



## From The Desk of Mayor Don Ryan

Week of August 7, 2017

As I travel around the village at this time of year I can't help but notice many of our residents out riding bicycles, especially children. While bicycling is a wonderful recreational activity and a nice way to enjoy the warm weather, I thought it would be a good idea to offer some safety tips that should be followed.

At the top of the list are bike helmets. New York State law requires those under 14 to wear helmets; common sense dictates that bike riders of all ages wear helmets. According to police statistics, 88 percent of brain injuries suffered by cyclists would have been prevented by the use of bike helmets. Those are very compelling numbers to ensure the use of helmets at all times! Bike riders should also obey all traffic control devices, such as stop signs, directed at the flow of traffic. You should always be on high alert for swerving cars, changing road directions and pavement irregularities that can create danger within your bike route. You should also not wear headphones as they will detract from your ability to observe and monitor the movement of vehicular traffic.

Protecting yourself while riding at night is imperative. To make you and your bicycle more visible at night it is a good idea to attach a headlight to your bike, in addition to front and rear reflectors, pedal reflectors and side rim and wheel reflectors. In general stay away from dark narrow roads, wear reflective, light colored clothing and never let young children ride alone at night.

Parents need to set a good example and teach children to ride their bikes properly. They must start off suiting their child with an appropriately sized bike and helmet. Then, they must teach kids how to manipulate the brakes for proper stopping. A parent must teach the child balance through holding on to the bike while the child pedals. Finally, encourage the child to practice often and on the sidewalk, if possible.

Drivers should also be more alert that having bikers on the roads creates an additional need for awareness as well as courtesy in allowing cyclists to safely navigate our streets.

Reviewing all these safety guidelines with your family and implementing them into your own bicycling regiment will help you to fully enjoy a fun and healthy activity.

## This Week's Best of Hempstead



This week's Best Hempstead honors go to Dr. Horace Russell. A 1996 graduate of Hempstead High School, Dr. Russell is a great example of someone who was raised in our Village and has achieved great success. After graduating college in 2001 Dr. Russell spent about five years teaching as an instructor at Franklin Career Institute, which at that time had a campus here in Hempstead. From there Dr. Russell enrolled in medical school earned a degree in internal medicine and recently completed his residency at the University of Mississippi Medical Center. At the end of August, he will begin his new job in internal medicine at Merit Health Madison in Mississippi.

Dr. Russell credits his Hempstead roots as the steppingstone that has allowed him to reach his goal of practicing medicine and helping those in need of medical care. Congratulations to Dr. Russell for being one of Hempstead's best and we extend well wishes as you start your new position.

Sincerely,

*Don*

Don Ryan  
Mayor of the Incorporated Village of Hempstead