



# THURSDAY'S THOUGHTS

From Suffolk County Legislator

**William R. Spencer, M.D.**



**GREETINGS 18TH LEGISLATIVE DISTRICT RESIDENTS!**

**– Greenlawn – Centerport – Northport – Asharoken – Eaton's Neck – Huntington – Halesite –  
– Huntington Bay – Huntington Station – Lloyd Harbor – Cold Spring Harbor – East Northport –**

Dear Neighbor,

I am so thankful that in 2014 my colleagues on the Suffolk County Legislature supported my bill to raise the age to purchase tobacco products to 21. A recent report by the Institute of Medicine revealed that 9 out of 10 daily smokers first began smoking before the age of 19, and that raising the minimum age to 21 nationwide would result in nearly 250,000 fewer premature deaths and 50,000 fewer deaths from lung cancer among people born between 2000 and 2019. Suffolk County is on the right side of this issue. I want to congratulate and applaud San Francisco for recently doing the same. This will save lives!

~William R. Spencer, M.D.  
Suffolk County Legislator  
18<sup>th</sup> Legislative District

## **FREE Smoke Alarm Installations in Huntington Station**



**Date: Saturday, March 12, 2016**

**Time: From 10:00am – 4:00pm**

Red Cross volunteers will be in Huntington Station installing FREE smoke alarms.

**BOOK AN APPT. TODAY BY CALLING 516-229-1086!**

The Home Fire Preparedness Campaign aims to educate and encourage families to take fire prevention steps to protect their loved ones; starting with having functioning smoke alarms. Through the program, the American Red Cross will provide and install smoke alarms, free of charge, to interested residents. Their goal is to reduce fire-related deaths and injuries across the nation by 25% by 2020. All Suffolk and Nassau residents are welcome to participate. Contact 516-229-1086 to sign up; the Red Cross will notify you when they are in your area. Visit [www.redcross.org/LIFiresafety](http://www.redcross.org/LIFiresafety) for more information.

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## St. Patrick's Day Parade in Huntington Village!



**Sunday, March 13<sup>th</sup> at 2:00pm**

The parade starts north of the Huntington train station and runs along New York Ave. onto Main Street ending at St. Patrick's Church. Remember to wear your favorite shade of green!

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**Spring Forward this Sunday!**



A friendly reminder to residents that daylight savings time begins this Sunday, March 13th at 2:00am! Clocks on devices like smartphones, with automatic date and time settings will make the change for users, but analog clocks and watches must be manually moved forward by an hour! While you're changing the clocks, take a minute to test your smoke alarms to confirm they're all in working order!

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*Save The Date!*

### *7th Annual Huntington Station Spring Cleanup*

*Hosted by: Friends of Huntington Station Latin Quarter, Huntington Station Happy Helpers, Huntington Matters and the Huntington Station Business Improvement District*



**Saturday, April 16, 2016 from 10:00am-2:00pm (includes lunch)  
Meet at: 1399 New York Avenue, Huntington Station**

Volunteers wanted to help us make Huntington Station beautiful! Come join the fun as we pick up trash, sweep the sidewalks, and freshen up the flower beds for new growth down New York Avenue and Depot Road. Perfect activity for neighbors, friends, youth and scout groups, church groups, and community organizations! Community service hours will be awarded. Groups participating should RSVP to [HuntingtonMattersNW@gmail.com](mailto:HuntingtonMattersNW@gmail.com) with a rough head count so they can have enough supplies for everyone.

***\*All ages and physical ability welcome\****

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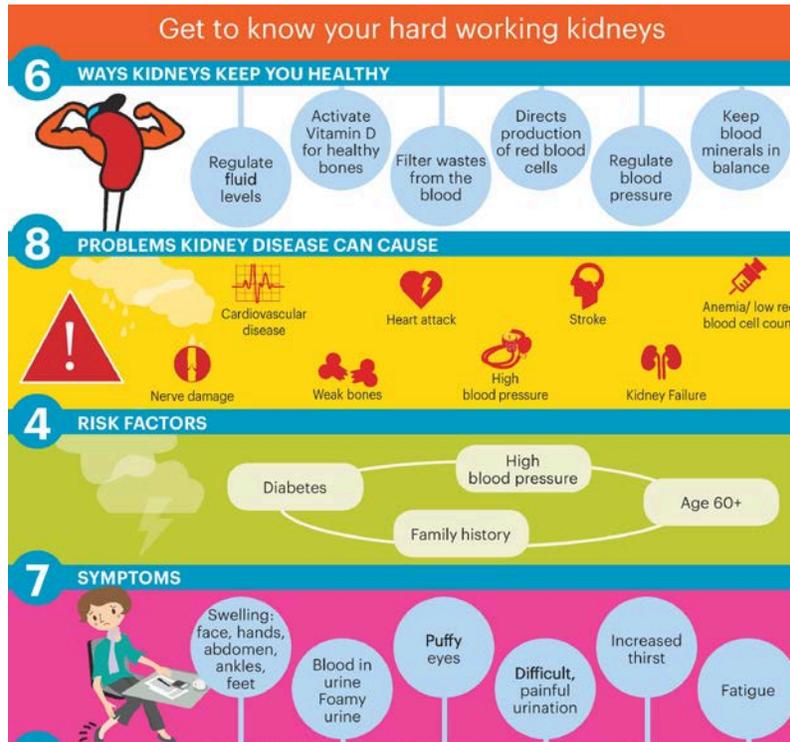
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# March is National Kidney Month & Today is World Kidney Day!

National Kidney Month and World Kidney Day bring special attention to some of the hardest working organs in our bodies, the kidneys. Kidneys are responsible for a host of vital functions necessary for life, but due to the work they perform and the toxins they encounter, kidneys are susceptible to disease and problems. 1 in 3 Americans is at risk for developing kidney disease, and 1 in 9 Americans have it. Speak with your doctor about what risk factors you may have and how you can keep your kidneys healthy for years to come. For more information, visit <http://www.cdc.gov/features/worldkidneyday/> or [www.kidney.org](http://www.kidney.org).



A major issue facing those with chronic kidney disease is the lack of opportunity for organ transplantation. Of the 123,000 Americans awaiting a transplant, 101,000 (82%) need a kidney. However, only 17,000 receive a kidney every year. 12 people die every day waiting for a lifesaving kidney. Please consider becoming an organ donor or a living donor. More information can be found at <https://www.kidney.org/transplantation/beadonor>.

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## *2<sup>nd</sup> Annual Suffolk County Marathon*

**10.30.16**

Registration is now open for the Suffolk County Marathon, Half Marathon and 5k! All proceeds from this event will be used to enhance services for veterans throughout Suffolk.

For more information, or to sign-up, visit <http://suffolkmarathon.com/>.

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## East Northport Chamber of Commerce Welcomes Legislator Spencer



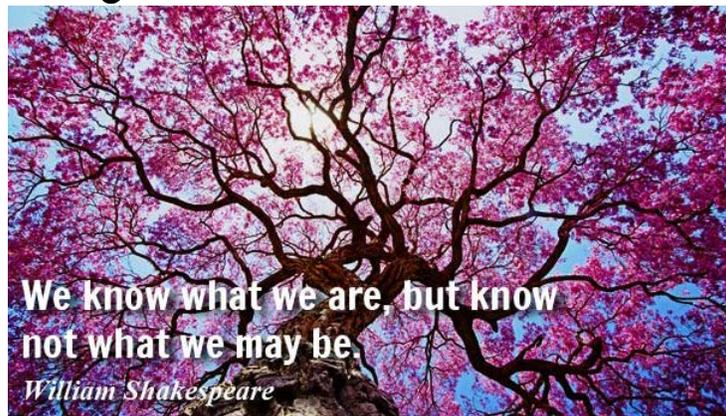
East Northport Chamber of Commerce President Matt Nartowicz (right) with Legislator Spencer (left)

Legislator Spencer was pleased to join the East Northport Chamber of Commerce for their monthly meeting last week, where he had the opportunity to discuss a number of issues and initiatives impacting Suffolk County businesses and residents, including: downtown revitalization, sewer infrastructure and water quality concerns. “Our local small businesses add tremendous value to the community. I am thankful for the opportunity to have an open, productive and meaningful dialogue” said Legislator Spencer.

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### Quote of the Week...



Sincerely,  
*William R. Spencer, M.D.*

Suffolk County Legislator  
18<sup>th</sup> Legislative District

Feel free to stop by my office or contact me by e-mail, [william.spencer@suffolkcountyny.gov](mailto:william.spencer@suffolkcountyny.gov), or by phone at (631)854-4500. Like receiving Thursday's Thought? Be sure to tell your friends about it!

If you would like to be removed from our mailing list, e-mail [jennifer.mish@suffolkcountyny.gov](mailto:jennifer.mish@suffolkcountyny.gov).