the greyhound will soon overtake him.
28. The Bloodhound's sense of smell is so accurate that the results of its tracking can be used as evidence in a court of law.
29. Some dogs are taller or heavier, but according to the Guinness World Records, a Mastiff named Zorba is the world's overall largest dog ever. Zorba weighed 343 pounds and measured over eight feet from his nose to his tail. He's been described as about the size of a small donkey.
30. According to the Guinness World Records, the smallest dog ever recorded was Miracle Milly, the Chihuahua. Born in 2011, Milly was a minuscule 3.8 inches tall and weighed one pound.
31. Dogs Hearing – Dogs' sense of smell might be pretty amazing, but don't forget about their hearing! Everything from the positioning of their ears to the muscles in them helps dogs pick up a whole host of sounds that humans can't hear. In fact, the most popular explanation for why dogs tilt their heads is that they're trying to locate the source of a sound. Regardless of the breed they belong to, most dogs can hear sounds anywhere between 80 feet and one mile away.
32. One Beatles song has a frequency only dogs can hear. We all know that dogs can hear many sounds that humans can't, and The Beatles used that to their advantage in their hit song “A Day in the Life.” In an interview, Paul McCartney claimed that at the end of the song, a frequency was added that only dogs can hear. Play the song and watch your pup toward the end, then remember that music is just as beneficial to dogs as it is to humans and can even help with a dog's anxiety



BE PREPARED FOR A HURRICANE



FEMA

FEMA V-1006 / May 2018

Threats from hurricanes include powerful winds, heavy rainfall, storm surges, coastal and inland flooding, rip currents, tornadoes, and landslides.

Hurricanes are massive storm systems that form over warm ocean waters and move toward land. The Atlantic hurricane season runs June 1 to November 30. The Pacific hurricane season runs May 15 to November 30.



Can happen along any U.S. coast or territory in the Atlantic or Pacific



Can affect areas more than 100 miles inland

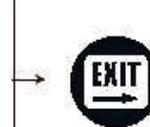


Most active in September

IF YOU ARE UNDER A HURRICANE WARNING, FIND SAFE SHELTER RIGHT AWAY



Determine your best protection for high winds and flooding.



Evacuate if told to do so.



Take shelter in a designated storm shelter or an interior room for high winds.



Listen for emergency information and alerts.



Only use generators outdoors and away from windows.



Do not walk, swim, or drive through flood waters.

HOW TO STAY SAFE WHEN A HURRICANE THREATENS

Prepare NOW

Know your area's risk of hurricanes.

Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

If you are at risk for flash flooding, watch for signs such as heavy rain.

Practice going to a safe shelter for high winds, such as a FEMA safe room or ICC 500 storm shelter. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level that is not subject to flooding.

Based on your location and community plans, make your own plans for evacuation or sheltering in place.

Become familiar with your evacuation zone, the evacuation route, and shelter locations.

Gather needed supplies for at least three days. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.

Keep Important documents in a safe place or create password-protected digital copies.

Protect your property. Declutter drains and gutters. Install check valves in plumbing to prevent backups. Consider hurricane shutters. Review insurance policies.

Survive DURING

If told to evacuate, do so immediately. Do not drive around barricades.

If sheltering during high winds, go to a FEMA safe room, ICC 500 storm shelter, or a small, interior, windowless room or hallway on the lowest floor.

If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic. You may become trapped by rising flood water.

Listen for current emergency information and instructions.

Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.

Do not walk, swim, or drive through flood waters. Turn Around. Don't Drown.® Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

Stay off bridges over fast-moving water.

Be Safe AFTER

Listen to authorities for information and special instructions.

Be careful during clean-up. Wear protective clothing and work with someone else.

Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off electricity at the main breaker or fuse box to prevent electric shock.

Avoid wading in flood water, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.

Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.

Document any property damage with photographs. Contact your insurance company for assistance.

Take an Active Role in Your Safety

Go to ready.gov and search for **hurricane**. Download the **FEMA app** to get more information about preparing for a **hurricane**.



FEMA

FEMA-V-1006,
Catalog No. 17233-7

Basic Hurricane Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery
- Masks (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces.
- Prescription medications. About half of all Americans take a prescription medicine every day. An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container.
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container.
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles, or other activities for children

ACROSS

1. Nasty cut
5. Office notes
10. Night twinkler
14. Singing voice
15. Highly skilled
16. Loony
17. Name word
18. Duplicate
19. Greek god of love
20. Produce
22. ____ Cardin of fashion
24. Love, Italian-style
26. Baking places
27. Meaner
31. Flax product
33. Was sore
34. Charity
35. Foot digit
38. Urge
39. ____ metal
41. Sty sound
42. Always, poetically
43. Froth
44. Tiny amount
45. Coastal birds
47. Foodstuffs
49. Comic ____ Martin
51. Teach
53. Beliefs
55. Second largest ocean
60. Drought's lack
61. Seoul's country
63. Leisure
64. Negative contraction
65. Not active

66. Stir up

67. Wooden pins
68. From Oslo
69. Bullring shouts

DOWN

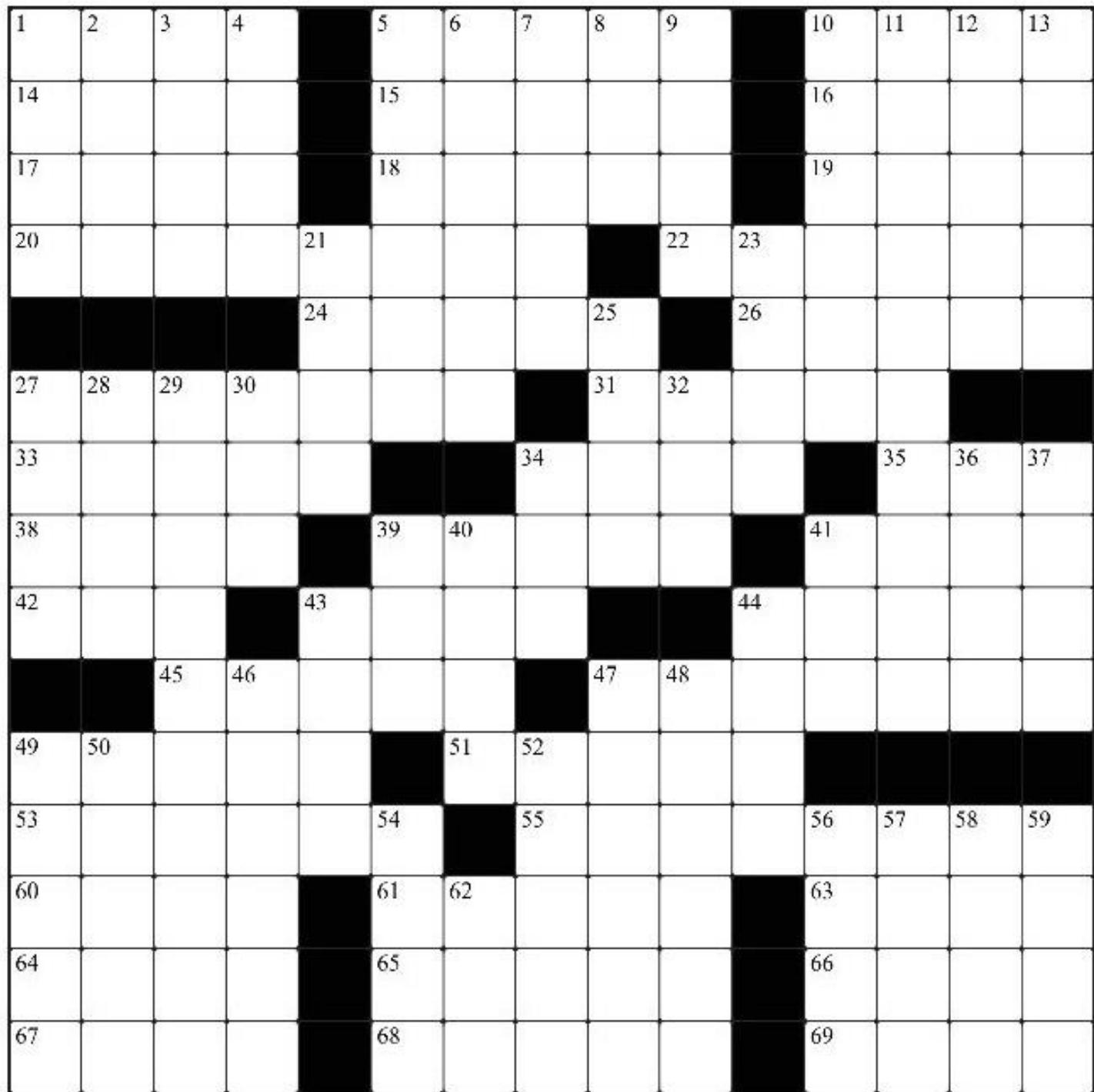
1. Group of crooks
2. Sunburn remedy
3. Stupefy
4. Whetstone
5. French title
6. Magazine VIP
7. Parking timer
8. Make a selection
9. Cease
10. Garment part
11. Like heavy rains
12. Squirrel's treat
13. Thorny blooms
21. Surprise attack
23. Charged atoms
25. ____ Fitzgerald of jazz
27. Neck area
28. Farm unit
29. Reducing in length
30. Danson or Koppel
32. Naughty child
34. Elbow location
36. Previously
37. Squeaks by
39. Mama's boy
40. Play personnel
41. Ball
43. Stew
44. Songstress ____ Turner
46. Incidents
47. Diner patrons

48. Expand

49. Undress
50. Pester
52. More unusual
54. Rind
56. Roman emperor
57. Peacock's pride
58. ____ of Man
59. Mediocre grades
62. Yoko ____

AARP CROSSWORD 5/21/23

(Answers after Health & Wellness)



Health and Wellness

7 Ways to Prevent Hip Injuries

Hip fractures can be dangerous but are often preventable!

Some 300,000 Americans fracture their hips each year, according to the Centers for Disease Control and Prevention (CDC). These injuries can be extremely dangerous and debilitating. About 1 in 5 of those who fracture their hips will die within a year, according to a recent study.

To avoid hip fractures, follow these tips for healthy hips. Make sure to consult a physical therapist if you are experiencing pain, discomfort or instability during exercise.

1. Avoid overstretching and overexertion

Physical therapists can help you with your pain signals for overstretching, overexertion and exceeding your range of motion, says Keelan Enseki, chair of the American Physical Therapist Association's hip special interest group and the director of clinical practice innovation at University of Pittsburgh Medical Center Rehabilitation Institute. "If you try to push through that, you're going to cause problems."

"Whenever you are in a stretch and the pain increases as you spend time in it, you should stop," says Urvika Choksey, M.D., medical chair of the Yale New Haven Hospital integrated hip fragility fracture program. Another sign you need to pull back on an exercise is when you feel a deep or shooting pain, Enseki says. When patients come in who have been doing one exercise such as running or dancing their whole lives, the answer may not be to give up the exercise. Sometimes a cross-training approach works best, for example, running fewer days and alternating running with other types of exercise.

2. Choose gentle exercises as part of your fitness plan

"Do gentle yoga that opens your hips to improve strength and flexibility, but stop when your body tells you to," says CoreBarreFit cofounder Fred Devito. "There's a natural point during a stretch where your body just stops," he says. Any further push from there should be what your body does naturally by breathing into a stretch. Breathing into a stretch means simply holding a stretch at your natural stopping point, but exploring whether your body stretches a little further while you take deep breaths.

Try other hip- and joint-friendly exercises, too, such as swimming, cycling, walking and tai chi, says Tamara Huff, M.D., CEO of VIGEO Orthopedics.

3. Do a variety of exercises throughout the week

Don't do any one exercise as your only workout. Based on a recent study, exercises that combine balance, joint motion and strength resistance may be more effective at preventing falls than a single-focus exercise program. "Walking is good, but it's not enough for reducing hip fractures," Choksey says. "You want to also include some resistance training and some stretching."

Health and Wellness

4. Set up your home to avoid falls

One of the easiest ways to avoid falls is to set up your home so that you're less likely to trip over cords, pets, or rugs. Choksey suggests night-lights to avoid tripping when going to the bathroom at night, decluttering to clear paths and being wary of rug edges. Also helpful: Make sure you get vision exams and hearing checkups.

In addition, watch out for unexpected beings or items in your path. For instance, Choksey has had patients come in because they've fallen because of ripping over their cat or dog. If you have pets, watch carefully for where they are when you are walking through your home. Also, watch out for where they may have placed their toys and treats. Develop an evening routine that includes looking for and carefully putting away your pets' toys at the end of the night. Creating a checklist for falls with your doctor or physical therapist that includes items you can check off every day may help, too.

5. Vary your work and hobby positions

Exercise is great, but how you move throughout the day also matters, says Enseki. When gardening, for example, vary your position to avoid putting too much strain on your body, he says. You may want to sit sometimes instead of squatting and try alternating which hand you're using to dig or weed.

If you're sitting for long stretches while at work, Enseki recommends using a back support on your chair. Make sure to get up when you can — at least once an hour — and walk around for a few minutes. Standing at a desk for a full eight-hour day may not be good for someone with knee or hip pain, he says. Instead, work in a variety of positions. When watching television, the best position is sitting up straight with back support and your knees bent at 90 degrees, according to Choksey.

6. Check your vitamin D and calcium levels

Vitamin D and calcium are the most important nutrients for your bone health, Choskey says. Have your doctor check your levels via blood tests to insure you are getting enough before you start taking supplements or make dietary changes. Vitamin D is necessary for calcium absorption, she says.

However, too much vitamin D can cause "nausea, vomiting, muscle weakness, confusion, pain, loss of appetite, dehydration, excessive urination and thirst, and kidney stones," according to the National Institute of Health, so be careful not to get more than the recommended amount.

7. Get enough protein throughout the day

In addition to vitamin D and calcium for bone health, protein is known to help preserve bone mass, according to Choksey. The CDC recommends at least 46 grams of protein for women age 51 or older and 56 grams of protein for men age 51 or older. Based on the latest research into protein needs for older bodies, AARP's Whole Body Reset recommends 25 to 30 grams per meal for slowing muscle loss and weight gain.

Health and Wellness

Common ways to get protein are through beans, meat, poultry and fish. However, grains, fruit and vegetables can also contribute to your protein intake. For instance, according to the United States Department of Agriculture, a cup of asparagus or passion fruit has over 5 grams of protein. Granted, that's not as much as a cup of diced turkey, which has 37 grams of protein, but it can add up when creating a balanced diet with a variety of foods.

Your exact protein requirements can vary for reasons such as how much you exercise or whether you have diabetes or another condition. Make sure to consult a medical professional before making any major diet or exercise routine changes.

