



THE VOTER

The Newsletter of the League of Women Voters of the Hamptons

Founded in 1977

Volume XXXVII, No. 14

October 2015

2015 Candidate Debate Season is Beginning

By Carol Mellor

Again this year, the League of Women Voters of the Hamptons has scheduled debate nights for the local and county candidates for public office.

EAST HAMPTON TOWN DEBATE, OCTOBER 13

The first debate will be held on Tuesday, October 13, at 7 p.m. at the East Hampton Emergency Services Building, 1 Cedar Street. The debate will be taped by LTV and re-broadcast before the election for those who cannot attend in person. Debating that evening will be the candidates for county legislator and the candidates for town supervisor and town board.

They and their party designations are:

For Suffolk County Legislator, 2nd L.D.

Bridget M. Fleming: Democratic, Working Families, Independence

Amos Goodman: Republican, Reform

For East Hampton Town Supervisor

Larry Cantwell: Democratic, Working Families, Independence

Thomas E. Knobel: Republican, Conservative, Reform

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Voter Services co-chair Carol Mellor moderating an earlier Southampton Town debate at Rogers Memorial Library.

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SAVE THE DATE OCTOBER DATES

Wednesday, October 7, 7 p.m.

“Raise the Age” Concurrence Mtg.

Bridgethampton National Bank

Tuesday, October 13, 7 p.m.

LWVH Debate in East Hampton

Emergency Services Bldg.

Thursday, October 22, 6 p.m.

LWVH Debate in Southampton

Rogers Memorial Library

Monday, October 26, 12 noon.

Special Events Luncheon

Trumpets on the Bay, Eastport

The League of Women Voters of the Hamptons

Mission Statement

The League of Women Voters of the Hamptons, a nonpartisan political organization, encourages the informed and active participation of citizens in government, and influences public policy through education and advocacy.

Diversity Policy

The League of Women Voters of the Hamptons, in both its values and practices, is committed to diversity and pluralism. This means that there shall be no barriers to participation in any activity of the League on the basis of economic position, gender, race, creed, age, sexual orientation, national origin or disability. The League of Women Voters of the Hamptons recognizes that diverse perspectives are important and necessary for responsible and representative decision-making. The League of Women Voters of the Hamptons subscribes to the belief that diversity and pluralism are fundamental to the values it upholds and that inclusiveness enhances the organization's ability to respond more effectively to changing conditions and needs. The League of Women Voters of the Hamptons affirms its commitment to reflecting the diversity of the East End.

Membership

Any person who supports the mission of the League may become a member.

The Voter Newsletter

The newsletter of the Hamptons League, *The Voter*, is dedicated to bringing useful information, background, perspective and commentary on public policy issues confronting League members and other community citizens in Southampton and East Hampton, Suffolk County and the State of New York. It explores the work of the League to promote positive solutions, and it empowers people to make a difference in their communities.

The Voter is published seven times a year (January/February/March, April, May/June, July/August, September, October, and November/December) by the League of Women Voters of the Hamptons, P. O. Box 2253, East Hampton, NY 11937.

Arlene Hinkemeyer, Editing
Cathy Peacock, Advertising Manager
Bruce McGowin, Design & Production
Arlene Hinkemeyer, Photographer
Madison Lohrius Inc., Printing and Mailing

Printed on recycled paper.

President's Message

By Judy Samuelson

Casting about for a topic to address in this issue, I went to the LWVNYS website. It's just packed with valuable, concise information. I looked at three sets of speaker's notes posted on August 29, 2006. They all concerned how to evaluate and choose a candidate to support and vote for. The suggestions are every bit as relevant in 2015...just the examples have changed. This year, races for Suffolk County Executive, County Legislature, Town Supervisor, Town Board, Town Trustees, judgeships, justices and other offices will appear on our ballots in Southampton and East Hampton. Here are some highlights from my reading.

How to Judge a Candidate

Elections are a time to consider which issues you care about and to evaluate the candidates. Too often, slogans, name recognition and personality are all that come through in campaign literature. As television has come to dominate political campaigns, it's ever more difficult to get beyond a candidate's image to the substance of the campaign (Can you "Trump" that?). The League's VOTE411.org is a great place to start gathering information.

Look Beyond Style to Substance

This isn't so hard to do with our local candidates. They're members of our communities! Candidates can be judged by the positions they take on issues. This is particularly easy for incumbents whose voting records can be checked. Decide the issues you care about: Airport noise? County transportation? Development? The environment? What about housing and other issues that impact retention of our young people?

What are the qualities you want in a leader? Do you look for intelligence, honesty, ability to communicate effectively? Look at their backgrounds and their experience. How well prepared are they for the job? Are they endorsed by interest groups and organizations whose views align with yours?

Other Questions to Consider

- Which candidates' views on the issues do you agree with most?
- Who ran the fairest campaign?
- Which candidates showed the most knowledge on the issues?
- Which candidates have the leadership qualities you are looking for?
- Is the choice clear? If so, your choice is also.

The website VOTE411.org notes, "Voting is the most powerful way to have your voice heard, and it is the core of our democracy. It's your chance to stand up for what matters most to you and have an impact on the issues that affect you, your community and your future." So once you decide on which candidates to support, there's only one important thing to do: VOTE on November 3 !!

Membership Committee Holds New Member Reception/Orientation

By Estelle Gellman and Joanne McEvoy-Samborn

The Membership Committee held a New Member Reception and Orientation on September 21st. Gladys Remler, who is a member of the committee, graciously offered her home for the reception, and members of the committee provided delicious refreshments.

Of the 12 new members from 2014-15, five new members were able to attend: Rita Diggs, Rita Karyo, Marcia Morgenstern, Susan Schultz and Kaye Umana. After time for mingling, nibbling and getting to know each other, Judy Samuelson welcomed the new members and spoke of their importance to the organization. The new members were then introduced to the work of our committees and invited to participate. Judi Roth spoke about the work of the Education Committee; Valerie King, the Health Committee; Joanne McEvoy-Samborn, the Membership Committee; Barbara McClancy and Glorian Berk, the Natural Resources Committee; Arlene Hinkemeyer, the Publicity Committee; Gladys Remler, the Special Events Committee, inviting all to attend the upcoming fall luncheon on October 26; Anne Marshall, the work of the Voter Services Committee in registering vot-



Membership Committee co-chairs Estelle Gellman, seated left, Joanne Samborn, seated right, and hostess for the event Gladys Remler, seated center, welcomed new members, standing left to right, Rita Karyo, Marcia Morganstern, Susan Schultz and Rita Diggs to the New Member Reception/Orientation.

ers, sponsoring debates and helping to inform voters about the issues; and Estelle Gellman, the Government Committee.

We welcome all our new members and look forward to seeing them at future meetings and working with them on our committees.

LWVH at 10 Sites for Nat'l Voter Registration Day, September 22

By Arlene Hinkemeyer

For the fourth annual National Voter Registration Day, established in 2012 on the fourth Tuesday in September, the LWVH joined over 1,000 organizations nationwide and set up tables at 10 sites across the South Fork, from Westhampton Beach to Montauk, to bring attention to the importance of registering to vote on time.

Passing out voter registration forms, absentee ballot applications and other literature were: Joy Flynn and Jane Dell outside Simon's Beach Bakery in Westhampton Beach; Ursula

Lynch and Carol Lee Nespole outside Hampton Bays Stop & Shop Supermarket; Marie O'Brien and George Lynch at Hampton Bays King Kullen; Judi Roth and Marsha Kranes at Southampton CVS Pharmacy; Joanne Samborn at Southampton's Rogers Memorial Library; Anne and Bob Marshall outside Sag Harbor Schiavoni's Market; Rita Diggs, Afton DiSunno and Arlene Hinkemeyer at Springs One Stop Market; Nancy Walter-Yvertes and Cathie Gandel outside Bridgehampton Post Office; Barbara McClancy and Julia Kayser at East Hampton Post Office; and Judy Samuelson and Estelle Gellman at Montauk Post Office.



On hand outside Stop & Shop Supermarket in Hampton Bays were Carol Lee Nespole and Ursula Lynch.



At the voter registration table outside the Springs One Stop Market were Afton DiSunno and new member Rita Diggs.

Concurrence Meeting

LWVH Members Invited To Proposed Concurrence Meeting, October 7, 7 PM, on LWV of Ohio's Juvenile Justice Position

By Carol Mellor

All LWVH members are invited on Wednesday, October 7, 7 p.m. to a special meeting after the regularly-scheduled Board meeting, 5:30-7 p.m., when the Hamptons League will consider whether it can come to consensus on concurring with an existing LWV Ohio position on Juvenile Justice. The core of this discussion centers around raising the age of adult criminal responsibility from 16 to 18 in New York State.

The meeting takes place in the lower level Community Room of the Bridgehampton National Bank on Montauk Highway in Bridgehampton, accessed from the side entrance on Snake Hollow Rd.

Brief Overview:

New York is the only state other than North Carolina that prosecutes ALL youth 16 years of age and older as adults. New York is one of only two states in the country that has not adopted laws which reflect brain development research and science, which has found that the human brain is not fully formed until the age of 26. Further, New York allows children as young as seven years old to be arrested and charged with acts of juvenile delinquency.

Research has shown:

- As the cognitive skills of adolescents are developing, adolescents' behavior is often impulsive, and adolescents lack the ability to focus on the consequences of their behavior.
- Because the adolescent brain is still developing, the character, personality traits and behavior of adolescents are highly receptive to change; adolescents respond well to interventions, learn to make responsible choices, and are likely to grow out of negative or delinquent behavior.

Although the LWVNY positions touch on issues related to juvenile justice, we do not have a position which directly addresses the treatment of children in the criminal justice system.

LWV Ohio conducted a full study and several updates on Juvenile Justice and arrived at a broad and comprehensive

Juvenile Justice position. Paramount is the principle that children under the age of 18 are not adults and "their treatment within the juvenile justice system should relate to their stage of development," that the purpose of juvenile justice should be rehabilitation, and that the legal rights of juveniles should be protected.

LWV Ohio has been studying juvenile justice for many years and has revised its position several times. In contrast to the practice of LWVNYS, the Ohio position details much of the suggested implementation of the position in concrete terms.

Our positions are generally phrased more broadly to allow flexibility in responding to specific legislation as it is introduced. Thus, we are proposing a concurrence with only portions of the Ohio position. The portions listed below will cover the specifics of the legislative packages proposed during the last legislative session, but are flexible enough to cover future legislative proposals.

- 1. Children under the age of 18 are not adults, and their treatment within the juvenile justice and criminal court system should relate to their stage of development.**
- 2. Children should not be held in adult jails.**
- 3. Rehabilitation is the purpose of the juvenile justice system.**
- 4. The legal rights of children should be protected.**

If the concurrence is adopted, these principles will form our position on Juvenile Justice.

You will be receiving study materials which provide more detailed information as well as arguments in favor of and against the concurrence. Please familiarize yourself with those materials, and then attend the meeting on October 7 to participate in this uniquely LWV process of determining our position on this timely and important issue.

Fall Luncheon, October 26, to Feature Speaker on Life of Women in Iran

By Arlene Hinkemeyer

With Iran so much in the news, don't miss this opportunity to learn firsthand about the life of women in Iran and the Middle East!

The Special Events Committee invites you and your friends to an enlightening luncheon on Monday, October 26, 12 noon, at the beautiful, waterside restaurant, Trumpets on the Bay in Eastport.

Our speaker, an author and member of our Hamptons League, is Armineh Ohanian, an Armenian American who was born and raised in Iran and has lived a fascinating life as a citizen of the world. She will discuss the life of women, past and present, in the Middle East.

"As a young girl and teenager, my life was filled with laughter, love and happiness," said Armineh. "Then two years after my marriage, when our daughter was one year old, our nomadic life began." After their son was born in Germany, they returned to Teheran for a year, then experienced a tumultuous life traveling and living in Europe before returning to live in Iran from 1973-77, when the unrest began.

Both she and her husband worked for CBS Records in

Iran—her husband the head; she, an artist and repertoire manager.

"Then another rollercoaster of events took shape for us as we lived across Europe, Russia, the United States and Abu Dhabi, until we first settled in Remsenburg in 1994 and then Westhampton in 1995," said Armineh.

Ms. Ohanian, a passionate reader and writer, is the author of "Nine Years to Freedom" (2002), an adventure story about an ex-Shah army general who tries to escape from Ayatollah Khomeini's Iran; "The Apple Tree Blossoms in the Fall" (2012), a memoir featuring life in Iran before the Ayatollah; two children's books titled "The Talking Animals" (2003, 2006), which are classical fables about animals that live and think like humans; and "Looking for Georges Bizet on Planet Heaven" (2015), a humorous tale of how life might look after death.

In 2013, Armineh was invited to speak and sign copies of her memoir at Oxford University during the International Women's Day celebrations. Locally, she has been interviewed on East Hampton Town's LTV and has spoken at East End libraries. We welcome her to the podium at Trumpets.

The three-course luncheon is offered at \$50, including tax and tip. Please RSVP by October 20, by mailing your check, made out to LWVH, to Gladys Remler, 180 Melody Court, Eastport, NY 11941. Questions? Call Gladys at 631-288-9021.



Directions to Trumpets on the Bay

58 South Bay Ave., Eastport (in western Southampton Town), 631-325-2900.

Driving west on Sunrise Highway, take the Westhampton Beach exit (Exit 63 South). Go south on Westhampton Road for three miles. At 2nd traffic light, turn right onto Montauk Highway (27A). Go west for four miles. Go under train trestle, make next left onto South Bay Ave. The restaurant is at the end of South Bay Ave.

Armineh Ohanian

Highlights of Minutes of September 2 Board Meeting

Memorial Tribute to Joy Lupoletti.

Anne Marshall made a tribute to Joy, saying that many League members attended her celebration of life, which took place on August 29 in the auditorium of Peconic Landing in Greenport, organized by her husband Richard and her son, daughter and friends. Many recounted wonderful memories of Joy, who had passed away on July 14 after a long illness. She was treasured as a long-time League member, Board member, committee chair and past president (1997-99), who was responsible for many innovations in our League.

Information Items

- Upcoming League meetings are as follows: October 13 and 22 (Debates); November 9 (Money in Politics program); December 7 (Holiday Party); January (Program Planning).
- After a shortened League Board meeting on October 7, 5:30-7 p.m. (where committee reports will be presented in writing to save time), we will hold a meeting at 7 p.m. at Bridgehampton Nat'l Bank, open to all members, on the topic of concurring with the LWV Ohio's position on raising the age of adult criminal responsibility from 16 to 18 in NYS. Results are due to LWVNYS by January 1, 2016. Carol Mellor will be asked to make the presentation.
- The November 9 Public Information Meeting (PIM) at the Bridgehampton Library will be presented by the Government Committee on the topic "Money in Politics," in preparation for the LWVUS consensus update, due to Nat'l League by February 1, 2016.
- The League Day at the UN is scheduled for 12/3/15, and will cover "Global Health Care Issues" from 10 -11 AM and "Educating the Youth of the World" from 11-12 PM, followed by lunch and a tour of the UN. Registration deadline is November 20.
- It was announced that Joy Cordery had bequeathed an unrestricted \$5,000 to the LWV of the Hamptons.

Upcoming Events:

- The New Member Orientation will be held on September 21 from 4-6 PM at Gladys Remler's home. The Board of Directors and all committee chairs should attend.
- Our two October debates will take place on Tuesday, October 13, 7 p.m. at the East Hampton Emergency Services Building, televised by LTV, and on Thursday, October 22, 6 p.m. at Southampton's Rogers Memorial Library, taped by SEA-TV. In both cases, candidates for Suffolk County Legislature, Town Supervisor and Town Board will debate.

Discussion Items:

- The Voter. Cathy Peacock reports that she has solicited all the advertisers in the Voter. Most ads have been renewed.
- Voter Editor assignments for the coming year are as follows: October 2015 issue (Arlene); November/December 2015 issue (Judi Roth); January/February/March 2016 issue Estelle); April 2016 issue (Judy S); May/June 2016 issue (Judi

Roth); July/August 2016 issue (Arlene); September 2016 issue (Arlene).

- The Anti-Bias Picnic is Saturday, September 12, 1-4 p.m. at Red Creek Park in Hampton Bays. We will make a \$100 donation to the organization and set up a voter registration table for the event.
- The Holiday Party will be on December 7th.
- Liability Insurance for the LWVH Board. LWVNYS has liability insurance for its employees and Board. They do not cover the local Leagues. Glorian and Judy S. will contact the State League and research the issues for our league.

Committee Reports:

- **Special Events:** Gladys reports that her committee has arranged a fall fundraiser luncheon for Monday, October 26, 12 noon at Trumpets on the Bay Restaurant in Eastport. Author and LWVH member Armineh Ohanian will address women's issues in Iran and the Middle East. The luncheon, at \$50, will include a salad or soup, a choice of three entrees, coffee and dessert.
 - **Natural Resources:** Glorian reports that our NRC and Nancy Marr of the Brookhaven League are looking into doing a joint event.
 - **Health Committee:** Valerie King thanked Dr. Kaye Umana for writing the excellent health article in the September Voter. They are planning a visit to the new East End Hospice.
 - **Public Relations:** Arlene reported that the LWVH Water Forum is currently playing on SEA-TV. She will be publicizing Nat'l Voter Registration Day this month. She and Barbara McClancy cleaned our adopted road in East Hampton in August.
 - **Government:** The committee continues to attend the town meetings in both East Hampton and Southampton. Estelle also states that they are working on the "Money in Politics" issue for the upcoming consensus meeting.
 - **Education:** "Student Day at the Suffolk County Legislature" will occur on October 15 with the LWV of Brookhaven. The committee plans to continue presenting "Vote 18" at the schools throughout the winter and spring. Their next meeting is Sept. 28, 2 PM at the Rogers Library.
 - **Voter Services:** Anne reports that they will conduct two debates in October, as described earlier. Their next meeting is September 9, 12 noon, at the Bridgehampton Library.
 - **Membership:** Estelle reported on plans for the New Members Orientation on September 21.
- The next Board meeting is Wednesday, October 7, 5:30-7 p.m. at the Bridgehampton National Bank, followed by the "Raise the Age" concurrence presentation, 7-8 p.m., to which all members are invited.



Suffolk County Voter

www.lwv-suffolkcounty.org Box 1440, Stony Brook, NY 11790-1440 631 862-6860

October 2015

LWVSC Board Meeting: 10:00 am Wednesday Oct. 21 at SCCC, Main St., Riverhead

OFFICERS

President/DPO/County Voter
 Lisa Scott 285-2198
lisawscott@gmail.com

1st Vice President/Health
 Nancy Marr 738-8556
npmarr@optonline.net

2nd Vice President/Housing
 Barbara Jordan 324-8144
bjordlwv@aol.com

Secretary/Treasurer
 Naomi Epstein 324-8371
naomep@aol.com

ELECTED DIRECTORS

Roberta Fishman 285-0614
robbiefishman@optonline.net

Naturalization
 Sontra Irvine 862-4042
stivine@hotmail.com

Legislative Issues
 Mary McLaughlin 427-1925
marymclaughlin59@gmail.com

Brenda Reiss 261-7093
habranda@gmail.com

Susan Wilson 283-8649
swilson@hempsons.com

APPOINTED DIRECTORS

Marilyn Beard 803-0223
milynzy@gmail.com

Barbara McClancy 324-8743
bmccl343@aol.com

Judi Roth 283-0798
judiroth@gmail.com

Judy Samuelson 267-3055
jsamuelson@optonline.net

Mary Zopf 493-3107
mzopf@verizon.net

LEAGUE PRESIDENTS

Brookhaven
 Nancy Marr 730-8556
npmarr@optonline.net

Hempsons (Co-Presidents)
 Gloria Berk 283-2838
glorianberk@aol.com

Judy Samuelson 267-3055
jsamuelson@optonline.net

Huntington
 Julie Gorenstein 481-3177
JulieL728@aol.com

Contact for Shelter Island
 Cathy Kenny 749-1848
cathy_kenny@hotmail.com

Suffolk (Co-Presidents)
 Mary Zopf 493-3107
mzopf@verizon.net

Pat LaWare 268-1537
lawarepat@aol.com

OFF-BOARD SPECIALISTS

Budget
 Jacquil Lofaro 537-3361
jaclo@hempsons.com

Background: In 2013, LWVSC spoke out against the process of Suffolk County financial consolidation of the offices of Comptroller and Treasurer – we felt that there was a lack of transparency and information and a flawed procedure. In 2014 it was back on the ballot, and was approved by voters in a referendum. (Former SC Leg) John Kennedy was elected to the position of Suffolk County Comptroller in 2014, SC Treasurer Angie Carpenter resigned in February and the process of consolidation has now been embraced and moved forward at an accelerated pace, to be completed by January 2016.

Mary McLaughlin, Nancy Marr, and Lisa Scott met for over an hour with Comptroller Kennedy and his senior staff on September 14 to get an update on consolidation as well as a better understanding of the responsibilities and challenges of the Comptroller's office.

The Comptroller's office audits county departments and nonprofit agencies that are funded by the county, is the chief borrowing authority, processes payroll and invoices, and prepares yearly financial statements. We received copies of the "Popular Annual Financial Report" for Suffolk County, a user-friendly version of the (200 page) "Comprehensive Financial Report" for local Leagues to review. LWVSC plans on more actively engaging in reviews of county budget / financial issues, and welcomes any League members who might be able to assist or share their analytical expertise. The County Executive is releasing the initial 2016 operating budget on September 18, and it will be studied by our Legislators. Comptroller Kennedy offered to assist the League if we have questions moving forward in our financial explorations. (Please contact lisawscott@gmail.com if you can help.)

YOUR VOTE ★ COUNTS ★ <small>PLEASE REGISTER TO VOTE BY OCTOBER 15, 2015</small>	ELECTION DAY IS TUESDAY, NOVEMBER 3, 2015 <small>POLLS ARE OPEN 6AM TO 9PM</small>	Look for these Suffolk Bus Ads In Oct.	SU VOTA ★ CUENTA ★ <small>REGÍSTRATE PARA VOTAR EL 3 DE NOVIEMBRE DE 2015</small>	EL DÍA DE LAS ELECCIONES ES EL MARTES, 3 DE NOVIEMBRE, 2015 <small>REGÍSTRATE PARA VOTAR EL 3 DE NOVIEMBRE DE 2015</small>
<small>Visit www.vote411.com to find out where to vote, and who is running in your area.</small>		<small>Vote www.vote411.com para saber donde votar y quienes son los candidatos en su zona.</small>		
<small>Questions? Call the Suffolk County Board of Elections 631-862-4800</small>		<small>¿Preguntas? Comuníquese con la Junta Electoral de Condado de Suffolk 631-862-4800</small>		
<small>SPONSORED BY THE NEW YORK STATE BOARD OF ELECTIONS • www.ny.gov/elections</small>		<small>SPONSORADA POR EL COMITÉ DE ELECCIONES DEL ESTADO DE NUEVA YORK • www.ny.gov/elections</small>		

Pecanic Baykeeper Dan Gulizio Meets with LWVSC Board on Water Issues on September 16

Dan focused on the link between water quality declines and the region's increasingly unsustainable development patterns. If we are to improve water quality and restore local environmental resources, we must understand that these issues are directly related to a toxic combination of unsustainable development patterns, ineffective sanitary standards and a regulatory process driven by special interest needs instead of the desire to promote environmental quality or to protect public health.

Take-aways from the discussion included:

- Can protecting our water be removed from the political process? The focus and mission should be to protect public health and protect water quality (ground and surface).
- Suffolk County's standards for minimum lot size to mitigate nitrogen are among the least restrictive (weakest) standards in the country, and 60% of our lots don't even meet these low standards.
- "Grow the economy to stabilize taxes" has been the mantra, but it hasn't worked- SC is 8th highest county in taxes.
- Increasing sewers in SC is used to increase density– yet actually adversely affects groundwater.
- Under both CE Levy and CE Bellone, Suffolk County cut Dept of Health staff related to inspections, monitoring, testing and cut funding for open space acquisition.
- Suffolk County has 33 villages and 10 towns- these individually make decisions regarding land use, development, zoning- but the permitting process is dual- all require SC Dept of Health Services approval before any building can be done.
- We have \$100M a year in taxpayer spending (as a result of funding open space through taxation) but this is negated by unsustainable development practices- especially zoning changes, as well as transfer of development rights (TDRs).

These are not technical problems- they are regulatory problems (land use has caused problems).

We need proactive protection, not reactive treatment. A combination of carrots and sticks to incentivize Suffolk County to confront these issues at their root cause, not only via treating symptoms/problems, is needed now. Dan is available to meet with local Leagues/Natural Resource committees. Contact him at dan@pecanicbaykeeper.org.

Government Committee Report

Gov't Committee Preparing for Nov. 9 Money in Politics Program

By Estelle Gellman

The Government Committee met on September 9th to begin preparations for the Public Information Meeting (PIM) on Money in Politics, which will be held on Monday, November 9th at 7:00 pm in the Hampton Library. As mentioned in the last issue of the Voter, this topic is one of the issues that the national League of Women Voters selected for a consensus study at its national convention in 2014.

The overarching issues the committee will consider are: (1) the rights of individuals and organizations, under the First Amendment, to express their political views through independent expenditures and the finance of election campaign activities; and (2) how those rights, if any, should be protected and reconciled with the interests set out in the LWV's current position. In examining these issues, committee members will be addressing the court decisions regarding money in politics, including the Citizens United case; the first amendment issues involved; the degree to which money is a factor in political campaigns; the different sources of money and where it goes; the current situation, and the options for the future. We hope you can join us on

November 9th for what promises to be an interesting and informative meeting.

The Government Committee will be meeting again on September 28th at 2:00 pm in the Hampton Library, and we welcome all members who are interested in becoming involved with any aspect of our agenda. If you are interested in joining the Government Committee, please contact Estelle Gellman at estelle.S.Gellman@Hofstra.edu.



Education Committee Report

Education Committee Plans for Vote 18

By Judi Roth

As reported in the last issue of the Voter, our upcoming event is "Student Day at the Suffolk County Legislature" which will take place on October 15th. We are busy recruiting students and arranging transportation for that day. We have decided that the mock legislative discussion question will revolve around the issue "Should there be regulations regarding drones?" This is a very hot topic that is actually being discussed in the Suffolk County legislature this fall.

Our on-going project for many years has been bringing Vote 18 to students in their classrooms. The object of this program is to get kids to realize the importance of the history of voting and to energize them to become future voters. This program has undergone modification almost from the day it started, and here are some of our recent ideas that came from a planning session led by member, Martha Potter. These questions are what we would use to spark the discussion on voting.

- Why do you think people don't vote?
- Why do people vote?
- What do you think would encourage people to vote?
- Who originally had the right to vote?
- Are there still groups of people denied the right to vote? Who are they?
- Is there anyone who is a citizen of the United States who should not have the right to vote?
- Do you think you need to be rich to run for office?
- How did 18 year olds get the right to vote?
- Do you think your vote counts? Why? When? Why not?
- How do you choose a person to vote for in the school election?

These questions would be used in small or large groups after a brief talk about the history of voting.

Influenza (Flu) versus the Common Cold

By Kaye W. Umana, M.D.

The common cold and influenza (flu) are both caused by viruses which can be airborne or spread through close personal contact.

Generally the flu is worse than the common cold. Symptoms such as fever, body aches, extreme tiredness and dry cough are common and can be intense. Vomiting and diarrhea can also occur.

Colds are usually milder than the flu. They usually begin with a sore throat, which goes away after a day or two. Other symptoms are runny or stuffy noses along with a cough.

Severe colds and flu share many symptoms, and it can be difficult to tell the difference between them based on symptoms alone. Special tests usually must be done within the first few days of illness to tell if a person has the flu.

Cold symptoms usually last about a week. During the first three days that you have cold symptoms, you are contagious. Colds generally do not result in serious health problems such as pneumonia, bacterial infections or hospitalization. Several hundred different viruses may cause your cold symptoms. Complications of common cold can lead to sinus congestion and middle ear infections, while complications of the flu can lead to sinusitis, bronchitis, ear infections, pneumonia and can be life threatening.

Seasonal flu outbreaks result in an average \$10.4 billion in direct costs of hospitalization and outpatient visits, according to the Center for Disease Control and Prevention (CDC).

The flu is contagious, and most healthy adults may be able to pass the flu to someone before they know they are sick. Some people can be infected with the virus and be contagious from one day before they have symptoms, and they can continue to spread the virus up to 5 to 7 days after becoming sick. Children, who may pass the virus for longer than 7 days, become contagious 1 to 4 days after the virus enters the body.

It must also be noted that cold and flu symptoms can be frustrating for patients, with symptoms lasting 7 to 10 days. But fatigue can last beyond two weeks, and persistent cough can take up to three weeks to disappear.

Some simple but effective measures during cold and flu season that can help people protect themselves and others,

since patients with flu can spread it to others up to six feet away, are: covering your mouth when you cough and sneeze; frequently washing your hands with soap and water for at least 20 seconds after coughing or sneezing; and using alcohol-based sanitizer when soap and water are not available. You should also avoid touching your hands to eye, nose and mouth, since the virus live on hands, and these are common entry points to the body. You should minimize contact with sick people. If you are ill, you should stay at home whenever possible. Remember to disinfect frequently-handled items, such as phones, toys and door knobs when someone in the household has a cold or the flu.

Patients are reminded to see their primary care doctors or health care providers as needed for their flu and/or common cold symptoms.

There is no vaccination that can protect against the common cold.

The best way for patients to avoid the flu is to get vaccinated every year. The CDC has recommended since 2010 that everyone older than 6 months get a flu shot as soon as it becomes available for the season. Patients should be reminded that there is still a chance they can contract the flu even if vaccinated, but with vaccinations such cases are generally milder.

Announcements from Health Committee Chair Valerie King, Ph.D.

We invite all interested LWVH members to the next Health Committee meeting on Wednesday, November 4, 3 p.m. at the Bridgehampton Library. If you would like to attend or join the Health Committee, please contact me at 631-267-3282 or valeriekingphd@gmail.com

Also, we'd like you to be aware that Fighting Chance has a new Latino Support Group for Cancer Patients & Their Families. For further information, call Blanca Bishop at 631-329-2425.

And on Friday, October 9, 6:30-8:30 p.m. at Southampton Hospital's Parish Memorial Hall, the East End Clinical Connections (EECC) will present a free Mental Health Awareness Week program on Behavioral Health For Veterans & Their Families. It is open to the public, but seating is limited, so if interested, please RSVP to kwulfraat@southamptonhospital.org

LWVNYS Education Foundation's UN Day

All Invited to Attend UN Day, December 3

By Arlene Hinkemeyer

Unfortunately there isn't room on this page for the entire registration form (please go to lwny.org), but all are invited to the LWVNYS Education Foundation's annual UN Day, to be held this year on Thursday, December 3, at the United Nations, 1st Avenue at 46th Street in Manhattan. Registration deadline is November 20.

There will be two briefings, which will cover Global Healthcare Issues (10-11 a.m.) and Educating the Youth of the World (11 a.m.-12 noon), for which there is a charge of \$50 for LWV members, \$60 for non-members, and \$40 for students.

There is also an optional lunch in the Delegates' Dining Room (\$50) and an optional tour of the UN (\$15), with a total discounted fee of \$105 for LWV members and other sponsoring organizations for all three events (briefings, lunch and tour).

For more information, or to make a reservation by phone, call the LWVNYS office in Albany at 518-465-4162.

LWVH Lends a Hand at Anti-Bias Task Force Community Picnic

By Gladys Remler

For the past few years, and this year on Saturday, September 12, our League participated in the Community Picnic sponsored by Southampton Town's Anti Bias Task Force and held in Red Creek Park in Hampton Bays. This event gives us an opportunity to meet and interact with people from varied communities.

Emoke Boldvay, Barbara McClancy, Judy and Gene Samuelson and I were there with a table displaying our LWVH banner. We distributed brochures and voter registration forms in English and Spanish and answered many ques-

tions. Many stopped by to ask: What is the date for the upcoming debates and where are they held? How can I notify the Board of Elections of my change of address?

The Boy Scouts were there, too, and were very helpful to us, collecting rocks to keep our publications from blowing away. Two young Scouts, ages 11 and 15, were especially interested and helpful, and we predict great futures for them.

The best part of the day in addition to greeting and answering questions was that we registered two Southampton physicians who had just relocated to our area. We also had the good fortune to register a young lady who is 18--a new, excited voter. Thank you Judy and Barbara. Emoke and I listened to an inspiring talk on diversity by James Banks, chair of the Southampton Anti-Bias Task Force, whom we earlier had the pleasure of hearing at our ABTF meeting in Bridgehampton on July 13.

We had a wonderful and worthwhile day. A bonus was the delicious hot dogs and ice cream, plus food donated by local restaurants. All food at the picnic was free. We welcomed everyone to our table, and they responded warmly to us.



LWVH co-president Judy Samuelson, center, and Barbara McClancy, right, registered a brand new, first-time 18-year old voter, left, at the September 12 ABTF Community Picnic.

OFFICERS

Co-Presidents

Glorian Berk
974-2635
copresident@lwvhamptons.org

Judy Samuelson
267-3055
copresident@lwvhamptons.org

Vice-Presidents

Estelle Gellman
324-9102
membership@lwvhamptons.org

Arlene Hinkemeyer
324-6713
ahinkemeyer@optonline.net

Ursula Lynch
288-4721
umlynch@gmail.com

Gladys Remler
288-9021
specialevents@lwvhamptons.org

Recording Secretary

Barbara McClancy
324-5743
bmcc343@aol.com

Treasurer

Emoke Boldvay
283-2175 (work)
treasurer@lwvhamptons.org

ELECTED DIRECTORS

Naomi Epstein
324-9371
naepxyz@aol.com

Anne K. Marshall
537-3257
apghnyc@aol.com

Valerie King
267-3024
ValerieKing78@aol.com

Susan Wilson
283-6549
naturalresources@lwvhamptons.org

APPOINTED DIRECTORS

Joanne McEvoy-Samborn
283-9648
jsamborn@optonline.net

Cathy Peacock
267-6685
cathpeac@optonline.net

Judi Roth
283-0759
rothhandj@yahoo.com

Kaye W. Umana, MD
745-3794
kwuwmy4@optonline.net

PORTFOLIO CHAIRS

Education

Judi Roth
283-0759
educationt@lwvhamptons.org

Government

Estelle Gellman
324-9102
estelle.s.gellman@hofstra.edu

Health

Valerie King
646-217-1827
ValerieKing78@aol.com

Membership

Estelle Gellman
324-9102
and Joanne Samborn
283-9648
membership@lwvhamptons.org

Natural Resources

Susan Wilson
283-6549
naturalresources@lwvhamptons.org

Publicity

Arlene Hinkemeyer
324-6713
ahinkemeyer@optonline.net

Special Events

Gladys Remler
288-9021
and Joanne Samborn
283-9648
specialevents@lwvhamptons.org

Voter Services

Anne K. Marshall
537-3257
and Carol Mellor
646-701-3101
voterservices@lwvhamptons.org

Webmaster

Judy Samuelson
267-3055
webmaster@lwvhamptons.org

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2015 Candidate Debate Season is Beginning

For East Hampton Town Council

Sylvia W. Overby: Democratic, Working Families
Peter K. Van Scoyoc: Democratic, Working Families, Independence
Lisa M. Larsen: Republican, Conservative, Reform
Margaret A. Turner: Republican, Conservative, Reform

SOUTHAMPTON TOWN DEBATE, OCTOBER 22

Then on Thursday of that following week, October 22, at 6 p.m. at Southampton's Rogers Memorial Library on Coopers Farm Rd., there will be a rematch of the County Legislature candidates, followed by the debate for Southampton Town Supervisor and then Southampton Town Board. Co-sponsored by the library and the Southampton Press, the debate will be televised by SEA-TV.

The candidates and their party designations are:

For Suffolk County Legislator, 2nd L.D.

Bridget M. Fleming: Democratic, Working Families, Independence
Amos Goodman: Republican, Reform

For Southampton Town Supervisor

Jay Schneiderman: Democratic, Working Families, Independence
Richard W. Yastrzemski: Republican, Conservative, Reform

For Southampton Town Council

John V. Bouvier: Democratic, Working Families, Independence
Julie R. Lofstad: Democratic, Working Families, Independence
Damon A. Hagan: Republican, Conservative, Reform
Christine P. Scalera: Republican, Conservative, Reform

LWVH COORDINATING COMMUNITY CALENDAR ON OTHER DEBATES

In the event that you are unable to attend these debates, there are other opportunities to hear the candidates. At the suggestion of the editor of the Southampton Press, we have endeavored to compile information about the scheduled candidate events in the Hamptons this election season. We will be disseminating that list in the near future.

VOTE411.ORG

Finally, we are working on a re-launch of Vote411.org for this season. This nationally-based voter service information website provides voters with information about their polling place and status, the races in their area, names and party affiliations of the candidates, and information about any propositions appearing on the ballot. With the cooperation of the candidates, it also will provide information about their positions on issues important to the community.

The Voter

League of Women Voters of the Hamptons

P.O. Box 2253

East Hampton, NY 11937

Phone: 631-324-4637

www.lwvhamptons.org

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