



## From The Desk of Mayor Don Ryan

Week of August 10, 2017

As the 2017 summer season continues in full swing, I thought it would be helpful to pass along a few tips and guidelines to further ensure a safe and enjoyable season for everyone in our community.

While the summer sun presents a nice change from the cold, drab winter, overexposure to the sun's rays can lead to burns and dehydration. Sunburns, which endanger healthy skin and prohibit your body from cooling properly are not only painful, but can lead to skin cancer. According to the Skin Cancer Foundation, over the past three decades, more people have had skin cancer than all other cancers combined.

Heat exhaustion is another serious condition that can be caused by taking in too many rays or over-exerting yourself during hot weather conditions. If ignored, it can lead to slow pulse, low blood pressure, clammy skin and disorientation. This summer remember to use SPF 15 sunscreen or higher, take breaks periodically in a shady area, drink plenty of fluids, and wear lightweight, light-colored clothing.

Everyone loves the smell and taste of outdoor barbecued food, but before you light up the grill you should take a few necessary precautions. For those with a gas grill it's a good idea to check the hoses for damage and replace any worn or broken parts. Make sure that the propane container is not dented or nicked in any way, as this could cause a leak. Position your grill at least ten feet away from a building or flammable object. Avoid wearing loose fitting clothes while grilling and when you're finished, be sure to double-check that the gas was shut off. If you're using a grill heated by charcoal briquettes be mindful that charcoal can stay hot for hours so to avoid a potential fire place the leftover ashes in a metal container. If you sense a grill fire may be turning out of control please call your local fire department immediately.

Let me pass along one last summertime note. This is the time of year when residents often use their backyards for outdoor entertaining. That's the way it should be, and we encourage residents to utilize their outdoor property during the warm summer weather. However, I also ask our residents to keep their neighbors in mind when they hosting these types of gatherings. Music and noise from outdoor parties can carry further than you might think, especially on still summer evenings. Please show consideration for your neighbors when you use the out-of-doors this summer so everyone can enjoy. To learn more about what is going on in our community, including resources available to residents, visit [www.villageofhempstead.org](http://www.villageofhempstead.org).

### This Week's Best of Hempstead



This week's Best of Hempstead honoree is Tina Hodge-Bowles. For more than 30 years, Tina has served as Executive Director of Operation Get Ahead (OGA), a not-for-profit organization whose primary focus is delivering diversified programs and services to "at-risk" youth in Nassau County's minority communities.

Established in the 1970's, OGA's goal is to provide an array of creative programming and services to assist our youth with successful transition from adolescence to adulthood. Using the motto: OGA is progress; born with the capacity to grow, learn and change, Tina and her organization has helped steer hundreds of Hempstead youth toward a better life.

As part of her duties at Operation Get Ahead and for the past 27 years, Tina has hosted an annual Rev. Martin Luther King Jr. commemorative awards breakfast that recognizes community leaders and offers scholarships to youngsters through an annual essay contest.

In addition to working with youth, OGA launched a Senior Circle intergenerational program about 15 years ago, which meets every Wednesday at Kennedy Park from 10 a.m. to 2 p.m. and engages in a variety of fun activities along with focusing on health and wellness.

Recently, about 200 seniors, including me, attended a wonderful Senior Prom that OGA Senior Circle hosted in collaboration with other local service agencies. Next year they are planning a senior cruise. For information on registering for the cruise or anything related to the OGA, please call 516-439-3631 or email [operationgetahead@gmail.com](mailto:operationgetahead@gmail.com).

Tina's tireless contributions to the youth and seniors of our community have been a Godsend and she deserves much praise for the countless lives she has had such a positive impact on for so many years. It gives me great pleasure to congratulate and recognize Tina as one of Hempstead's best.

Sincerely,

*Don*

Don Ryan  
Mayor of the Incorporated Village of Hempstead