



Week of August 6, 2018

From The Desk of Mayor Don Ryan

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



Mateo Flores receives this week's Best of Hempstead honors. Mateo has dedicated most of his life to serving families and youth. Since 1988 he has worked as the Executive Director of the Hempstead chapter of the Economic Opportunity Commission (EOC) of Nassau County, Inc., an anti-poverty program devoted to facilitating and strengthening basic social relationships between individuals, families and community organizations throughout the County. As part of his duties and for the past 28 years, Mateo has served as President of the Hempstead EOC Youth Soccer Club, one of the largest youth programs in the Village. In 2018 the club further expanded with the formation of the Hempstead Empire State Intramural Soccer Program, which has already registered over 170 youngsters in its inaugural season. Under Mateo's tutelage and the dedication of its coaching staff the Hempstead EOC Youth Soccer Club has produced many championship teams. More importantly, it has touched the lives of thousands of kids, teaching them the value of teamwork and companionship.

Mateo, you've touched the lives of so many of our youth in a positive way and continue doing so after so many years. Thank you for all you do. I am pleased to recognize you as one of Hempstead's best. Congratulations.

Sincerely,

Don

Don Ryan
Mayor of the Incorporated Village of Hempstead