

Our Town

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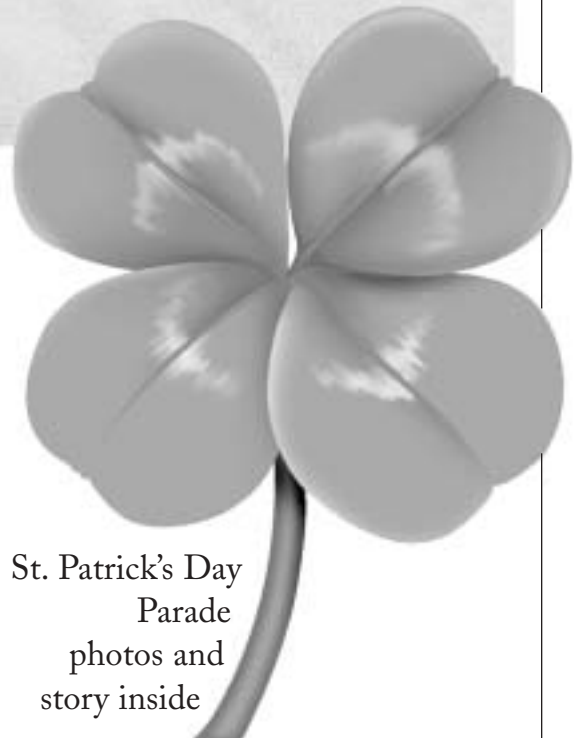
APRIL
2009

Volume 22
Number 6

Keeping you up to date on
SALES, HAPPENINGS
& PEOPLE
In Our Town - St. James
PUBLISHED MONTHLY



Puttin' On The Green



St. Patrick's Day
Parade
photos and
story inside

— IN LOVING MEMORY —



Amedeo 'Dillo' Caligiuri

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all of our friends in the community
for the outpouring of generosity,
love and support
during this trying time.*

*From the Caligiuri Family,
Jean, Laura, Guy, Teddy and Dawn*

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OUR TOWN

- ST. JAMES -

is a monthly publication produced
exclusively for the people of
St. James, Nissequoque and
Head of the Harbor, L.I., N.Y.

Call 862-9849 for
Advertising & Copy Deadline

OUR TOWN is mailed directly to
every residence & business in the
11780 zip code area
(6459 total copies mailed)
St. James Post Office Permit #10
St. James, NY 11780

Published by
Graphics du jour, Ltd.
359 Lake Ave., St. James, NY 11780
631-862-9849 / Fax: 631-862-9839
email: ourtown@optonline.net
website: www.ourtownstjames.com

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PLEASE NOTE:

Advertising & Editorial Deadline for the **MAY** edition
of OUR TOWN • ST. JAMES is

THURSDAY, MAY 7, 2009 - 12 NOON.

Distribution takes place on **Wednesday, May 20, 2009.**



DeBlasio Capo's newly renovated office at 273 Lake Ave. in St. James.

DeBlasio Capo Design Build

273 Lake Avenue
St. James, New York
631.584.5503

by Elizabeth Isabelle

Dreaming of remodeling your home? Perhaps you have been looking at the current real estate market, love the location, but do not know where to begin on updating the house that comes with the property. With interest rates at all time lows, the timing has never been better to realize your dream of a new home or to tap into the potential of your current residence.

Local residents Phil DeBlasio and Brian Capo have been specializing in new home construction and whole house renovations since 1988. Regardless of style or budget, the firm of DeBlasio Capo Design Build has earned a reputation for innovative design and an uncompromising attention to detail and craftsmanship. The results speak for themselves; customer satisfaction, projects completed on time and unique features are the hallmark of each and every project. During the initial design

phase, DeBlasio Capo will develop your design solution. Their vast network of suppliers allows you to customize your renovation using the highest quality materials and features found on new home construction. Phil and Brian, along with their superb staff, are acknowledged experts in working with planning authorities and property and land developers across Long Island. Their success has earned them a unique position in the highly competitive building industry that has set them apart from their building competitors.

Regular meetings between sales and construction teams ensure that targets are met, details remembered and quality maintained. The DeBlasio Capo team has been recognized for their excellence; they have received awards from *Better Homes and Gardens*, have been featured both in print and on television by *"Old House Journal"* as well as ABC's *"Extreme Makeover: Home Edition."* DeBlasio Capo Design Build is committed to community service as well – they have been recog-



nized for their support from various individuals, organizations and communities. They are members of the Better Business Bureau and the National Association of the Remodeling Industry. NARI membership indicates the professional is a full time dedicated remodeling specialist. NARI offers this assurance through an extensive screening process and requires its members to follow a strict code of ethics.

The DeBlasio/Capo team is committed to maintaining the highest level of professionalism, quality, value, service and technical excellence. Their portfolio of completed projects and client to client referrals are a testimony to their success. See for yourself at their newly renovated offices at 273 Lake Avenue in St. James. Or, visit their website at www.dcdesignbuilders.com.



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Here's the Church, Where's the Steeple?

The St. James Lutheran Church, located on Woodlawn Avenue in St. James, was struck by lightning on April 3, 2009 around 2:30 p.m. The steeple was charred as its debris fell onto Woodlawn Avenue and the surrounding area. The preschool, currently in session, evacuated the building quickly and no one was hurt. The St. James Fire Department came to secure the area



and took down the remaining pieces of the steeple that has been standing since 1923.

A 500 pound bell remained suspended on a 3/4 inch piece of wood, as a crane was needed to remove it. Insurance companies, restoration officials and Church council members are working together to restore the church as quickly as possible. In the meanwhile, this part of the church will be closed. The north side of the church will be accessible for most services which will be held in the Parish Hall. Please check the website for additional information at www.stjlc.com.

Pictures submitted by Jacquelyn Kildale, Assistant Youth Leader/Administrator of St. James Lutheran Church.



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Think You Can Cook? Book the Café

Tic Toc affords wannabe chefs an opportunity to prepare and serve meal to family members and friends

by Ursula Moore

Wearing a Three Stooges apron and a dish towel flung over his shoulder, Guest Chef William Kent, of St. James, wowed diners with stuffed filet of sole, baby spinach salad, loin of pork and filet mignon with gorgonzola cheese sauce. These mouth-watering entrees were served during *Want to Be a Chef* night at Tic Toc Café in St. James, where each month an individual can plan, prepare and serve their favorite foods to family, friends and the general public.

Mr. Kent, the owner of Long Island Hearing in Smithtown, Levittown and Hicksville, was the first guest chef to participate. With about 35 people in attendance, Mr. Kent had the time of his life.

"The evening was off the charts. It was unbelievable," he said. "I got rounds of applause for each one of my dishes."

A frequent customer at Tic Toc



A SOUP-ER TANDEM: Whether it was planned or just plain luck, resident chef-for-a-day William Kent (above right, and left) and his cooking assistant, Kevin Clark, wore aprons bearing the the name of Superman. And Kent, a St. James resident and owner of Long Island Hearing in Smithtown, proved to be just that in the kitchen during a recent session of the "Wanna Be A Chef" program at Tic Toc Café in St. James.

Café over the years, Mr. Kent thought it would be a good place to show off his cooking skills.

"I approached Greg, the owner, because I wanted to cook for the public and he thought it was a great idea," Mr. Kent said.

Tic Toc Café owner Greg Koke couldn't have imagined a more perfect evening. "It was awesome. We had live music, great laughs and great food," he said. "Bill's food was exceptional."

Mr. Kent has always had a fondness for cooking. "I am a

home chef; I always cook at home," he said. "I can make pasta with anything. I like to fuse things together. I learned to cook from my mom."

Being a chef for the evening was quite the eye-opener for Mr. Kent.

"I learned to appreciate what a chef and wait staff goes through," he said. "I am so glad I had my assistant, Kevin Clark. He helped me tremendously."

continued on page 10

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Think You Can Cook?

continued from page 8

The *Want to Be a Chef* program is ideal for wanting to try something fun and new.

"The chef program allows wannabe chefs to go into a café and show their skills off," Mr. Kent said. "It was a phenomenal experience. Doing this satisfied me. I now know I can serve food to the public."

Living in St. James, Mr. Kent is married to Linda, who he said "made the delicious walnut tarts for dessert." He is the father of four children: Bill, 32, Christine, 27, and twins Jennifer and Jessica, 26.

In addition to the creative cooking skills happening in the kitchen, \$320 was collected for the Sts. Philip and James and St. James Lutheran Church food pantries.

Signing up for the chef program is as easy as making a phone call.

"Just call the café and say I want to be a chef," Mr. Kent said. "They will sit down with you and discuss what you can cook and



William Kent is pictured along with his wife, Linda, who made the delicious dessert.

give ideas."

"There is no fee," Mr. Koke added. "You just have to guarantee 30 people at \$30 a head. You are welcome to invite friends and family."

The fun-filled Tic Toc Café will be changing hands soon. The new owner-to-be is Ralph Martens, of St. James, who will take the reins.

"I worked on Wall Street for

many years and was looking for something new. I came across Greg selling the Tic Toc Café and thought this place would be great for me," Mr. Martens said. "My parents owned a restaurant in New York City when I was a teenager so I have a little restaurant background."

Even though Mr. Koke will miss the café, he is excited for Mr. Martens to become the new owner. "I will definitely miss this place. I've been the owner for five years. We have a lot of great and very welcoming customers come in here," Mr. Koke said. "Ralph is a good guy. He will do fine as the owner."

The *Want to Be a Chef* night gave Mr. Kent wonderful memories to last a lifetime. "It was great. I had the time of my life," he said. "It was an experience I will never forget." Tic Toc Café is located at 410 Lake Avenue, St. James. For additional information, call Peggy at 862-CAFE.

Editor's Note: Reprinted with permission from the *Smithtown News*, March 19, 2009 edition. Thank You *Smithtown News*.

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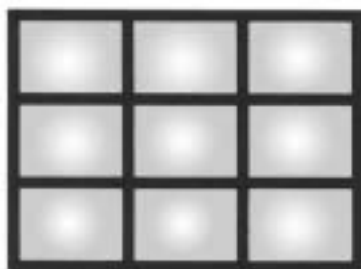
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Car Show & Swap Meet Set for Sunday, May 3

Long Island Cars will host their *Custom and Collectible Car Show and Swap Meet* on Sunday, May 3 at the Flowerfield Fairgrounds in St. James. Acres of classic and collectible autos including street rods, exotics, muscle cars, customs, antiques, imports and classics of the 50s, 60s and 70s will compete in judging in 50 classes with impressive trophies.

Hundreds of vendors will be available selling all kinds of older parts, literature and accessories necessary for the auto collector, plus a wide variety of cars will be for sale by owners.

Show hours are: 8 a.m.-5 p.m., rain or shine. General admission is \$8/adults, children under 12/free. Free parking. Show or sell your collectible car with admission price. Judged cars



This 1979 Pontiac Firebird Formula 400 is one example of the hundreds of custom and collectible show cars on display on Sunday, May 3 at Flowerfield Fairgrounds.

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Nissequogue - Totally Rebuilt in 2002

Magnificent 6-bedroom, 4.5-bath Farm Ranch with open floor plan, architectural roof, Pella & Andersen windows, CAC, main floor Master Suite with Jacuzzi. SD #1. MLS# 2116706. \$1,199,990.



Smithtown - Spacious Ranch

Beautiful 4-bedroom Ranch with spacious rooms & everything new. New kitchen, new bathrooms, new floors. CAC, clear, level yard with bluestone patio. A diamond ++ home. SD #1. MLS# 2161072. \$519,000.



Smithtown - Fabulous Community

Mint 4-bedroom, 3-bath home in a community that has it all... golf, tennis, pool, clubhouse. Bright, open & airy floor plan, hrdw flrs, full bsmt, 2-car garage. Lovely views of ponds & greens. SD #6. MLS# 2129693. \$799,900.



Smithtown - Your Own Nature Preserve

5.75 acres, fabulous views of the Nissequogue River. Beautiful 1830's Colonial with wrap-around porch. Separate Cottage, barn w/ studio, stable, 2 docks. DGSIR Enhanced Listing. SD #1. MLS# 2126948. \$1,950,000.



St. James - Building Lot

Clear, level building lot, 1/4-acre, fenced with a few mature trees. Mid-block location. Board of Health & Planning Board approved. SD #1. MLS# 2167900. \$280,000.



St. James - A Must See Home

In the heart of St. James Village - 4 bedrooms, 1.5 baths, mostly all Andersen windows. New siding & gutters, roof /10 years. Updated eat-in kitchen & baths, hardwood floors, fenced backyard & lovely front porch. SD #1. MLS# 2163197. \$459,000.



St. James - Diamond Colonial

Magnificent, updated 3-bedroom Colonial. New Tiger wood floors in foyer, remodeled gourmet eat-in kitchen with cherry cabinets, new bath, heating system, HWH & more. IGP w/waterfall, Trex deck, beautifully landscaped! SD #1. MLS# 2151138. \$599,900.

RENTALS

• **Stony Brook - Clean 1-Bedroom Apartment**
Near Stony Brook University. Pargo floors, newer appliances, full bath with tub, private entrance. No smoking/pets. Utilities included. SD #1. MLS# 2141323. \$1,050.

• **St. James - Victorian Farmhouse**
Charming & cozy 3-bedroom Victorian Farmhouse on level 1/4-acre w/detached garage. Updated EIK & baths, new roof, washer/dryer, minutes to LIRR, University, shopping and highways. No smoking/pets. SD #1. MLS# 2129093. \$2,150. + util.

• **St. James - Charming Cape**
Recently remodeled. New roof, new siding, new kitchen cabinetry, refinished hardwood floors, fireplace, detached 2-car garage, extremely clean! No smoking/pets. SD #1. MLS# 2149057. \$2,200. + util.

• **St. James - Commercial Office Space**
High visibility! 1,487 sq. ft., 2 stories, 2 half-baths, full basement. CAC. 10-12 parking spaces. MLS# 2020597. \$1,850. + util.

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Head of the Harbor – Horse Property

An idyllic 4.1 acres of pasture and mature trees adjacent to a 37-acre preserve is the setting for this inviting circa 1844 Farmhouse. The house features 4 bedrooms, 3 full baths, many charming details and lovely enclosed porch. There is also a spacious 3-bedroom, 2-bath Cottage on this estate. Smithtown SD #1. MLS# 2145360. \$1,490,000.



Nissequogue – Elegance and Charm

Nestled on a shy 2-acre parcel, this spacious Yablonksi Cape has been tastefully updated while keeping its original charm. The home features 2 fireplaces, new gourmet kitchen with light cherry cabinetry, granite and stainless steel appliances, wood floors, fine details, brick patio and rose garden. Smithtown SD #1. MLS# 2149929. \$899,000.



Nissequogue – Water View Lot

This level 1/2-acre has water views of Stony Brook Harbor and is in walking distance to a LI Sound beach. It has health dept. approval and building permit for a 3,600 sq. ft. home. Great opportunity! Smithtown SD #1. MLS# 2079172. \$599,000.



Ronkonkoma

Lovely 2-bedroom Condominium in Nob Hill South. The unit has newer appliances in the kitchen, updated bath and new Andersen slider to balcony, freshly painted and new carpet. SD #7. MLS# 2154203. \$226,500.



Hauppague – New Listing

Bright and appealing 1-bedroom Condominium with new wall-to-wall carpeting, updated bath, large bedroom, and neutral décor. Its mid-block location and side entry provide privacy. SD #13. MLS# 2159659. \$199,900.



Nissequogue – Waterfront Rental

Spectacular views from every room! Private setting, cathedral ceilings, fully furnished, water views of Porpoise Channel, Goose Island and Stony Brook Harbor. Fully furnished. SD #1. MLS# 2155270. \$2,100/month.

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Head of the Harbor

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St. James - Newly Remodeled

Expanded Ranch with open floor plan, private Master suite, 2 additional bedrooms. 1/2-acre with IGP, 2.5-car detached garage. SD #1. MLS# 2146078. \$575,000.



Miller Place - New Listing

Located in the beautiful community of North Harbor at Miller Place. 5 bedrooms, 2.5 baths, eat-in kitchen, living room, dining room, wood floors, CAC, 3-car garage, .92 acre. SD #8. MLS# 2147874. \$895,000.



Denise Voelker

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Smithtown

Large Splan located in College section. Wonderful value... CAC, formal dining room, den w/fireplace & sliders to backyard with IGP. SD #1. MLS# 2153623. \$410,000.



Smithtown - Hidden Ponds

For Sale or For Rent. End model and largest duplex in community. 3 bedrooms, 2.5 baths, 1-car garage, beautiful pond views. SD #1. MLS# 2140183 & 2151586. \$435,000. Rent \$2,300 + util.



Medford - Great Rental

Recently updated model. Brand new eat-in kitchen, 2 bedrooms, 1.5 bath, private location, no pets/no smoking. SD #24. MLS# 2137224. \$1,500 + util.



Jan Bartone

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25TH ANNIVERSARY CELEBRATION...



In Thanksgiving for the 25 years the Smithtown Emergency Food Pantry has served the people of our community an Ecumenical Service was held on Sunday, March 22, 2009. A combined choir from the seven covenant churches; Church of the Resurrection, First Presbyterian Church, Smithtown United Methodist Church, St. Andrew's Lutheran Church, St. James Episcopal Church, St. James Lutheran Church and St. Thomas of Canterbury Episcopal Church led the congregation in joyful song.

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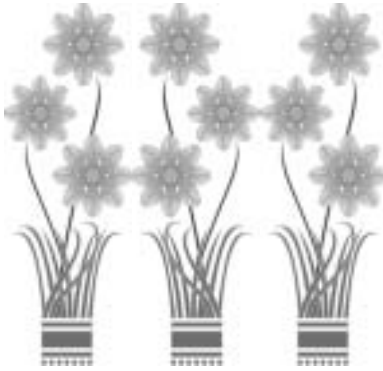
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Yard Sale Set for May 2

The Youth Group at Grace Church, located at 450 Edgewood Avenue in Smithtown, will hold a Yard Sale on Saturday, May 2, from 9 a.m. to 3 p.m. at the church.

All proceeds will be used to send students to Word of Life Summer Camp. They are also looking for donations of merchandise that can be sold. So when you do your spring cleaning, in the near future, pack up your stuff and drop it off at Grace Church during the week of April 28-May 1. Then come shopping with your friends on May 2 to find that special item you have been looking for.

For additional information, call the church at 265-4680.



Mother's Day Plant Sale

The St. James Fire Department Juniors will hold a Mother's Day Plant Sale on Saturday, May 9 from 8 a.m. to 3 p.m. at the Main Fire House on Route 25A.

Be sure to stop by and get some great plants for that special lady.

Setauket Village Green Walking Tour

The Three Village Historical Society will hold a walking tour of Setauket, designed for students, families and adults, on Saturday, April 25, at 10:30 a.m. Discover Setauket's rich history as you explore its architecture and beautiful natural environment.

Tours leave from the Setauket Neighborhood House, 95 Main Street, in Setauket, across from the Mill Pond. This tour is approximately one hour and fifteen minutes. Fee: \$3 for Society members, \$5 for non-members.

For additional information, contact the Three Village Historical Society at 751-3730 or visit their website www.threevillagehistoricalsociety.org.



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George Washington's Long Island Spy Ring

The Renaissance Club of Temple Isaiah, on Stony Brook Road, Stony Brook, invites you to attend an exciting presentation by Elizabeth Kahn Kaplan on Sunday, April 26 at 2 p.m. entitled *George Washington's Long Island Spy Ring*. This illustrated lecture, brought to you in cooperation with the New York Council for the Humanities, is

sure to inspire.

Learn how a small band of men, and one woman, worked on behalf of the Patriot cause during the American Revolution to help General Washington and his army ultimately triumph over the British, to ensure our freedom.

For additional information call 751-8518.



Temple Beth Chai Calendar

870 Townline Rd, Hauppauge
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Saturday mornings, 9:30 a.m.

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2009 MARKET UPDATE

36 Houses went into Contract in March

Listing Price	Under \$300,000	\$301,000-\$500,000	\$501,000-\$700,000	\$701,000-\$999,000	Over \$1,000,000
St. James:	1	3	1	2	
Head of Harbor:				1	3
Nissequogue:					
Smithtown:	2	11	4		
Nesconset:	2	5	1		
Total to Date:	13	39	17	8	4

Above information as per Multiple Listing Service of Long Island as of 3/31/09

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ST. JAMES. "CIRCA 1837"

Head of Harbor area, walk to town & beach. Charming Farm Colonial features 11' ceilings, wood floors, great rm w/stone frplc, 3 BRs, 2 baths. Covered front porch, decking. 1.5 car det. Gar. Shy 3/4 acre Property, North of 25A.



Asking \$549,000.

NISSEQUOGUE. WATERFRONT

Spectacular water-views, Diamond Post Modern. New gourmet EIK. 2 frplc, wetbar, walls of glass overlooking panoramic LI Sound views. FDR. Great rm, FR. 4 BRs. Amenities include: antique hardwood floors, vaulted ceilings, mahogany decking w/2 electric awnings, Fin. bsmt, elevator to all levels, CAC, 2 car gar. Electric gated entry & 2.7 lush green treed acres. Cul-de-sac. MORE!



\$2,750,000.

ST. JAMES. "DIAMOND VICTORIAN"

Immaculate 4 bedroom, 2.5 bath Colonial Home featuring 2 story entrance foyer, oak floors, fireplace in great room, formal dining room. Central air conditioning, Andersen windows, full finished basement. New in ground pool, paver patio, 2 car garage. MORE!



\$598,000.

ST. JAMES. "ZONED CENTRAL BUSINESS"

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HEAD OF HARBOR. 3 BRs, 3 baths. Converted barn. Private location

\$2,100. mo.

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SMITHTOWN. 3 BR Colonial 1.5 baths, den/frpl.. 2 sets of sliders to deck. Lndry room.

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SMITHTOWN. "THE GRANGE"

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HEAD OF HARBOR. Mostly level treed secluded 3.69 acres property, backs to 2+ acres of protected conservation land. 3V schools, includes all permits, plans for 6,000+/- sq. ft. Colonial w/3 car garage.

\$585,000.



SMITHTOWN. "EXPANDED CAPE"

Lovely Cape featuring 4 BRs, 3 baths. Living room w/frplc, formal DR, EIK, enclosed heated breezeway, oak floors, full bsmt w/ose & full bath, 1.5 car garage. .38 level prop. Nice rear yard, walk to town.

\$399,000.

COMMERCIAL RENTALS

SMITHTOWN. Prime Retail and Office use. 9 ft ceilings, CAC, approx 1,100. sq. ft.. Excellent exposure, adjacent to community parking lot. Oil HW heat. TRW & Ref req'd. Tenant pays all utilities.

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ST. JAMES. Office or Retail. Dry use only. 750+/- sq. ft. Free Standing Building on Route 25A. Great location. Plenty of on site parking.

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CALL FOR A FREE MARKET ANALYSIS

Exhibition to Celebrate Suffolk County Residents at Mills Pond House Gallery

The Smithtown Township Arts Council in St. James will be sponsoring *THE ARTIST NEXT DOOR*, an exhibition to celebrate the character of the Suffolk County community ...a spirit that rises from its citizens and determines the quality of its life. This project seeks to represent all arts disciplines, spotlighting full-time Suffolk County residents who participate in the arts, assisting them in expanding their audience, and publicizing their work. The exhibition will be held May 2-30, 2009, with a reception, open to the public, May 2, from 2-4 p.m.

During the month of May, visual artists may display their art, musicians may link a featured performance video or recording on the website and in the gallery, writers may feature a selection of



their work. *The Artist Next Door* will celebrate residents of Suffolk County who make the arts a part of their lives, and whose creative capacities as problem solvers, innovators, and collaborators will help our communities meet the social, political and economic challenges they face. He or she may be your doctor or dentist, your firefighter or police officer or insurance agent. They may own the local restaurant, bag your groceries at the supermarket or serve your community as a public offi-

cial. You may be surprised to find out that these members of your community are also artists, actors, singers, musicians, writers, architects and more! What they have in common is what gives the Long Island Community its character... the Arts. After May 30, all participating residents will continue to be listed on the permanent on-line Suffolk Artist Next Door registry.

We know that Suffolk communities are filled with citizens with enormous capacity for the creative process. Suffolk county residents who participate in the arts are encouraged to partake in this celebration with the contribution of their unique artistic talents. For the full prospectus, go to www.stacarts.org, or call 862-6575 for more information.



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Strings 'n Things Acoustic Open Mic Nights

The Smithtown Township Arts Council will hold *STRINGS N' THINGS OPEN MIC*, an evening filled to the brim with personality, entertainment, good humor and great music! Performances will be held at the Mills Pond Gallery, from 8 p.m. until 10:30

p.m. on first and third Thursday nights, May 7, 21, June 4, 18, July 2, 16, at the Mills Pond House, 660 Route 25A in St. James. Sign ups begin at 7:30 p.m. Come to play or just to hear some great music. Admission is free.

Open Mic nights make it possible for both artists and audiences to extend and enhance their experience of music. The project gives local musicians a place to showcase and develop their skills and talents, and gives music-loving audiences an opportunity to hear some of Long Island's newest talents.

Open Mic performances are recorded and posted on the web at www.bobkmusic.com, allowing audiences to hear their favorite singers and songwriters 24/7.

Please check www.stacarts.org for schedule changes due to holidays, or email executivedirector@stacarts.org to be added to the email list.

There is ample parking off Mills Pond Road – located directly across from Flowerfield catering entrance at 199 Mills Pond Road. Phone: 631-862-6575.

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Godspell Jr., The Musical at Sts. Philip & James

Sts. Philip & James Drama Club presents *GODSPELL JR., THE MUSICAL* on May 8 and 9 at 7 p.m. in the school auditorium. Tickets at \$10 each are on sale at Sts. Philip & James School, 359 Clinton Avenue, St. James, from 10 a.m.-12 noon and then 1-2 p.m. Monday-Friday.

For further information please call 631 584-7896.

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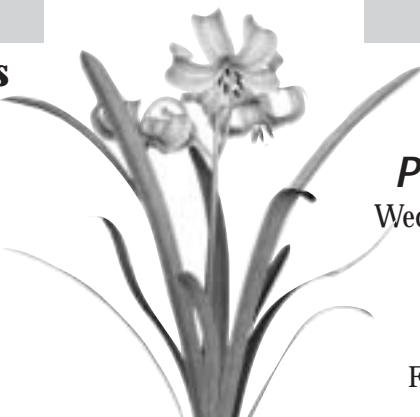
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STAC Spring Art Classes and Summer Camp

The Smithtown Township Arts Council, located at 660 Route 25A in St. James, is now accepting registrations for its summer arts camp. Develop your child's creativity in a fun and stimulating non-competitive environment at a week-long arts exploration full of thinking, making, seeing and doing! Weekly sessions are offered throughout July and August, and camp hours are from 9 a.m. to 4 p.m. Aftercare will be available from 4-5 p.m. for a small additional fee.

Campers ages 7-10 will spend a week at the Mills Pond House Gallery having fun, exploring the gallery exhibitions, learning about art and creating their own art projects. Camp projects change each week so students may enroll in more than one session.

Enrollment is on a first-come, first-serve basis on receipt of payment – so early registration is encouraged. There are three ways to save 10% off your registration fee! Enroll with a friend; enroll with a sibling; or enroll in multiple classes. Summer classes are being added every day.

Also throughout the summer, a wide range of weekly art classes is being offered. There is still time to sign up for spring classes, ranging from an adult class in portraiture, to children's sculpture, photography and fashion classes!

Call the Smithtown Township Arts Council at 862-6575 or e-mail classes@stacarts.org for more information. You can visit www.stacarts.org for a full class schedule.



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1st Annual Book Sale and Granny's Attic Fundraiser at the Mills Pond House

The Smithtown Township Arts Council of St. James will be hosting a Book Sale and Granny's Attic Fundraiser, Saturday and Sunday, April 25-26, rain or shine, at the Mills Pond House, 660 Route 25A in St. James. Doors open Saturday 8:30 a.m.-3 p.m., and Sunday 9:30 a.m.-3 p.m. No early preview.

This fabulous sale features a vast array of books in very good to excellent condition in over 50 categories – fiction, old books, religion, inspirational, self-help, sports/hobbies, children's, travel, language, reference, and more! Most prices range from \$1-\$5, some higher/lower. Also videos, DVDs, CDs, granny's attic, and more! Bring your own boxes/bags. Cash only. 100% proceeds to benefit community

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ARTS PROGRAMS AT THE
MILLS POND HOUSE

arts programs.

Parking is available off Mills Pond Road. GPS Flowerfields at 199 Mills Pond Road. Our driveway is directly across from that address. Your participation is critical to the success of fundraising efforts to save arts programs in your community!

For more information, call 862-6575 or visit www.stacarts.org.

Established in 1973, the Smithtown Township Arts Council promotes arts to protect and enrich its township's unique quality of life, encouraging citizens to celebrate, participate in, and support the arts in their every day lives.



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What's Happening at the Mills Pond House Gallery

The Mills Pond House Gallery, located at 660 Route 25A, St. James, is dedicated to exhibiting the work of local, regional, and national artists and is open to the public Tuesday through Friday, 10 a.m. to 5 p.m. and Saturday and Sunday from 12 noon to 5 p.m. Admission is free. For additional information call the Smithtown Township Arts Council at 862-6575 or visit their website at www.stacarts.com.

The Smithtown Township Arts Council is an independent, not-for-profit, community arts organization.

EXHIBIT SPONSORSHIPS are available for many exhibits, concerts and workshops. If you are interested in sponsoring one of their innovative exhibitions or programs, call 862-6575.

APRIL

25 & 26

First Annual Book Sale and Granny's Attic Fundraiser.

Saturday, 8:30 a.m.-3:30 p.m.;

Sunday, 9:30 a.m.-3 p.m.

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MAY

2

Opening Reception - The Artist Next Door - an exhibition of Suffolk County artists participating in the arts. Open to the public, 2-4 p.m.

2-30

The Artist Next Door - an exhibition of Suffolk County artists participating in the arts.

7

Strings 'n Things Acoustic Open Mic Night - 8-10:30 p.m. Free for musicians and audiences. Sign up to perform begins at 7:30 p.m.

15

Jazz in the Living Room jam session, 7:30 p.m. \$5 to participate; free to listen.

21

Strings 'n Things Acoustic Open Mic Night - 8-10:30 p.m. Free for musicians and audiences. Sign up to perform begins at 7:30 p.m.

JUNE

4

Strings 'n Things Acoustic Open Mic Night - 8-10:30 p.m. Free for musicians and audiences. Sign up to perform begins at 7:30 p.m.

18

Strings 'n Things Acoustic Open Mic Night - 8-10:30 p.m. Free for musicians and audiences. Sign up to perform begins at 7:30 p.m.

19

Jazz in the Living Room Concert, 7:30 p.m. \$Free to participate; \$5 to listen.

JULY

2

Strings 'n Things Acoustic Open Mic Night - 8-10:30 p.m. Free for musicians and audiences. Sign up to perform begins at 7:30 p.m.

16

Strings 'n Things Acoustic Open Mic Night - 8-10:30 p.m. Free for musicians and audiences. Sign up to perform begins at 7:30 p.m.



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ST. JAMES. A designer showplace. Gorgeous young custom 4 BR, 3 bath Ranch. Soaring cathedral ceilings, moldings thru out, gourmet EIK w/ granite. Spacious MBR w/walk in closets & full bath. Add'l living space perfect for extended family, home office, etc. Full bsmt. 2 1/2 car garage Set on gorgeous landscaped 1/2 acre on dead end street with other young homes.

\$719,990.



SMITHTOWN. Magnificent young 4000 sf 5 BR, 4 bath Colonial located on cul-de-sac of other young homes. Gleaming hw floors & custom moldings thru out Cathedral ceilings, large spacious EIK w/granite, full fin bsmt, 3 car garage. Set on 1.23 acre property with IGP, deck & brick patios. Custom landscaping. A dream home

\$1,150,000.



SMITHTOWN. Set on a great cul-de-sac, this 4 BR, 3.5 bath Colonial is a perfect family home w/hw floors thru out. Large spacious rooms. MBR w/bath & walk in closet, updated bathrooms. Newly finished bsmt w/large window and full bath. 2 car garage, IG heated swimming pool totally updated.

\$699,990.



NISSEQUOGUE. Breathtaking water-views Watch the sunsets over the river from the decks of this magnificent Farm Ranch. 4 BRs, 4.5 baths, walkout basement, cathedral ceilings, hardwood floors. Large level piece of property, great for horses. 3 car garage. Move in condition Close to 4200 sq ft.

\$1,075,000.



NESCONSET - CONDO. Country Point Woodbine Model with downstairs master bedroom plus additional 2 BRs, loft, full basement, 1 car garage. Central vac, deck. Great taxes! Wonderful unit!

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On Stage at Smithtown Performing Arts Center

The Smithtown Performing Arts Center, located at 2 East Main Street in Smithtown, brings professional live entertainment to our backyard at affordable prices.

Ticket prices range from \$16-\$30, group rates available. Call the box office at 724-3700 for reservations or visit their website at www.smithtownpac.org.

2009 SEASON PERFORMANCE SCHEDULE

Curtains

MAIN STAGE
through April 26

Who murdered the untalented, arrogant leading lady in the out of town premier of a fictional Broadway Bound musical? The understudy, the stage manager, the producer? Who can bring the fictional show up to speed? Homicide detective / Amateur

Musical Theatre afficiando Frank Cioffi, That's who. Don't miss this outrageously entertaining Musical Comedy Who-Done-It. Featuring Smithtown Supervisor Patrick Vecchio.

Alice in Wonderland Jr.

YOUTH PRODUCTION
through April 26
All seats: \$15

Bring your little ones and the child in you and enjoy Disney's updated dialogue and new arrangements of such classic songs as I'm Late, The Un-birthday Song and Zip-A-Dee-Doo-Dah.

Ragtime School Edition

YOUTH PRODUCTION
May 1-10
All seats: \$15

Come and enjoy this truly classic musical that paints a nos-

talgic and powerful portrait of life in turn-of-the-century America.

I Love You, You're Perfect, Now Change

MAIN STAGE
May 16-June 28-

This celebration of the mating game takes on the truths and myths behind that contemporary conundrum known as "the relationship." This hilarious revue, that ran for over 10 years – off Broadway – pays tribute to those who have loved and lost, to those who have fallen on their faces at the portal of romance, to those who have dared to ask, "Say, what are you doing Saturday Night?"

continued on page 36



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On Stage at Smithtown Performing Arts Center

continued from page 34

Into the Woods Junior

YOUTH PRODUCTION

June 6-28

All seats: \$15

This group of talented youth will take you through this funny

and engaging story that reexamines the stories we've all grown up with.

Little Tramp – A Musical Biopic of Charlie Chaplin

SPECIAL EVENT

July 9-12

All seats: \$42.50

Award winning recording artist David Pomerantz takes us on a journey of the life of Chaplin, the controversial genius of the silent screen who lit up the world with his much beloved character, The Little Tramp.

The Great American Trailer Park Musical

MAIN STAGE

July 18 - August 30

A hilarious musical comedy about love, lust and adultery in a Florida trailer park unites the antics of Desperate Housewives with the comedy of The Simpson's. Great adult fun for all. Adult language and situations.

Guys and Dolls Junior

YOUTH PRODUCTION

August 1-30

All seats: \$15

Experience the twists and turns of this hilarious, fast-paced story which takes us from Times Square to Havana to the sewers of Manhattan with a bright, brassy immortal score.

The Farnsworth Invention

MAIN STAGE

September 12-October 4-

Its 1929. Two ambitious visionaries race against each other to invent a device called "television." Separated by 2,000 miles, each knows that if he stops working, even for a moment, the other will gain the edge. Who will unlock the key to the greatest innovation of the 20th century: the ruthless media mogul, or the self-taught Idaho farm boy

The Cast of Beatlemania

SPECIAL EVENT

September 5 & 6

All seats: \$35

The best Beatles Tribute Band returns for its seventh consecutive year. Relive the experience.

continued on page 41

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On Stage at Staller Center...

There's always something happening at the Staller Center, University at Stony Brook. The following programs are being offered for your enjoyment. Box Office hours are 12 noon to 6 p.m., Monday through Saturday and 1-hour before ticketed performances. For tickets and information, call the Box Office at 632-ARTS (2787). Tickets can also be purchased 24 hours a day at WWW.STALLERCENTER.COM.

The University Art Gallery hours are 12 noon to 4 p.m., Tuesday through Friday and 7-9 p.m. on Saturday. For further information about Art Gallery shows call 632-7240.

The Department of Music features numerous performances throughout the year with over 150 FREE recitals. For further information call the music department at 632-7330.



Upcoming events at Staller Center at SUNY Stony Brook:

Complexions

Contemporary Ballet

Saturday, April 25 • 8 p.m.

Main Stage - \$34

Complexions, a winner of **The**

New York Times' Critics Choice Award, has performed on the stages of the world's most prestigious theaters. *Complexions* is a microcosm of global unity, a company of exciting dance talents from diverse cultures, races, and backgrounds.

Aga-Boom

NOT JUST FOR KIDS

Sunday, May 3 • 3 p.m., 7 p.m.

Main Stage - \$12

Sponsored by Bank of America

The Aga-Boom clowns draw on the tradition of Russian clowning and bring unbridled silliness and laughter to the stage! Aga-Boom quite magically blends the very best elements of circus, slapstick comedy and experimental theater into a hugely entertaining show that can be thought of as a Russian version of the Blue Man Group

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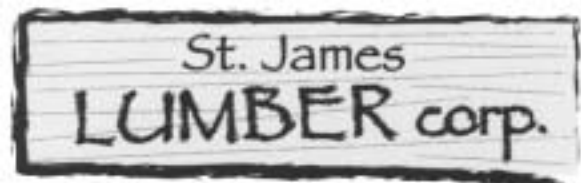
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WMHO Educational and Cultural Center Programs

The Ward Melville Heritage Organization will hold the following events at their Educational & Cultural Center, located in Stony Brook Village, Main Street on the Harbor. Call 689-5888 or visit www.wmho.org or www.stonybrookvillage.com for further information on any of these programs.

April 23-May 27, 2009
"Home With...Miss Marilyn Monroe" A Musical Theatre Production depicting the life of Marilyn Monroe
WMHO EDUCATIONAL AND CULTURAL CENTER
A ST. GEORGE PRODUCTION - FEE
Reserve early for this production on the life of one of the most celebrated figures of the 20th century. For full information and reservations call 689-5888.

April 23-June 5
Art Exhibit by Dr. Robert Kenny - artist, educator, writer and historian
WMHO EDUCATIONAL AND CULTURAL CENTER - FREE
A retrospective of paintings completed while living on L.I.

May 16
Gone Fishing - Hank Altenkirch: Master Rod Builder.
WMHO EDUCATIONAL AND CULTURAL CENTER - FEE
A presentation will be followed by a boxed lunch, demonstration and casting at Stony Brook Harbor, and the opportunity to use world famous Altenkirch rods. ADULTS AND CHILDREN.

May 22-October 25
Discovery Wetlands Cruises
Board the 35-passenger pontoon boat for a unique 1-1/2 hour

cruise through Stony Brook Harbor and surrounding wetlands. A naturalist is on board to guide this exceptional experience in ecology, geology and history. Sunset cruises available. Call 751-2244 or visit www.stonybrookvillage.com for detailed schedule and rates.

July 10-August 23
Grand Opening July 12
Celebrating P.T. Barnum
WMHO EDUCATIONAL AND CULTURAL CENTER - FEE
Exhibit will feature the life Phineas Taylor Barnum... known to most of the world as the "Great American Showman." Exhibit will feature authentic Tom Thumb furniture, Jenny Lind and circus memorabilia, photographic montage of Barnum and more.

continued on facing page

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EDUCATIONAL ENTERTAINMENT

continued

July 13-August 13

"Summer of Science in Stony Brook"

Summer marine science program for 10th, 11th and 12th grade. Experience science right in the heart of an 88-acre wetland preserve! Field sampling exercises will include cruises on Long Island Sound aboard a coastal research vessel, as well as trips to Crane Neck Point, West Meadow Creek salt marsh and West Meadow Beach coastal spit. Students completing all course requirements can receive 3 undergraduate credits from Stony Brook University, or may

take the course without credits. Dates/Times: Stony Brook University Summer Session II; July 13-Aug. 13, 9 a.m.-1:30 p.m. Mon. thru Thurs. of each week Location: Dr. Erwin J. Ernst Marine Conservation Center,

West Meadow Creek Stony Brook. Facility owned and operated by The Ward Melville Heritage Organization. Class Size: 20 students max; 10 students, min. Tuition: \$775 per student 751-2244.

Smithtown Performing Arts Center

continued from page 36

Jekyll And Hyde - The Musical

MAIN STAGE

October 17 - November 15

The evocative tale of the epic battle between good and evil, "Jekyll and Hyde" is a true musical phenomenon.

Subscription plans available at substantial savings. Call the box office at 724-3700 more information.

Become a member and save with additional benefits. Annual membership is \$75 and a lifetime membership is \$300. Benefits include additional 10% discount on the purchase of tickets to any performance or subscription package, preferred status for seating, and much more.

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Programs Offered at the Library

The Smithtown Library offers a variety of programs during the upcoming weeks and months. The Main Branch, is located at 1 North Country Road, Smithtown, 265-2072. The Nesconset Branch is located at 127-20 Smithtown Blvd., Nesconset, 265-3994. The

Commack Branch is located at 3 Indian Head Road, Commack, 543-0998. The Kings Park Branch is located at 1 Church Street, Kings Park, 269-9191. Call for Library hours - all branches closed Sundays.

For additional information visit

their website at www.smithlib.org.

You may register at the above phone numbers for all programs.

WII FOR ADULTS

NESCONSET

Call for dates and times

WII Sports featuring baseball, bowling, boxing, golf and tennis.

GROWING UP ON LONG ISLAND

NESCONSET

Thursday, April 23, 7-8:30 p.m.

A multi-media program exploring the transformation of Long Island with Long Island Museum curator Joshua Ruff.

ANIMAL LAWS IN NYS

SMITHTOWN

Thursday, May 7, 7-9 p.m.

This seminar will cover NYS animal cruelty law and companion animal issues. Topics will include animal abandonment, adequate shelter and orders of protection for pets, the New York dangerous dog law, pet lemon law, and pet trusts. Bring your questions.

PERFECTING YOUR GAME GOLF CLINIC

NESCONSET

Tuesday, May 19, 7-8:30 p.m.

Join this fun-filled evening with PGA golf professional Lain Wilson and learn some basic methods and techniques to improve your game. Space limited. Register early.

MOVIES AT THE LIBRARY

SMITHTOWN

Call for dates and times

NESCONSET

Milk

Tuesday, April 28, 2-4:15 p.m.

Encounters at the End of the World

Wednesday, April 29, 7 p.m.

Call for additional dates and times

The Smithtown and Nesconset continued on page 44

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Programs Offered at the Library

continued from page 42
branches of the Library will screen a popular movie each month. Call the library for additional dates, times and titles. Register for this program.

ONGOING ADULT PROGRAMS

FREE BLOOD PRESSURE SCREENINGS

SMITHTOWN

A registered nurse will conduct Free Blood Pressure Screenings at The Smithtown Library on the second Wednesday of each month from 10:15 a.m. to 12:15 p.m. Information and answers to questions concerning hypertension, heart disease and nutrition will be addressed.

No appointment is needed. For further information, call 265-2072, ext. 208.

FREE INDIVIDUAL HEALTH INSURANCE COUNSELING FOR SENIORS

SMITHTOWN

Wednesdays, 10 a.m. by appointment only

The main branch of the Smithtown Library, in conjunction with the Retired Senior Volunteer Program, will give free individual health insurance counseling for seniors on the 2nd and 4th Wednesday of each month. Call for additional dates and times.

Appointments are necessary. Call 265-2072 ext. 208 to set up an appointment. Some topics covered will be: Medicare benefits and claims problems, Medigap insurance, long term care options, Medicare HMO's and Medicaid eligibility.

ADULT WRITERS' GROUP

SMITHTOWN

This series is the perfect opportunity for anyone who has the burning desire to write, but has trouble getting started or would like to receive constructive feedback from fellow writers. The group is scheduled to meet the first Tuesday of every month. Compare ideas on writing as well as give and receive advice, while having fun in the process. Call for dates and times.

CHESS AT NIGHT!

Tuesdays, 6:30-8:30 p.m.

SMITHTOWN

Tuesday, April 28, 6:30 p.m.

Chess for everyone... bring your mind and be ready to learn the ultimate game of mind strategy. Basic instructions and chessboards will be provided... all are continued on page 46

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Programs Offered at the Library

continued from page 44
welcome. Children under 12 must be accompanied by an adult. You will meet every other Tuesday at the Main Branch of the Smithtown Library from 6:30 to 8:30 p.m. Call for dates. Register for this program.

CROCHET & KNITTING

Mondays, 7-8:30 p.m.
Wednesdays, 11:30 a.m.-1:30 p.m.

SMITHTOWN

Monday, April 27, 7 p.m.

Call for additional dates. Please register for this program by calling 265-2072, ext. 208.

QUILT AT THE LIBRARY

SMITHTOWN

In this monthly series you can share and learn about quilting. The group meets the first Saturday of the month at the main branch

from 10 a.m. to 2 p.m. Call for dates. Please register for this program by calling 265-2072, ext. 208.

BOOK DISCUSSION GROUPS

SMITHTOWN

NESCONSET

Call for books, dates and times.

LIBRARY ART GROUP

SMITHTOWN

Thursdays, 11:45 a.m.-2:30 p.m.

Come to the Smithtown Branch of the Library on Thursdays from 11:45 a.m. to 2:30 p.m. and join this group. Work on various art projects in a relaxed and informal atmosphere. Call the Library for supplies needed.

DEFENSIVE DRIVING CLASSES

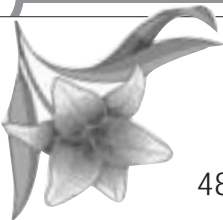
The Smithtown Library offers two Defensive Driving classes in conjunction with the New York

State Safety Program. After the successful completion of this course, attendees may receive a discount on their automobile insurance and point deduction from existing violations on their driver's licenses.

There is a fee of \$35 (check only) which is non-refundable. Licensed drivers of all ages are eligible to participate in this course (under 50). Call for dates and additional info.

An AARP Defensive Driving class will be held at three of the Smithtown Library branches on a rotating basis — Smithtown (January, April, July, October), Commack (February, May, August, November) and Nesconset (March, June, September, December). There is a fee of \$12 AARP members; \$14 non-AARP

continued on page 48



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EDUCATIONAL ENTERTAINMENT

Programs Offered at the Library

continued from page 46
members (check or money order only) which is non-refundable for drivers 50+ years.

Call for dates.

Register at the Circulation Desk of the the branch you wish to take the program. Space is very limited, registration is on a first-come first-served basis.

TEEN PROGRAMS

Call the Library for additional information.

Teen Wii

NESCONSET

Tuesday, April 28, 4:30-5:30 p.m.

Challenge your friends to a video game.

Teen Writers Club

NESCONSET

Call for dates and times.

For young adults interested in creative and professional writing.

Book Discussion Group

NESCONSET

Call for books, dates and times.

Floral Cupcake Bouquet

SMITHTOWN

Thursday, April 23,
4:30-5:30 p.m.

Age: Teens, grades 6-12

Learn the art of making different flowers with icing, then put them on a total of 4 cupcakes to make a delicious flower arrangement. Materials fee: \$5 per person, due at in-person registration. Seating limited.

Crafts With Kids (volunteer opp)

SMITHTOWN

Saturday, April 25,
12 noon-4 p.m.

Volunteer for up to 1-2 hours to

work on crafts with kids. Register at the reference desk.

CHILDREN'S PROGRAMS

Register in person or by phone for all Children's Programs:

Smithtown

265-2072, ext. 248.

Nesconset

265-3994

Call the library for dates and times and age restrictions for ALL programs.

Visit the Library website at www.smithlib.org for a complete program listing and additional details or go to the library and pick up a program flyer.

For School Age Children

A variety of literature-based programs which include a wide range of activities are offered throughout the school year. Each
continued on page 50

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EDUCATIONAL ENTERTAINMENT

Programs Offered at the Library

continued from page 48

children's department provides specialized programs, unique to each branch. Contact your local children's librarian for details or visit the library website at www.smithlib.org.

Art Starts

NESCONSET (2-3 years)
Call for dates and times.
Stories and multi-sensory art experience with paint, clay and more.

Book Babies

NESCONSET (6-15 months)
Friday, April 24, 1 p.m.
Songs, rhymes and a story.

Books and Bites

NESCONSET (grades 4-5)
Thursday, April 23, 4:30 p.m.
Children's book discussion group.

Family Film: Viewer's Choice All ages with an adult

NESCONSET
Call for dates and times.

Lego Club

NESCONSET (grades 2 & up)
Wednesdays, April 22,
4:30 p.m.
Call for dates and times.
Build and create things using legos.

Mother Goose Rhymetime

SMITHTOWN (birth-35 months)
10-10:30 a.m.
Call for dates
NESCONSET (birth-2 years)
10:30-11 a.m.
Call for dates
A children's librarian leads you and your child in reciting, singing and reading Mother Goose rhymes, which are the cornerstones of literature and cultural heritage.

My Grown Up and Me

SMITHTOWN
Fridays, April 25, 10 a.m.
Call for dates and times.
Play time, a craft and stories for older toddlers.

One is Fun

NESCONSET (12-23 months)
Wednesdays, April 22, 29,
10 a.m.
Enjoy stories, rhymes and songs during this interactive story time with parent/caregiver.

Open Craft Days

SMITHTOWN
Saturdays, April 25, 10 a.m.
Make some crafts.

continued on page 52



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Dr. Robert Kenny, artist, educator, writer and historian. A retrospective of paintings he completed while living on Long Island. His work is held in private collections throughout the U.S., as well as Great Britain and Belgium.

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Hank Altenkirch: Master Rod Builder
MAY 16 • FEE

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"Discovery" Wetlands Cruises

MAY 22 - OCTOBER 25 • FEE

Enjoy a morning, midday or sunset cruise on our 35-passenger pontoon boat through an 88-acre wetlands preserve for a 1 1/2 hour tour.

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Programs Offered at the Library

continued from page 50

Pajama Story Time

SMITHTOWN

(3-6 years w/parent/caregiver)

Call for dates and times

Children are invited to come for a special evening of stories, finger-plays and song in pajamas. Siblings are welcome. No registration is required.



Picture Book Story Time

SMITHTOWN (4-5 years)

Thursdays, April 23, 30, 11 a.m.

Call for dates and times

Stories, songs and finger plays for pre-school children. No siblings please.

Stories and Crafts

NESCONSET (3-1/2-5 years)

Call for dates and times.

Enjoy listening to stories and make a craft to take home with parent/caregiver.

Tales and Toy Time

SMITHTOWN (3 years)

Mondays, 10 a.m. - April 27

Free play, craft and stories. With parent/caregiver.

Toddler Time

NESCONSET (2-3 years)

Mondays at 11 a.m.

Call for dates and times.

Have fun with stories, finger plays and crafts with parent/caregiver.

Webkinz Fun

SMITHTOWN (family - all ages)

Saturday, April 25, 10 a.m.

Bring your own Webkinz for a special story time. One Webkinz per person.

Wonderful Ones

SMITHTOWN (1 year w/parent/caregiver)

Wednesdays, April 22, 29, May 6, 13

10 a.m.

Free play, with time set aside for rhymes, songs and stories.

Young Writers Group

SMITHTOWN (grades 4-6)

Tuesdays, April 28, May 26, June 23,

4:30 p.m.

Love to read and write? Share some stories and writing ideas.

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Little Shelter Animal Rescue, 33 Warner Road, Huntington, New York 11743 - 631-368-8770 x205 and Superior Martial Arts, 80 Lake Avenue South - suite 17, Nesconset, have teamed together in the *KARATE WITH A CAUSE* donation program. Proceeds will assist Little Shelter continue their mission of helping abandoned and abused animals. For each new enrolling student, Superior Martial Arts will donate 10% of the total paid program tuition to Little Shelter.

Sensei Gregg Stevenson, of Superior Martial Arts, is a veteran Suffolk County police officer, drug abuse prevention officer (D.A.R.E.) as well as a certified self defense martial arts instructor. He has assisted Little Shelter in the past while assigned to the 2nd Pct. in Huntington. As the



owner of Superior Martial Arts, he regularly sponsors community service projects, along with his students, as part of the character development aspect of their martial arts training.

If you would like to enroll in one of the many programs at

Superior Martial Arts and help support Little Shelter, call Sensei Gregg Stevenson at 862-1400 or visit www.SuperiorKenpo.com for more information. Make sure to mention Little Shelter's "Karate For A Cause" when enrolling.

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NESCONSET. \$379,000.

Smithtown SD #1. Very well maintained, immaculate home. Clost to mall. H/W floors, full basement, windows & appliances 2-3 years! Roof 10 years, 3 BRs, 2 baths, garage, ready to go!



SMITHTOWN. \$179,000.

Great Upper Unit in Smithwoods. New bath, large living room, eat in kitchen, parking on premises, large private attic. Close to all.

Little Shelter Still Needs Your Support

by Jodi Record

Little Shelter has been a part of the community for 82 years and with your help and support we are confident that we will be here for another 82 years. As we've already told you, the economy has hit us very hard – our donations are down by 50% but we're not putting our "tail between our legs" and running away... we are staying here to continue our life-saving work!

We asked for help and so many of you answered the call. Thank you for your support and belief in what we do for both the animals at Little Shelter, and the animals in our community!

With the recent closing of one Long Island shelter, and one metropolitan New York shelter, more and more animals will be needing our help. Your continued sup-



port is critical so that we can continue to provide a safe environment for those animals until a loving home can be found.

Please dig deep and make a life-saving donation, organize a fundraising event, a canned food drive, sponsor a dog or cat, or volunteer your time to help us take care of the hundreds of animals we house. Remember that 80% of every dollar we receive in donations goes directly to the animals.

Help us to provide a warm and loving safe-haven for many years to come!

For more information call 368-8770, ext. 205 or email jodi@littleshelter.com. To make a donation send your check or money order to:

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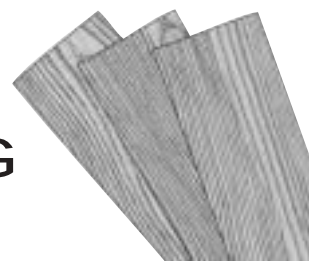
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DESIGN IDEAS: The Healing Power of Home



by Natalie Weinstein,
Allied ASID

At the end of February, I took an unexpected vacation. My sporadic troubling acid reflux turned into a hernia so large that surgery was required to put my stomach and small intestine back where they belong and repair a huge hole in my esophagus with pigskin. (Do you think playing football is in my future?) Laparoscopic surgery was performed under the miraculous hands of Dr. Gary Gecelter, the head of surgery at St. Francis Hospital, and I was deemed well enough to go home two days later. Ah – home – my four letter comfort word.

Home is where the heart is – as well as your own bed and shower. Brought home by my two handsome California sons, who stopped their lives for me, and my husband, Bernie, who rushed home from Florida where he was taking treatments, I was helped into my sanctuary. Here I had spent the last three weeks alone, but not really lonely. The hectic life I lead is always filled with people and my organized, well planned and well, if I may be so immodest, lovely home always gives me the nurturing

feeling I need to recharge and renew.

Helped to bed by my adoring family, my last view of my bedroom was of a space where clutter was gone, everything was put away and the backyard scene through my window was one of peace and serenity. And so I slept.

Awakening several hours later, I did something amazing. I almost sat up. I called out to the voices in the kitchen. (My subjects seemed to have forgotten to give Her Highness a dinner bell to ring). Being totally ignored, I managed with great effort to get out of bed and make it to the bedroom doorway, from where I could see the entry foyer, dining room and kitchen table. My world was covered with coats, bags, computer this, laptop that, and I don't know what else. I carefully made my way through the minefield into the kitchen to find that area filled too – with animated talk, large handsome bodies – and – a sink full of dishes. (When had they even had a chance to EAT?)

Greeted, fawned over and fed (the beginning of a week I can only describe as "carbohydrates chaos"), I was soon returned to my bedroom to rest and be protected from the invader of my healing, the telephone. Shortly after I was visited by my two handsome offspring announcing they were going shopping for the things on my "required eating" list and I was ordered to rest. (I can do that... maybe). Morning came early and by 5 a.m. I couldn't lie in bed another minute, so I slowly made my way out of the bedroom, closing the door behind my sleeping husband. My sons were out for the count in the upstairs guest rooms. I shall always remember the scene before me when I admonish my clients and seminar attendees and yes, even you,

dear reader, about the evils of clutter and how it can creep up on you, attack your powers of rational thinking, blind you to reality, invade your body... well, you know what I mean. From the soda cans on the coffee table to the "not a single space on the kitchen counter," to clothes, shoes, computers, black bags everywhere, my serene and nurturing space seemed to be laughing at me, or rather saying, "gotcha."

Thanks to the amazing healing powers of the human body (or my type A, compulsive neat gene) by the time my family awakened, I had almost turned my house back into my nurturing home. As we gathered around the table for breakfast and I laid down the law to my darling houseguests and loving husband, I could see them sharing a smile and a look that said, "Mom's back!"

My heartfelt thanks to Dr. Zvi Alpern and my amazing surgeon Dr. Gary Gecelter and the wonderful medical teams at St. Catherine of Sienna, Smithtown and St. Frances Hospital, Roslyn for giving me back my life. Thanks to all for your good wishes, lovely flowers and many phone calls.



Editor's Note:

Natalie Weinstein is president of Natalie Weinstein Design Associates and the Natalie Weinstein Home Decorating Club with over 15,000 members on Long Island. If you have a design question or would like to become a member, visit www.nataliesclub.com, call 631.862.6198, or e-mail nataliesclub@aol.com. Hear "Design Tips by Natalie" on WALK 97.5 FM, "Home Show" on WALK 1370 AM, Sundays from 10-11 a.m. and podcast 24/7 on walkradio.com, keyword Natalie.

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**For questions,
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HOME & GARDEN

NATURALLY SPEAKING: Get Out and Enjoy the Beauty Around Us

by June A. Liardi

The beautiful month of May is almost here. A short name for a month packed with so much beauty.

Sow some arugula, lettuce or spinach while the soil is still on the cool side. Put in some beets, carrots, and radishes too.

The 15th is our *safe planting* date, so that is the time you can start planting those impatiens you've been so impatient to plant. The other heat-loving plants can go in also.

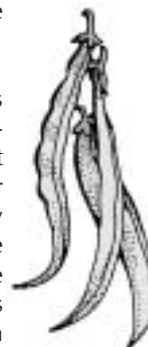
If you have chrysanthemum plants, pinch them back so they will grow full and bushy.

Tis the season of the slug wars. Those slimy creatures can quickly devour your prized vegetable seedlings or your expensive perennials. Dry soil deters slugs, so water in morning so things will dry out by nightfall. You can dust a ring around individual plants with coffee grounds as caffeine is a slug repellent. Also helpful is wood ashes and crushed eggshells. The copper strips sold in garden centers are also effective.

Plants that slugs tend to avoid are garlic, chives, mints, ginger and red lettuces. Try planting these around other garden plants to keep the slugs away.

If you are not sure about planting a vegetable garden the following five vegetables are some of the easiest to start from seed outdoors. With nutrient rich soil and regular watering, these will provide bumper harvests for you.

BEANS: You can grow small bushes or pole beans in various types and colors. Pole beans can grow 6 to 8 feet and generally produce over a longer period of time than bush beans. They also occupy no more space because they grow up. Construct a simple bamboo tepee and plant 2 or 3 beans around each pole. Plant bush beans in rows about 2 feet apart. For a longer harvest, sow bush beans every 3 to 4 weeks until mid summer. Pick beans often for a greater harvest.



CUCUMBER: You can grow slicing or pickling cucumbers. Grow them on a trellis, mesh fence or in a cage to save space. The cucumbers will grow straighter this way also. Sow seeds and then thin to about one foot apart. Gently guide the plant's tendrils on to the trellis. Water well through the season and pick fruit when it is small, from 4 to 8 inches long.

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Get Out and Enjoy the Beauty Around Us

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PEAS: These are generally started in early spring as they grow in cool weather. You can, however, sow some in the late summer. These are vining plants so use a short trellis or pea fence. Plant a row on each side of the fence to make harvesting easier. Pick often when young and tender.

RADISHES: This is one of the easiest vegetables to grow. There are so many varieties to choose from. They prefer the cool days of spring and late summer. Radishes mature in 25-28 days so sow

seeds sparingly, two to three times 10 days apart. You can sow the seeds between rows of other vegetables such as beets, carrots or onions. You can even snip off the young, tender leaves to throw into a salad.

SUMMER SQUASH: As you may know, summer squash plants produce quite an abundant amount of fruit. It grows as a bush and needs space to spread out, about 3-4 feet. Plant 3-4 seeds in a hill or group about 3-4 feet apart. Thin each hill to the strongest two seedlings for the best tasting squash, pick when young and small. Don't be surprised at the size of your squash if you fail to check the garden for a few days.

Make sure to get the kids and whole family outside every day this summer, and not to just run

into the air-conditioned car. Cultivate a real appreciation and wonder of the natural world around us. Have a meal outside or have after dinner desert on the lawn. Put on the outdoor fire-place and toast a marshmallow or two.

Take a walk into the garden to see what is new. Stop to watch the ants dig a tunnel. Look at the pollen caught on a bumble bee's legs as he goes from flower to flower. Lie down in the garden and see the amazing miniature world under our feet. Sit very still and just listen to all the sounds of nature. Take time to see the beauty all around you.

Editor's Note:

June Liardi, a St. James resident for over 30 years, is a wife and mother of three sons. June will be writing articles on gardening, nature related craft projects and family activities.

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continue to adjust each May. Prices for most shipping services, including Express Mail and

Priority Mail, were adjusted in January and will not change in May.

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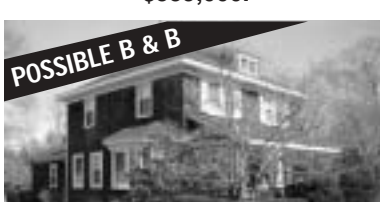
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driving skills and become a more aware, stress-free driver. The completion of the Steer Clear program can result in up to a 15% discount on the driver's auto insurance. Drivers under the age of 25 are eligible for the discount; the program takes around 60 days to complete.

To begin the program, drivers must meet with their State Farm agent to receive the Steer Clear kit. After meeting with their agent, drivers must complete the following activities provided in the kit: watch an 11-minute video, read the Steer Clear magazine and complete a driver's log. In completing the Steer Clear Driver's Log, participants under age 18 must complete 30 driving trips with at least 10 supervised trips lasting a minimum of 15 minutes. Participants 18 years of age and older must complete 20 driving trips lasting a minimum of 15 minutes. Lastly, the participant must complete the quiz at the end of the driver's log.

Once a driver has completed these activities, the participant must again meet with their State Farm agent and return their driver's log in order to receive the discount. This program was developed by State Farm to encourage young drivers to build safe and roadworthy habits that will help them to make more responsible decisions when driving.

For more information about the Steer Clear program, contact Jim Winter, your local State Farm Agent at 584-5929.

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MONEY MATTERS: Five Reasons to Be Bullish About Financial Markets

by Scott Posner, CFP, A.A.M.S.

During a long downturn in the financial markets, it's hard for some people to be cheerful about their prospects for investment success. And that's not surprising, because a daily diet of bad news can take its toll on investors' outlooks. Yet if you look beyond the headlines, you can actually find some reasons to believe that brighter days lie ahead.

Here are five of these potential causes for optimism:

1. *Recovery may be near.* The financial markets obviously are connected to the overall U.S. economy, so it makes sense to keep an eye on how the economy is doing. As you know, we've been in the grip of a long and painful recession

— but that may change fairly soon. In fact, the recession is likely to end in the second half of 2009, according to a majority of the economists surveyed by the influential National Association for Business Economics. And since the stock market has historically anticipated an economic recovery by about six months — and begun responding favorably — now may not be the time to abandon your long-term investment strategy. Of course, past performance is not a guarantee of future results.

2. *Market rallies can happen quickly.* No one can predict the exact moment a sustained market rally will begin — but

history has shown that rallies can start quickly and take off sharply. Consider this: In the first year of a recovery, investors have recouped an average of 82% of what they lost in the entire prior bear market, according to Standard & Poor's. And since 1932, the S&P 500 has gained an average of 46% in the year after stocks have hit bottom. Keep in mind, though, that we have experienced a larger-than-usual drop in the market, so you shouldn't necessarily expect a rally to produce these results. Still, if you are out of the market when it does rally, you are likely to miss some of the strongest returns.

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Five Reasons to Be Bullish About Financial Markets

continued from page 70

3. *Low prices may mean good opportunities.* By almost any traditional measure of value, investments are now very attractively priced. And when prices are low, returns over the long term tend to be higher. Keep looking for quality investments – like other investments, they've been hurt by the downturn, but if their fundamentals are still sound, they could offer the greatest potential for long-term rewards.

4. *The Treasury and Fed are working overtime to support the U.S. financial system.* While the problems of resuscitating our financial system are enormous, and the solutions are not clear-cut, the

Department of the Treasury and the Federal Reserve are working hard to support the credit markets, boost liquidity, lower mortgage rates and take other steps that can ultimately benefit the economy and the investment markets.

5. *Low inflation can help boost "real" returns.* Inflation, as measured by the Consumer Price Index, is currently close to zero. As an investor, you have reason to welcome a low inflation rate, because when inflation is high, it can erode the "real" returns of your investments. Consequently, you may be rewarded by investing in vehicles that, for the moment, are producing only modest returns.

Keep the above factors in mind when you make investment decisions. Remember, if you're going to help achieve your long-term goals, you will likely need to keep investing in even the gloomiest of markets – and, as we've discussed, there might be more than a few rays of light ready to pierce the clouds.

Editor's Note:

Money Matters is a monthly feature written by Scott Posner, CFP, A.A.M.S., an investment representative with Edward Jones Investments. This 130-year-old firm has over 10,000 offices around the world with one here in town at 542 North Country Road in the Old St. James School House. Mr. Posner has serviced both personal and institutional investors for over 17 years. For more information, a schedule of free investment classes or to request topics for future columns, call 862-2020.

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PLANNING FOR THE FUTURE: Ensuring Your Wedding Dreams Come True

submitted by Lawrence Glazer, CLU, ChFC, LUTCF

From the very moment of your engagement, your and your future spouse's lives change forever. There are decisions to make, compromises to reach, families to mesh. With all the excitement and joy comes an assumption of new financial responsibilities as well. Being prepared for the financial changes a marriage will bring can only increase the comfort with which you adapt to your new role. Taking care of certain things early on can help you start off your married life on the right foot.

Wedding and Honeymoon Expenses:

Weddings can be expensive. When you and your spouse return from your honeymoon, set up a timeframe in which any remaining expenses from your wedding – such as those on credit cards – can be paid off, whether with gifts received or otherwise.

Changing Beneficiaries:

It's important to dig out any old insurance policies, as well as documentation for your 401(K) and/or other retirement plans and update the beneficiary information on each.

Existing Bank Accounts:

To some extent, you and your spouse will probably consolidate your finances. Review the terms of your existing bank accounts. Should you keep them? Close them? Open a joint account at the same bank?

Health and Auto Insurance:

Assess your existing health and auto insurance. In many cases it will save you and your spouse a significant amount of money to obtain joint coverage.

Name Change:

If you or your spouse change your last name, make sure it's done on your credit cards, tax forms, driver's license and passport, Social Security card, and voter registration card, as well as on bank accounts and insurance policies.

Homeowners' or Renters' Insurance:

If you haven't already done so, make sure you've protected your home and other valuables with homeowners or renters insurance. In addition, extend coverage to the wedding gifts you receive and obtain coverage for your engagement and wedding rings.

Student Loans and Credit Card Debts:

Assess how much money you

and your spouse owe. Consolidating assets can also mean consolidating liabilities. Plan a budget to manage any debts you and your spouse may have.

Mortgages and Other Loans:

Always make sure you've saved enough so that your mortgage, car payments, and/or other loan payments fit into your household budget.

Life Insurance Policies:

Getting married greatly increases your need for life insurance. Make sure both you and your spouse have the coverage you need.

In preparing for your financial future as a married couple, you will have to take care of many details pertaining to things old, things new, and things borrowed. Being prepared and proactive will help ensure you won't need to deal with the wedding blues.

This article is for informational purposes only. For further information on how insurance and financial products can help you prepare for the future, please contact your insurance professional.

Editor's Note: Lawrence Glazer, CLU, ChFC, LUTCF, a St. James resident, is a New York Life Insurance Company Agent and can provide additional information on insurance and other financial products that can be used to help you prepare for the future. Call him at 391-3490.



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Should Seniors Transfer Their Home to Children?

by John L. Belford, Jr. Esq.

Seniors often consider transferring their homes to their children with a reserved right to live in the home for the rest of their lives. There are two common forms of the transfer of the home, namely, (a) a deed to children with a retained life estate, and (b) a deed to a trust created by the parents that provides that the parents have the right to reside in the home for their respective lives and on the death of the second to die the home becomes the sole property of the children.

The usual purpose for the parents to transfer their home to their children is to protect the home for the costs of long-term care. Long-term care costs approximately \$10,000 per month.

If the parents cannot pay for long-term care then Medicaid

will pay for long-term care costs. Medicaid will impose a lien on the home for all of the payments it makes for long-term care. However, that lien will not be enforced for as long as either of the parents is residing in the home. Accordingly, the transfer of the home does not in any way affect the parent's right to reside in the home for life.

If both spouses cease to reside in the home, then Medicaid will enforce its lien upon the home which often would result in the sale of the home and the recapture of payments made by Medicaid from the sale proceeds. The balance of the proceeds, if any, would be paid to the parents or, if they are not surviving, to their estate. If that fund is depleted, Medicaid will again pay the long-term care as needed.

Transfers to children are designed to allow the parents to receive long-term care from the government without first depleting all the equity in their home, so that the children can receive a larger inheritance. The other side of the coin is that the taxpayers pay more. Nonetheless, Medicaid planning is part of the federal law and the taxpayers should avail themselves of all benefits that the law provides.

Editor's Note:

John L. Belford, Jr., Esq., has been practicing law for 39 years, with 32 of them here in St. James at 217 Lake Avenue at the corner of Woodlawn and Lake Avenues. A graduate of Columbia Law School, John specializes in real estate, wills & estate planning and elder law. For additional information, call him at 862-8600.



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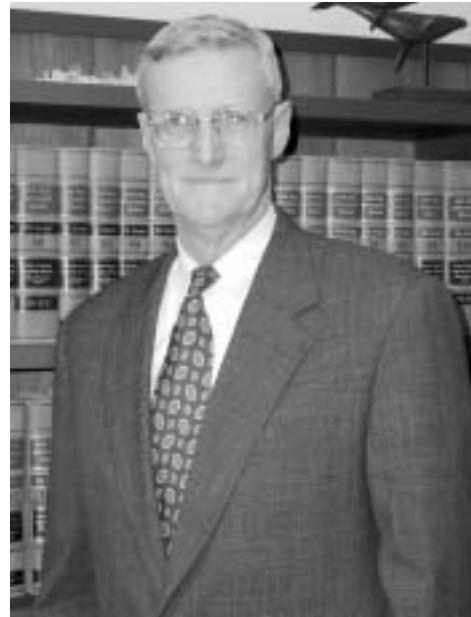
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Outgoing Assistant Cubmaster Jerry Herrmann, pictured at the podium, was honored for his service to the Pack.



George Kraus is pictured at the bridging ceremony.

Pack 228 Marks 50th Anniversary

St. James Cub Scout Pack 228 celebrated its 50th anniversary Sunday, March 8, 2009 at its annual Blue & Gold Dinner held at Villa Lombardi's in Holbrook.

On hand to mark the occasion

was Charles Goulding, who was one of the original Cub Scouts of the Pack when it was formed in 1959 in St. James and now lives in Oyster Bay Cove.

There were 53 scouts on the

roster in 1959. Today there are 105, and Pack 228 is one of the largest Packs in Suffolk County. Over the years, a thousand Cub Scouts have worn the number continued on page 80

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HEALTH VIEWS:

By Gregory R. Thomaier, D.C., C.C.S.P.

This article is part of an ongoing series presented in order to bring you the very best and latest information about exercise, health and diet.

Headaches (part I/III)

Headaches affect just about everyone at some point and they can present themselves in many different ways. Some people only experience pain in one part of their head or behind their eyes, some people experience a pounding sensation inside their whole head, and some people even experience nausea, while others do not. The pain itself may be dull or sharp and may last for anywhere from a few minutes to a few days. Fortunately, very few headaches have serious underlying causes, but those that do require urgent medical attention.

Although headaches can be due to a wide variety of causes, such as drug reactions, temporomandibular joint dysfunction (TMJ), tightness in the neck muscles, low blood sugar, high blood pressure, stress and fatigue, the majority of recurrent headaches are of two types: tension headaches (also called cervicogenic headaches) and migraine headaches. There is a third, less common, type of headache called a cluster headache that is a cousin to the migraine. Let's start out this month by taking a look at tension headaches. In part II we will take a look at the migraine and cluster headache and in part III we will discuss how chiropractic can help.

Tension Headaches

Tension type headaches are the most

common, affecting upwards of 75% of all headache sufferers. Most people describe a tension headache as a constant dull, achy feeling either on one side or both sides of the head, often described as a feeling of a tight band or dull ache around the head or behind the eyes. These headaches usually begin slowly and gradually and can last for minutes or days, and tend to begin in the middle or toward the end of the day. Tension headaches are often the result of stress or bad posture, which stresses the spine and muscles in the upper back and neck.

Tension headaches, or stress headaches, can last from 30 minutes to several days. In some cases, chronic tension headaches may persist for many months. Although the pain can at times be severe, tension headaches are usually not associated with other symptoms, such as nausea, throbbing or vomiting.

The most common cause of tension headaches is subluxations in the upper back and neck, especially the upper neck, usually in combination with active trigger points. When the top cervical vertebrae lose their normal motion or position, a small muscle called the rectus capitis posterior minor (RCPM) muscle goes into spasm. The problem is that this small muscle has a tendon which



slips between the upper neck and the base of the skull and attaches to a thin pain-sensitive tissue called the dura mater that covers the brain. Although the brain itself has no feeling, the dura mater is very pain-sensitive. Consequently, when the RCPM muscle goes into spasm and its tendon tugs at the dura mater, a headache occurs. People who hold desk jobs will tend to suffer from headaches for this reason.

Another cause of tension type headaches comes from referred pain from trigger points in the Sternocleidomastoid (SCM) or levator muscle on the side of the neck. These are much more common in people who suffer a whiplash injury due to the muscle damage in the neck region.

Numerous research studies have shown that chiropractic adjustments are very effective for treating tension headaches, especially headaches that originate in the neck.

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- Headaches



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Pack 228 Marks 50th Anniversary

continued from page 78

228.

On Sunday, the Pack graduated 18 scouts in a traditional Arrow of Light ceremony. The graduating scouts were: Greg Becker, James Bindert, Michael Brooks, Nicholas Colucci, Graham Cono, Rafael DeJesus, Joseph Feldman, Connor Hadel, Grant Hermann, Bryan Levie, Jacob Levie, Michael Lynn, Joseph Madonia, Conor McNicholl, Kyle O'Hara, Luke Panasci, Erik Stickevers and Matthew Wasp.

Outgoing Assistant Cubmaster Jerry Herrmann was honored for his service to the Pack. The Pack also awarded the Bobcat Badge to 26 new scouts, in a ceremony led by Mr. Goulding. A magician entertained the scouts, and the Pack raised funds through a



Eighteen scouts from Pack 228 graduated in the traditional Arrow of Light ceremony.

Chinese auction. The Pack is sponsored by the St. James VFW,

which gave the invocation.

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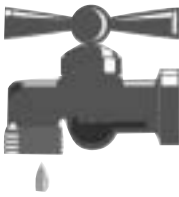


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Before You Leave For College...

by Linda De Motta

Recently, I asked a few college freshmen and sophomores if they wished they had learned some important knowledge before they went to college. Here are some of the more common responses:

- **Laundry:** Inevitably, some of the whites came out of the washing machine light blue, pink or gray; just as inevitably, some sweaters came out of the dryer several sizes smaller than they had been originally.
- **Healthy Lifestyle:** It's called the *freshman 15*; fast food diets, late night snacks during study time, soda, coffee, no required gym classes, sleeping through classes can all

contribute to weight gain, sluggishness, colds and a general drop in over health and energy.

- **Driving with a GPS:** Some students were allowed to bring their cars to school (this is not common for freshmen, by the way) but needed to gain experience driving in a new town/city/rural area using a GPS. Some states are writing new laws regulating the use and positioning of GPS devices in cars.
 - **Time Management:** Without the structure of high school and parents reminding them to get their work done, students
- continued on page 84



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WHO SHOULD ATTEND? High school seniors who will be making the transition from high school to college as well as current college students who are struggling in college.

WHAT SHOULD I BRING WITH ME? A laptop computer with wireless internet access (if you do not have one, come anyway and we'll have you look on with someone else)

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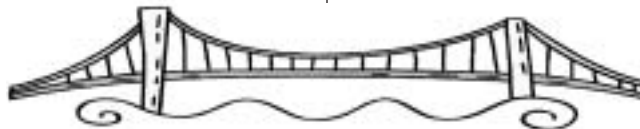
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Before You Leave For College...

continued from page 82

became overwhelmed with school work, poor sleeping habits and making choices between doing work and hanging out with friends.

- **Library Research:** Research sources such as dictionaries and encyclopedias are not acceptable in college assignments. Students needed to know which resources were acceptable as "scholarly" and which were not.
- **Writing:** The most common first answer the students gave me was, "How to write an essay that is more than five paragraphs." Additionally, the students discussed writing rules, style and mechanics that they wished they had learned.

All of these students noted that, coming from Long Island schools, they felt that they had been well prepared academically for college. They felt a sense of confidence once they realized how much they had learned in their previous 12 years of schooling. One of them said, "It's funny how you appreciate stuff after the fact; if I could go back and do high school again, I think I'd pay more attention to things like how to write papers and how to take notes." Interesting point.

Before seniors leave for college, they may want to figure out how they are going to live on their own so that they make a smooth transition to college. Living on one's own can seem so simple, but small tasks such as laundry and eating are not as easy as they might appear. For

instance, some schools still use coin operated laundromats, so students need to save up their quarters. For time management and academic skills, students can begin practicing some strategies now and throughout the summer. As for healthy living habits, well... aside from the school meal plan, getting exercise, making new friends, seeking on-campus resources for help, and having a comfortable pillow to sleep on, sometimes the best help comes in the occasional care package parents send from home!

Editor's Note:

Linda De Motta is the owner of Bridge College Consultants, LLC, a local area service specializing in private college consulting and academic coaching. She can be contacted at bridgecc05@gmail.com or by calling 516-662-1612.



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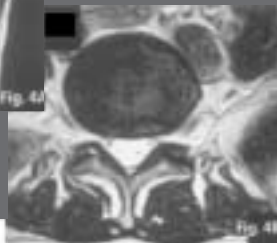
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AFTER SPINAL DECOMPRESSION



Fig. 4: Post-spinal decompression T2-weighted mid-sagittal (A) and axial (B) MR images through the L5/S1 levels obtained using an upright weight-bearing position. Observe that there has been complete resolution of the previous extruded disc herniation at the L5/S1 level. These images were performed approximately 7.5 months after the first of 17 spinal decompression treatments. There was complete resolution of the patient's back and leg pain.



BEFORE SPINAL DECOMPRESSION



Fig. 3: Pre-spinal decompression T2-weighted mid-sagittal (A) and axial (B) MR images through the L5/S1 levels obtained using an upright weight-bearing position. There is a large focal left paracentral extruded disc herniation which is posteriorly displacing the left S1 nerve root. This scan was obtained prior to any spinal decompression therapy. Note that on the axial scan, there is bright signal intensity within the disc representing an annular tear.



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Eighth grade students at Mills Pond Elementary are pictured at Family Dinner Night held at the school.



Pictured at Family Dinner Night (L-R): Villa Sorrento Chef Chris, owner Sal, with PTA coordinator Pattie Machatte, and Trish from Villa Sorrento.

Villa Sorrento Night at Mills Pond Elementary

The Mills Pond Elementary School fifth grade PTA, under the direction of Pattie Machatte and Mary Scannell, hosted a Family Dinner Night fundraiser at the school on March 26. All the families from Mills Pond Elementary had the opportunity to enjoy the fabulous food provided by Villa Sorrento Restaurant

of St. James.

The evening was a great success thanks to all who worked so hard to make this happen.

Special Thanks goes out to Sal Coppola, owner of Villa Sorrento and his staff for hosting this event.

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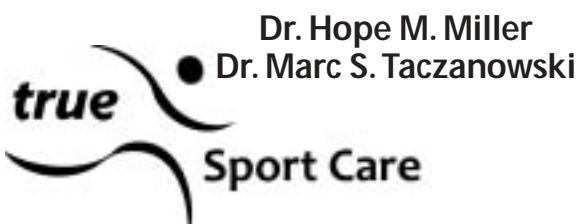
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S P O R T S



Energy Fitness Shows the Truest Spirit of Caring

March was a busy month for the folks at Energy Fitness as staff and patrons raised awareness and funds for *FRIENDS OF KAREN*, a tri-state children's charity with an office in Port Jefferson that provides financial, emotional and advocacy support to families with children with cancer and other life-threatening illnesses.

A spinathon was held on March 8 at Energy Fitness in St. James, where spinners and spon-

sors came together and raised more than \$2,500 that will directly benefit families who are assisted by Friends of Karen's Family Support Program. The staff also had one of the most festive floats at the St. Patrick's Day parade down Lake Avenue on March 14.

Friends of Karen helps their families with mortgage or rent payments, heating and electric bills, health insurance, medical copayments, prescriptions, hospi-

tal lodging costs, transportation to and from medical treatments, wheelchairs and other medical equipment as well as bereavement support. In 2008 alone, 1,285 children benefitted from Friends of Karen's services.

Both events helped serve as kick-offs for the upcoming Walk/Run for Friends of Karen at the Long Island Marathon at Eisenhower Park on May 2 and 3, continued on page 90

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S P O R T S



The Truest Spirit of Caring

continued from page 88

2009. This is the third year that Energy Fitness staff and patrons have lent their support to the Walk/Run.

"We are so pleased with the continued participation of the staff and members of Energy Fitness," said Nancy Mariano, Regional Director of Friends of Karen. "These are people who come together in the truest spirit of caring. Our families are so grateful to



Energy with Friends of Karen at the St. James St. Patrick's Day Parade. Top left, the Spinathon

special people like these in our communities."

For information on the Run for Friends of Karen at the Long Island Marathon, contact Patricia Conway at 631.473.1768 or patriciaconway@friendsofkaren.org.



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S P O R T S

Run For Friends of Karen at the L.I. Marathon on May 2 and May 3

The Run For Friends of Karen at The Long Island Marathon, a 5K Walk/Run, will be held on Saturday, May 2, 2009, for ages 11 and older; the 10K, Half & Full Marathon, will be held on Sunday, May 3, 2009 for ages 16 and older at Eisenhower Park in East Meadow, NY.

For a fun and exciting way to get some exercise while raising funds for an important charitable organization, put on your sneakers and join the Run for Friends of Karen at the Long Island Marathon.

Friends of Karen, an organization that has helped thousands of families with children diagnosed with cancer and other life-threatening illnesses for 30 years, is organizing their team and encourages families to join them for this celebrated event in the heart of Nassau County's Museum Row. Proceeds from the Run will help Friends of Karen in their continuing efforts to provide emotional, financial and advocacy support to their very special families.

For information and an application on the Run, please call 473-1768, ext. 303. For more information on Friends of Karen's services, visit www.friends-of-karen.org

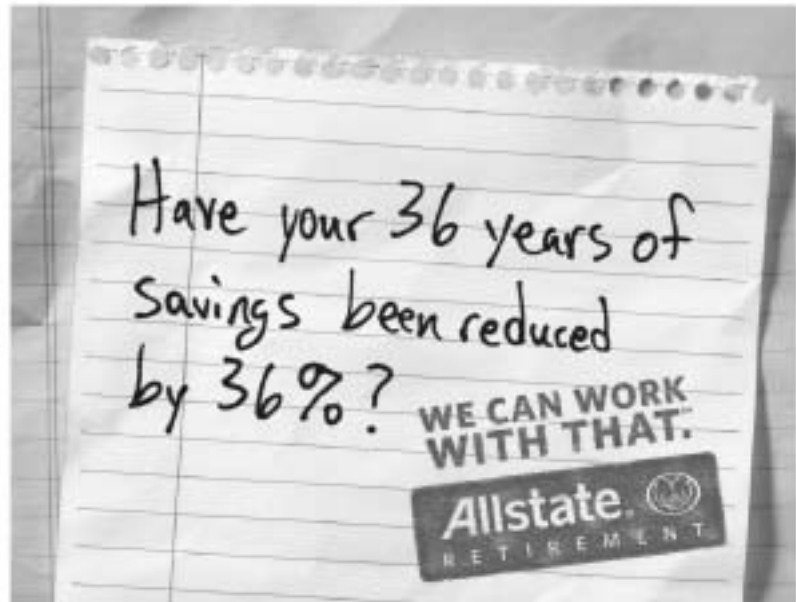
Friends of Karen is a tri-state children's charity that serves children from birth to 21 who are diagnosed with life-threatening illnesses. Last year, 1,285 children benefitted from services of Friends of Karen.

Friends of Karen provides direct financial assistance with medical and illness-related expenses such as transportation for medical treatment, childcare for siblings while parents are with their hospitalized child, household expenses and rent or mortgage payments, bereavement services, as well as living expenses for parents in out-of-state hos-

pitals, telephone, television services and parking.

Friends of Karen began in 1978 when family friends came to the aid of a couple and their 16-year-old daughter, Karen, who was

terminally ill. A fund-raising campaign for medical and other costs enabled Karen to spend her precious last days at home surrounded by loving family and friends.



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S P O R T S

Families Walk For Hope 2009 on May 2

John T. Mather Memorial Hospital presents *FAMILIES WALK FOR HOPE 2009* benefitting the Fortunato Breast Health Center at Mather Hospital. Come on Saturday, May 2, 2009 to Mather Hospital in scenic Port Jefferson for a 5-mile walk (or any distance

you can do). Have fun, food and meet friendly people while walking to raise funds for the Fortunato Breast Health Center and Breast Cancer Treatment.

Participants collect donations from co-workers, friends and family members prior to the




Walk. All monies are turned in at the Walk event, so there is no need for pledges and follow up. Walkers will receive prizes based on how much they collect. The walk is open to everyone and is an ideal way for family, friends, groups and businesses to help fight this disease.

Registration begins at 8 a.m. at Mather Hospital and the Walk starts at 9 a.m. To register online go to: www.matherhospital.org/walk. For additional information or to make a donation contact Mather Hospital Public Affairs Dept., 75 North Country Rd., Port Jefferson, NY 11777, 476-2723.

Did you know... in 1990, the chance of developing breast cancer for a woman living on Long Island was one in nine... today it is one in eight, in parts of Suffolk County, one in seven. Progress has been made... but not enough. We are fighting an uphill battle. Yet we believe that we can win. Thank you for your support.

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S P O R T S

5K Memorial Run Set for April 26

The Debbie Whittemore Memorial 5K Run will be held on Sunday, April 26, 2009 at SUNY at Stony Brook. Check-in at the Sports Complex, Pritchard Gym Lobby begins at 8:30-9:45 a.m., race starts at 10 a.m. The course is scenic, mostly flat, with some hills, water stops and splits at each mile.

Entry fee is \$20 day of race. Awards in 15 age categories, as well as specialty awards. There will be an award ceremony immediately following the race in the lobby of the Sports Complex. Send name, address, phone, sex (male or female), age (day of

race), t-shirt size, note runner or walker, along with a check payable to:

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The Debbie Whittemore Endowed Scholarship Fund provides opportunities for students to receive an education and go on to lead productive and fulfilling lives.

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Coaches are Not Just For Athletes... Coaches Can Change Your Life!

by Amy J. Mannarino

Naturally, when you think of a coach, you immediately think of an athletic coach such as a football coach, basketball coach, baseball coach, and so on.... What do you call a person who sets up a partnership with a client to bring about positive change in one's life? You've got it... **A LIFE COACH!**

A life coach partners with people to help them develop and create their ideal life. People commit to making a positive change while working with a life coach. Lately, our world seems uncertain and people seem disconnected to one another. Time spent with a life coach offers the opportunity for people to reconnect with themselves and discover "something inside" that has been lying

"A (life) coach provides a foundation for real change to occur in a person's life..."

dormant.

Life coaches are quiet leaders who speak with intent. They are trained to be succinct, specific, non-judgmental and encouraging when working with a client. A coach provides a foundation for real change to occur in a person's life. Some people are ready to work with a life coach and some are not. You have to be willing to look within yourself and to answer the question, "What do I want?" When you allow yourself to nourish your inner being and learn to put yourself first, then

you are ready to create the life you deserve.

Life coaching sessions are usually by telephone and are one hour long. Clients contact a life coach when they are ready to commit to making a change, begin a journey of self examination and ultimately create the life they deserve. Why not **"BELIEVE IN YOURSELF"** and try it!

Editor's Note:

Amy Mannarino has a Master of Science Degree in Counseling from Long Island University and is trained as a Life Coach from New York University. She is a member of the Long Island Coaching Alliance and the Western Suffolk Counselor's Association. She has been counseling teenagers and parents in the Long Island community for 10 years. Her purpose is to coach clients to live their best life. Please call 631-686-5141 to arrange for a coaching session.

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June Liardi, Director



Trauma and Pre-Existing Condition of the Spine

by Dr. Linda M. Bocchichio

Chronological age has less to do with the results of injury on the body than physiological age. In general as we age, we become inherently more fragile to traumatic injuries. We all know people that age "gracefully" and others that unfortunately do not. Physiological age has an important influence on prognosis of an injury. When trauma occurs and there is pre-existing degenerative changes present, the body is at an increased risk. Some examples of degenerative changes, are: degenerative disc disease, arthritis and surgical fusions.

Factors that influence physiological age:

1. Reduced tissue elasticity. This affects how forces are distrib-

uted during a traumatic event. A flexible spine is more resilient than a stiff spine. Surgical or development fusion is also included here.

2. Decreased bone density, the more brittle the bones the more susceptible to fractures. Bone mass can be affected by early menopause, smoking, lack of weight bearing exercise and metabolic/hormonal disorders.
3. Damaged vascular beds, ligaments and tendons have limited vascularization which prolongs healing time and increases the chance of re-injury.

With increased physiological age these conditions get worse.

Examples are cardio-vascular disease, pulmonary disease, smoking, and diabetes mellitus.

In trauma it is important for a patient to understand their physiological age. It can explain the need for extended care and the need for patient involvement in their home care using stretching, exercise, ice and heat.



Editor's Note:

Dr. Linda Bocchichio is a chiropractor practicing at 105 Lake Avenue So. in Nesconset. She is the founder of the St. James Walking Club and is a former president of the St. James Chamber of Commerce. For further information, call 979-9854.



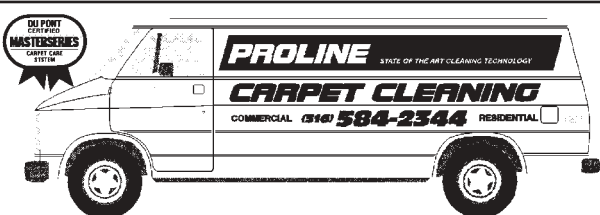
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Choosing a Caregiver for the Elderly

by Susan Marklin

What to look for when hiring a caregiver for your loved one.

As the population ages people want to stay put. Studies have shown 95% of elders ages 75 and older want to stay in their own homes for as long as possible.

With the right comforts and accommodations this dream can come true for most. One of the most important factors in the process is choosing the right caregiver.

Caregivers must be trustworthy, reliable, caring and meet the needs of the elder. References and background checks must be completed. With most family members working, checking up on their elder parents becomes difficult and time consuming. Therefore the elder and family members must have a positive sense of comfort and security when hiring a caregiver.

Caregivers' duties include shopping, taking the client to the doctor, helping prepare meals, assisting with personal care and light housekeeping.

Editor's Note:

Susan Marklin, owner of Helping Hands Home Care, based in St. James, has over 25 years experience in gerontology and is nationally certified. If you want to find out how to choose the correct caregiver for your loved one, contact her at 804-8248.



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The Eight Limbs of Yoga

by Amy Biondi

Although most people believe yoga to be a form of physical exercise, it is actually considered to be a way of life. The physical aspect of yoga is the practice of poses or asanas, but this is just one of the facets of this spiritual discipline. True yoga actually consists of eight limbs that are designed to create a union between body, mind and spirit, while leading us to a healthier and happier life that cultivates spiritual awareness. An abbreviated version of these eight limbs is as follows:

- 1. The Yamas** – These five restraints dictate how we interact with the outer world and guide us in our interaction with others.
Ahimsa - Non-violence
Satya - Truthfulness
Asteya - Non-stealing
Bramacharya - Moderation in all things
Aparigraha - Greedlessness
- 2. The Niyamas** – These observances dictate how we interact with ourselves and our internal world. The practice of the niyamas helps cultivate the energy that is harnessed in practice of the yamas.
Saucha - Cleanliness and Purity
Santosha - Contentment



Tapas - Spiritual Heat, Austerities
Svadyaya - Self Study
Isvara Pranidhana - Surrender to God

- 3. Asanas** – The practice of the physical postures that most people recognize to be “yoga” are actually just one part of the whole discipline. It is this aspect that improves strength, balance, flexibility while promoting good health.
- 4. Pranayama** – The control and direction of the ingoing and outgoing breath which helps realize relaxation and balance of body systems. Pranayama is integrated with asanas and is considered to be the highest form of purification and self discipline for the body and mind.

5. Pratyahara – Transcendence of the senses. This implies a withdrawal of our senses from external objects, a process that happens almost immediately in meditation. In practicing non attachment we can return to the path of inner peace.

6. Dhyana – Meditation. When the body has been tempered by the Asanas and the mind has been refined by Pranayama and the senses transcended by Pratyahara, then this next stage can be fulfilled where we can hold our focus in one direction.

7. Samadhi – Self realization and union with the Divine. This final stage is very difficult to attain and can only be achieved through the practice of all the limbs. It refers to the union that is “true yoga.”

The practice of all the eight limbs of yoga does not seek to change the individual. Rather, the practice of yoga reveals the natural state of health and integration that is already there within each of us.

Editor's Note:

Amy Biondi is a licensed massage therapist, yoga instructor, Reiki practitioner and professional labor support doula. She can be reached at 631-678-8436.

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Markowski / Reynolds Exchange Marriage Vows

Mr. and Mrs. Ben Markowski, of St. James, are happy to announce the marriage of their daughter, Andrea Markowski, to Frank Reynolds, son of Mr. and Mrs. Francis Reynolds. Andrea and Frank exchanged wedding vows on February 15, 2009 at Sts Philip and James R.C. Church in St. James with Fr. Tony Stanganelli officiating. A reception followed at Villa Lombardi in Holbrook.

Andrea is a special education teacher and was a dance instructor at Chorus Line Dance Studio in St. James. Frank is a manager at King Kullen in Commack.

All those who know and love them wish them every blessing at



Andrea and Frank Reynolds

the beginning of their lives together. We join with their friends and family in wishing them every happiness.

Wedding Folklore

- A law in 1775 said a wedding was not legal if the bride wore makeup during the ceremony.

- Wedding and engagement rings are worn on the fourth finger of the left hand because it was long believed a vein ran from that finger directly to the heart.

- Ancient Greeks and Romans said a wedding veil protected the bride from evil spirits. It has been a tradition to wear a veil ever since.

- The term "tie the knot" comes from Roman times when the bride wore a girdle tied in knots that the groom was later able to untie. Some also believe it refers to the knots of rope that were tied to form the marriage bed.



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Pietrowski / Cherney Engaged

Linda Pietrowski, manager of Capital One Bank in St. James and Hal Cherney, of Northport, are pleased to announce their engagement. Hal is the group chair for Vistage International, Inc.

The happy couple have been friends for 25 years. A June 2009 wedding is planned, with their seven children and seven grandchildren joining in the celebration.

Congratulations and best wishes to Linda and Hal from all your friends in St. James.

**Hal Cherney and
Linda Pietrowski**



Named to Dean's List

Maureen Montrose, of St. James, has been named to the Dean's List with Honors for the Fall 2008 semester at Concordia College in Bronxville, New York. In order to be named to the Dean's List a student must attain

a grade point average of 3.5 or higher.

Congratulations to Maureen from your family and friends in St. James. Keep up the great work.



**Nathanael Guerra and
Dana Flandina**

Guerra / Flandina Engaged

Louis and Peggy Guerra, of St. James, are thrilled to announce the engagement of their son, Nathanael, to Dana Flandina, daughter of Sandy and Cathy Flandina of East Islip.

Nathanael and Dana became engaged on December 20, 2008. An August 2009 wedding is planned.

Nat, a lifelong resident of St. James, graduated from Smithtown High School in 1999 and is a Nassau County Police Officer. Dana is a social studies teacher at Ronkonkoma Middle School.

Their family and friends are very happy and are joyously awaiting their marriage day.

We join with the family in congratulating the happy couple on their engagement and wish them every happiness.



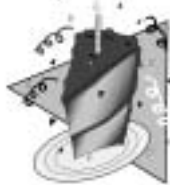


Cole

Happy 3rd Birthday to Cole "Our Little Rock Star"

Happy birthday to Cole of St. James who just turned three years old.

"Your personality sparkles and you keep us laughing everyday. You make us so proud to be your parents. Stay sweet! We love you," Daddy, Mommy, Paul, Tim and Nick.



Madelyn Patricia and
Reagan Quinn Rhoads

Double Delivery

Michael and Kellyann Rhoads, of Saint James, are proud to announce the birth of their twin daughters, Madelyn Patricia and Reagan Quinn. Madelyn Patricia (6 lbs. 2 oz., 19½ inches) and Reagan Quinn (6 lbs. 1 oz., 19½ inches) made their introduction at Stony Brook University Hospital on March 3, 2009.

The proud grandparents are James and Laura Pickering, formerly of Saint James, and James and Joan Rhoads of Lake Grove. The twins will be welcomed by their five cousins: Shannon and Kerrin Pettit, Emma and Ava Eicholtz, and Alexa Pickering.

Congratulations and best wishes from your friends and neighbors in St. James.

Enrolled at Eastern University

Abbey and Bryce Bertothy, of St. James, have enrolled at Eastern University in St. Davids, PA.

Abbey is a graduate of Smithtown High School East where she was a member of the National Honor Society, Spanish Honor Society, Tri-Music Honor Society, chamber orchestra and chorus, and the soccer team.

Bryce, a graduate of Smithtown High School East, received Highest Honors, a business award, and the "Heart of the Bull" award for Varsity soccer.

They were both awarded the Presidential Scholarship by Eastern University. Abbey hopes to major in social work and early childhood education.

Both Abbey and Bryce are the children of Brian and Alison Bertothy.

Eastern University is a Christian university of the arts and sciences, enrolling approximately 4,000 students in its undergraduate, graduate, professional, urban, Seminary and international programs.



Named to Dean's List

Danielle Mallon, of St. James, has been named to the Dean's List at the University at Albany, State University of New York, where she is majoring in chemistry and environmental science.

Danielle, a June '08 graduate of Smithtown High School East, is the host of her own alternative rock radio show on WCDB FM

on the SUNY Albany radio station - www.wcdbfm.com, Thursdays, 12 midnight to 2 a.m.

Danielle is currently a freshman and just completed her first semester. She is planning to transfer to the "College of Environmental Sciences" in Syracuse to pursue a degree in Conservation Biology.

Danielle is the daughter of Annette Mallon of St. James and Russell Mallon of Miller Place. We join with Danielle's family and friends in congratulating her on her excellent academic performance. Keep up the great work.

Meet This Year's Princes & Princesses

PRINCESSES



Elaine Herrle is a happy-go-lucky first grader at St. James Elementary School. Elaine is a cheerleader for the Smithtown Bulls football team and her hobbies include ice skating and karate. She has been a peer model volunteer for the Developmental Disabilities Institute's Young Autism Program, the school her younger brother attends. She truly enjoys helping the children. When she grows up she wants to be a teacher "to help kids like her brother." She is just amazing! Elaine is excited to be princess this year along with her brother who is a prince!



Catherine (Katie) Grace O'Leary is 5 years old. She lives in St. James and attends pre-school. Katie is an Irish-citizen through her mother, whose family comes from Co. Donegal. Her father is 2nd generation Irish. His grandfather came from Co. Cork in the 1930s. Katie plays soccer for the Smithtown Kickers. She loves to ski and swim and loves art, music, and New York City; but most of all, Kate loves Disneyworld. She loves to go on the thriller rides. She is fearless! She especially loves sweets and treats!



Caitlyn Moccia, a lifelong resident of St. James, is a third grader at St. James Elementary School. Caitlyn plays soccer for the Smithtown Kickers, takes acting lessons at the Smithtown Theater for the Performing Arts and is a Girl Scout. She loves all animals, especially frogs. Caitlyn owns two dogs, a bearded dragon and has recently adopted an adorable tree frog. Caitlyn is a very special girl who is thoughtful and kind to others. She always has a smile to share!

Alexandra Shepherd is 4½ years old... she will be starting kindergarten at St. James Elementary in September. She is in her second year of Chorus Line Dance Studio where she takes ballet and tap. She also loves taking swimming lessons at Saf-T-Swim.



She is very very excited to be a princess and to wear a tiara!



Lauren Wozny is a St. Patrick's Day Girl – her birthday is on March 17! Lauren, who will be 8 years old, attends Mills Pond Elementary School. Her interests include soccer, jazz, and hip-hop dance. Lauren likes to be the leader when playing with friends and is excited to be a princess this year along side her brother who is a prince!

PRINCES



Daniel Herrle is a second grader at St. James Elementary School. His favorite subjects are library, art, lunch and recess! Daniel has a great sense of humor and makes everyone laugh! Daniel loves sports, especially ice hockey. He has been practicing Goju ryu karate since age three and attained his purple belt. His room is full of trophies and one of them is even taller than he is. Dan has played ice hockey since he has been 4 years old. He currently plays for Suffolk PAL on the Squirt Minor AAA and Mite travel hockey teams as a defenseman!



Eddie Wozny is a true knight! As a 10 year old where he attends Mills Pond Elementary School, he is passionate about science and math. He aspires to become a scientist when he gets older. Eddie's interests include soccer, baseball and hip-hop performing. He loves to play Guitar Hero and video games with his friends. He has great compassion and kindness for all who enter his life!

S T . P A T R I C K ' S D A Y P A R A D E

St. Pats Parade Letter to the Editor

Editor: Our Town,

As the Grand Marshall of the 25th St. Patrick's Day Parade in St. James, I am deeply grateful to Our Town for their extensive publicity of the parade.

Thanks to the St. James Chamber of Commerce, especially Kerry Maher, and to the

many units that participated in the march, including the fire departments, the V.F.W., the pipe bands and the many civic and youth organizations and the hundreds of spectators who lined Lake and Woodlawn Avenues.

My wife, Virginia, and I appreciated the Rolls Royce which served as our chariot. It was driven by its owner, Helene. Thanks to all,
John J. (Jack) Kelly

PS. We love reading Our Town.

P O E T ' S C O R N E R

Rhyme Time

by David F. McKell

When I pick up a poem
Instead of a tome,
I read it and look for a rhyme.

But these days, it's quite rare
Tho' you search everywhere...
To find music in words, any time.

Though poignant and true
And quite meaningful too...
Old verses now seem passe.

The minimalists
Have instead made up lists,
Of serious words for today.

There are harsh "sturms" and "drangs,"
With deep heartfelt pangs...
That dominate most of their blendings.

But there's no call at all
For tales, large or small,
That will offer true "happy endings."

But, be that as it may,
At the end of the day,
The rhymers will surely perdure.

With their iambic beat,
And phrases so sweet,
They are welcomed by all, to be sure!

Spring

by John Taratunio, Fairfield Condos

What causes flowers to bloom again
What makes couples become bride and groom again
What is it that makes all the birds sing
It's really no secret
It's just spring.

When do the leaves return to the trees
When do your allergies cause you to sneeze
What is it that makes the grass turn green
It's really very simple
Spring has sprung on the scene.

It's when boys and girls walk hand in hand,
Folks gather in the park to listen to a band
It's the season for picnics, cookouts
and jumping in the pool
And kids look forward to summer
and no more school

So spring is that time that finally comes
After winter has worn you down
You finally get to wear a smile
While losing that wintry frown.

The Commander, Home From the Sea

by Edward Gaskell, CDR, USNR (ret)

The Commander is home from the sea.
His days as navigator are over now.
No more sun lines, star sights, anchor bearings.
No courses to set or log entries to write.
The chronometers he will no longer wind,
The fog horn he will no longer sound,

The charts will be corrected by someone new,
His dividers, parallel rulers, sextant and stop watch
Are all put away with his salt-tarnished uniform.
His time will be taken by other things,
And his orchids when they bloom
Will make him smile.

S T . P A T R I C K ' S D A Y P A R A D E



St. James Puts On the Green With Annual St. Patrick's Day Parade

The biggest crowd ever lined Lake Avenue for the St. James Chamber of Commerce's 25th Annual St. Patrick's Day Parade. Spirits were high, with the sun shining and the spring-like weather, for the marchers on Saturday, March 14, 2009 as the onlookers cheered as the parade passed by. Piper bands, school bands, fire departments, veterans groups, scout troops, local merchants and more joined in this annual St. James experience.

This year's Grand Marshall, John J. Kelly, led the parade followed by the Parade Princesses – Elaine Herrle, Catherine (Katie) Grace O'Leary, Caitlyn Moccia, Alexandra Shepherd, and Lauren Wozny; and Princes – Daniel Herrle and Eddie Wozny and hundreds of smiling marchers.

Thank you to PRC Industries for the use of their Rolls Royce that the Grand Marshall and his wife rode in, a Bentley, and a 50-foot Scarab race boat with a graphic on the hull that is a tribute to the 9/11 tragedy; Mercedes Benz of Smithtown for the use of their Smart Car; King O'Rourke Auto Group for the loan of the cars that transported

the princesses, princes and dignitaries. Thanks to the Smithtown Highway Department, Smithtown Parks Department and the Suffolk County Police. And much thanks to Donna from Donna's Sewing Bee for making the beautiful grand marshal sash and to Bill Garthe for getting the word to the schools.

SPECIAL THANKS go out to Parade Chairperson, Kerry Maher of the St. James Funeral Home, who organized the parade single-handedly, and her volunteers who worked so diligently to make this year's parade the best ever.



Kerry Maher
Parade Chairperson

parade photos by William J. Garthe



S T . P A T R I C K ' S D A Y P A R A D E



Above: Marching in the St. Patrick's Day Parade are, left to right: Martin Thomassen, Kris Rasmussen, Bonnie Gai, Wayne Olson, and Kenneth Lakeman of the Sons of Norway.



Pictured below are Little Vikings from the Sons of Norway after marching in the St. Patrick's Day Parade. Their leaders are Monica Carlsen and Meredith Johansson.

photos by Richard Thorgrimson, historian, Sons of Norway, Loyal Lodge No. 252 in St. James.



continued on following page

S T . P A T R I C K ' S D A Y P A R A D E



ST. PATRICK'S DAY PARADE



O B I T U A R I E S



Pictured above is the Caligiuri's first Patio Pizza, 1959, which was located on the corner of Rtes. 111 and 347 in Hauppauge.

Amedeo Caligiuri

Amedeo (Dillo) Caligiuri, owner of Patio Pizza in St. James, passed away on April 1, 2009 at the age of 76. Beloved husband of Jean. Cherished father of Laura (Paul), Guy (Bernadette), Teddy (Lorra) and Dawn (Jimmy). Loving Pop Pop of Kaila, Meagan, Dillon, Tyler, Kurt, Neely, Joey and Sara.

For the past 15 years Dillo Caligiuri and his wife Jean have divided their time between St. James and Las Vegas. When returning to St. James Dillo always came to the restaurant to

cook. He loved the business and the people who worked there and they loved him back. Patio Pizza, a mainstay of St. James, has been in the Caligiuri family since 1977, and is today run by three of the children – Guy Caligiuri, Laura Shann and Teddy Caligiuri. Patio Pizza remains a popular fixture in St. James, known for its quality food and comfortable friendly atmosphere.

A Funeral Mass was held on April 7, 2009 at Sts. Philip & James R.C. Church. Interment followed at St. Patrick's Cemetery,



Amedeo 'Dillo' Caligiuri

Hauppauge, NY.

Arrangements were entrusted to the Maher Family; Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. at the St. James Funeral Home, St. James.

Florence Coviello

Florence Coviello, formerly of Eaton's Neck, Northport, L.I., passed away on March 15, 2009 at the age of 87. Beloved daughter of the late Gaetano Coviello and Adelaide Jannelli Coviello. Loving sister of Edmond Coviello, the late Albert Coviello and the late Ernest Coviello. Loving sister-in-law to the late Marie wife of Albert, the late Louise wife of Edmond and Helen wife of Ernest. Devoted aunt to Edmund, Thomas, Joanne, Richard, Peter, Kenneth, Larry and Robert. Great aunt to seven nieces and six nephews and a great great aunt to one great grand nephew.

A Funeral Mass was held on March 20, 2009 at St. Philip Neri Church, Northport. Interment followed at St. Charles Cemetery, Farmingdale, NY.

Arrangements were entrusted to the Maher Family; Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. at the St. James Funeral Home, St. James.

Alan K. Hans

Alan K. Hans, longtime resident of St. James, passed away on March 21, 2009 at the age of 65. Twenty year Grumman Corp. Employee. Cherished husband of Judy. Loving father of Peter (Mara), Paul (Victoria) and Debbie (Adam). Beloved Pop-Pop of Tyler, Jake, Jordyn and Jared. Devoted brother of Rev. Richard (Anita). Devoted brother-in-law of Brad (Sue).

Funeral services were held on March 22, 2009 at St. James Lutheran Church, St. James. Interment followed at Calverton National Cemetery. In lieu of flowers, donations to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 or National Parks Conservation Association, 1300 19th Street NW, Washington, DC 20036 is appreciated.

Mr. Hans' funeral arrangements have been entrusted to the Maher Family; Kenneth Maher, Kerry Maher and Kenneth Maher, Jr. of the St. James Funeral Home.

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OBITUARIES

William Bender

William Bender, of St. James, passed away on March 31, 2009 at the age of 82. Beloved husband of the late Viola. Cherished father of Debra Michels, Michael, William and Steven. Loving Grandpa of eight.

A funeral service was held on April 5, 2009 at the St. James Funeral Home. In lieu of flowers, donations to the American Cancer Society will be appreciated.

Arrangements were entrusted to the Maher Family; Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. at the St. James Funeral Home, St. James.

Mary A. Brennan

Mary A. Brennan, long-time resident of St. James, joined in heaven on March 15, 2009 with her beloved husband Edward and her beloved niece Irene Reynolds. Cherished mother of Edward, Jr. (Carol Ann) of Commack. Devoted sister of Charles Haswell (Genevieve) and Esther Penston (Robert). Also survived by three nieces and three nephews and many friends.

A Funeral Mass was held on March 19, 2009 at Sts. Philip & James R.C. Church, St. James.

Interment following at Calverton National Cemetery, Calverton, NY.

Arrangements were entrusted to the Maher family; Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. at the St. James Funeral Home, St. James.

William J. Flatley

William J. Flatley, of St. James, L.I., passed away on March 28, 2009 at the age of 75. Forty-two year member of Teamsters Local 1205. Beloved husband of the late Catherine. Cherished father of William, Jr. (Kathleen), Katie (Sean), Kevin (Jill), Maureen (John), and Brian (Mary). Loving Grandpa of 11. Devoted brother of Patrick.

A Funeral Mass was held on April 2, 2009 at Sts. Philip & James R.C. Church, St. James. Interment followed at St. Patrick's Cemetery, Hauppauge, NY.

Arrangements were entrusted to the Maher Family; Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. at the St. James Funeral Home, St. James.

Mary Jarymiszyn

Mary Jarymiszyn, of St. James, passed away on March 27, 2009 in her 80th year. Beloved wife of the late Philip. Devoted mother of Philip Jr. (Dr. Kathleen Redington) and Steven (Vittoria). Loving sister of Salvatore, Frances, Carmela and Rose. Adored grandmother of three.

A Funeral Mass was held on March 30, 2009 at St. Joseph's R.C. Church, Ronkonkoma. Interment followed at Calverton National Cemetery, Calverton.

Pauline Skocz

Pauline Skocz, formerly of Riverhead, L.I., passed away on March 10, 2009 at the age of 89. Beloved wife of the late Henry. Loving aunt of Edward (Linda) Chanda, Mary (Jerry) Nichols, Patricia Kelly and Frank (Phyllis) Blank.

A Funeral Mass was held on March 13, 2009 at Sts. Philip & James R.C. Church in St. James. Interment followed at St. Isidore's Cemetery, Riverhead, NY.

Arrangements were entrusted to the Maher family; Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. at the St. James Funeral Home, St. James.

This is the watch Stephen Hollingshead Jr. was wearing when he encountered a drunk driver.
Time of death 6:55pm.

Friends Don't Let Friends
Drive Drunk.



Photo by Michael Mazzeo



U.S. Department of Transportation



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C L A S S I F I E D A D V E R T I S I N G

PRAYER TO THE BLESSED VIRGIN
(NEVER KNOWN TO FAIL)
Oh, most beautiful flower of Mt. Carmel, fruitful vine, splendor of heaven, blessed mother of the Son of God, immaculate virgin, assist me in my necessity. Oh star of the sea, help me and show me herein, you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none who can withstand your power. Oh show me herein you are my mother. Oh Mary conceived without sin pray for us who have recourse to thee. (3 times). Oh Holy Mary I place this cause in your hands. (3 times). Holy Spirit, you who solve all problems, light all roads so that I can obtain my goals. You gave me the divine gift to forgive and forget all evil against me, and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days, the request will be granted. This prayer must be published after the favor has been granted. C.N. 4/09

HELP WANTED – Busy Family Medicine office is looking for a part time individual who can multi-task both front and back office duties. Experience preferred, will train on specific medical software. Will train for procedures done in the office. Requires 1-2 evenings per week (2-8 p.m.), Saturday mornings (9 a.m.-1 p.m.), and 1-2 weekdays. Some flexibility expected. Fax resume to 631-584-6098. 4/09/dm

FOR RENT – ST. JAMES – Large 1-bedroom apartment. Non-smoker/pets. \$900/month, 2 months security. Call 631-513-3906. 4/09/sd

SEWING LESSONS – Individual or group. Start a sewing circle in your home, your friends or family, all ages. Save money decorating your home and making repairs. Cost depends on group size. Call Linda at 360-3739 for more info. 4/09
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ST. JAMES OFFICE FOR RENT – Professional office suite on 2nd floor - 700 sq. ft. - centrally located (across from 7-Eleven) with a Lake Avenue address. Reception area, 3/4 offices, bathroom. Very reasonable. Call Ruth at 862-9849. tfn

ST. JAMES COTTAGE FOR RENT – 2 bedroom, 1 bath, W/D, driveway parking, fenced yard, Smithtown schools, near LIRR/shops, no pets/smoking, \$1,400 month + utilities. 2 months security/references. (631) 862-6928 tfn/v

FLORIDA CONDO FOR SALE – Tamarac Florida, 2 bedroom, 2 bath. Pergo/tile floors, fans, screened deck, hurricane shutters and clubhouse. Overlooks pool and golf course. Low maintenance. Includes cable. Asking \$75,000. Call 444-0003. tfn/forz
FOR SALE – 2000 MITSUBISHI MIRAGE - 4 cyl. 1.8L, 98K, 25-27 mpg! Rebuilt trans., replaced engine belts, new alternator. \$2,800 neg. Call 631-455-4636. 4/09/bg

FOR SALE – White Lacquer Bedroom Set - 6-drawer dresser with mirror, 4-drawer chest, 2 night stands and twin headboard with Craftmatic bed frame. Excellent condition. \$300. Call 862-8181. 4/09

AMERICAN LEGION HALL FOR RENT – The American Legion, Sherwood Brothers Post 1152 is looking for an organization to rent the American Legion Hall by the year. Reasonable rates, air conditioned, heat, tables, chairs, complete kitchen and good parking. Located at 95 Lake Avenue, St. James. Call Mon., Wed., Fri., between 8-10 a.m. Ask for William Kennedy. 584-9633. tfn
VENDORS WANTED FOR ST. JAMES DAY – Craft vendors are wanted for the St. James Chamber of Commerce's 22th annual ST. JAMES DAY, Sunday, October 4, 2009 along Lake Avenue. 10-foot spaces are being provided for \$125 per space, after 8/15/09 if available - \$150 (no exceptions) – bring your own table. St. James Day has been a huge success in the past. Call now for further information and to receive an application to reserve your space, 584-8510 and leave, name, address and phone number on machine. Applications are available on the Chamber website at www.stjameschamber.org. There will be entertainment throughout the day. We look forward to seeing you there. 9/09
RECEPTION / MEETING HALL AVAILABLE FOR USE – St. James United Methodist Church, offers a spacious meeting hall with commercial kitchen for civic and support groups, receptions, clubs, workshops and seminars. The 35'x60' meeting room has tables, chairs, rest rooms and a grand piano. The Church is located at 532 Moriches Road in Head of the Harbor. Expansive parking and handicapped access is provided. Please contact the Office at 584-5340 for available dates and suggested donations. The SJUMC offers their facilities as a community outreach to the St. James area and welcomes all visitors. tfn
FOR SALE – LOOPLOC POOL COVER - used for only one season. Covers a 16'x34' pool (like new). \$400. Call 585-0013. 4/09

OUR TOWN

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NISSEQUOGUE - \$975,000.

New Listing! Set on 2 acres with an in ground pool and multi-level decking, this colonial offers 4 BRs, a large eat-in-kitchen with a bay eating area, a master suite with a sitting area, hardwood floors, cac and a private cul-de-sac location.

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NISSEQUOGUE - \$975,000.

New to market! Diamond 4 BR colonial on 3 acres with a heated igp and waterfall. Features include updated kitchen w/granite countertops and stainless steel appliances, 3 new baths, vaulted den w/fpc, master suite, cac, cvac, fin bsmt with ose, 2 car garage and cul-de-sac.

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NESCONSET - \$589,000.

New to Market! "Country Pointe North" Diamond++ 3 BR, 2.5 bath in a gated community. EIK w/granite countertops and top of the line appl's, hw floors, custom woodwork, den/frpl, master w/new master bath, full bsmt, garage and amenities including clubhouse, pool, tennis and gym. Maginniss Team



ST. JAMES - \$849,000.

Magnificent "Point of Woods" colonial on an acre with free form igp. Custom kitchen with stainless steel appliances and granite countertops, FDR, front room w/frpl, large master suite w/frpl and a spa bath, finished basement with ose and a 2 car garage.

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NISSEQUOGUE - \$785,000.

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SMITHTOWN - \$469,900.

Custom updated ranch with 4 BRs, 3 full baths, den with fireplace, large formal dining room, eat-in-kitchen, finished basement and set on .32 acre.

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NISSEQUOGUE - \$1,850,000.

Brand new construction on 2 acres. 4500 sf Georgetown brick colonial with 5 BRs, 4.5 baths, den with fireplace, eat-in-kitchen with granite countertops, breakfast room, full basement and 3 car garage.

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HEAD OF HARBOR - \$799,000.

Completely renovated home set on 2 acres with Low Taxes! 4 BRs, state of the art kitchen, den with fireplace, custom woodwork, cac, hardwood floors, garage and a heated in ground pool.

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ST. JAMES - \$539,990.

Custom built ranch set in the Heart of St. James. Large eat-in-kitchen, den with fireplace, cac, hardwood floors, master with full bath, finished basement, 2 car garage on a .50 acre with an in ground pool.

Kathy Davenport



HEAD OF HARBOR - \$799,000.

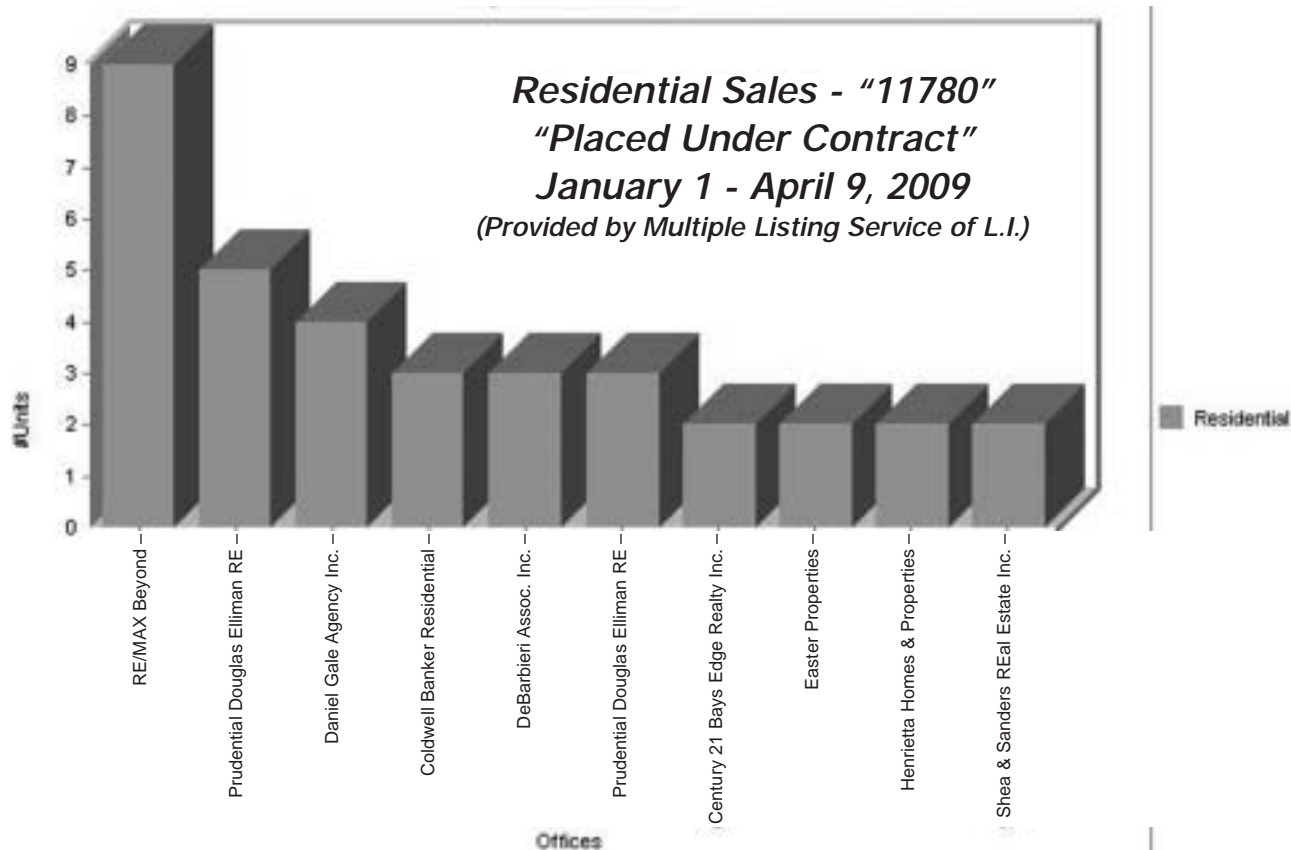
Set in a cul-de-sac this large center hall colonial offers a formal living room with a fireplace, formal dining room, great room with a fireplace, breakfast room, master suite with fireplace, cac, separate guest quarters, finished bsmt, 2 car garage and 1 acre.

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ST. JAMES - \$699,000

Price Reduced! Georgian 5 BR brick colonial set on professionally landscaped .50 acre. Large eik, formal dining room, family room with fireplace, huge master, cac, cvac, full basement and 2 car garage.

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ST. JAMES - \$849,000.

New construction, 5 BR colonial with an open floor plan, large eat-in-kitchen with granite countertops and stainless steel appliances, great room with fireplace, master suite, cac, oak floors, full basement with 8' ceilings, 2.5 car garage, flat .50 acre and situated in a cul-de-sac.

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SMITHTOWN - \$775,000.

Price Reduced! Stunning "Point of Woods" colonial on a private .50 acre with a heated kidney shaped pool, cabana with shower and gazebo. Gourmet eat-in-kitchen, formal dining room, family room with fireplace, central air, master suite with sitting room and full bath, finished basement, 2 car garage.

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409 Lake Avenue
686-6585

ART/FRAMING

Artpix Studio
862-2808, 1-800-981-2808

Vickers Gallery & Framing
464 North Country Road
862-8550

ATTORNEY

John L. Belford, Jr., Esq.
217 Lake Avenue
862-8600

Joseph A. Bollhofer, Esq.
291 Lake Avenue
584-0100, 584-2304

Haber & Haber, LLP
516-742-7277, 631-379-6652

Law Office of William C. McCulloh
220 Lake Avenue
584-6800

Janet O'Hanlon - Winkler, Kurtz & Winkler, LLP
310 Hallock Avenue
Port Jefferson Station
928-8000

AUTOMOTIVE/REPAIR/PARTS

Georgetown Volvo of Smithtown
633 Middle Country Road
724-0400

Mid Island Auto Wreckers
586-6599 - Deer Park
Mid Island Salvage Auto Parts
667-5048 - Deer Park

Parkville Motor Sports/Getty
255 Lake Avenue
360-1919

Penney's North Country Car Care
545 North Country Road
862-9663

St. James Gulf
Route 25A & Moriches Road
584-5798

BAKERY

Alpine Pastry Shoppe
59 Route 111, Smithtown
265-5610

BANKS

Roslyn Savings Bank
556-02 North Country Road
862-4200

BEAUTY

Pat's Place Hair Salon
230 Lake Avenue
862-7023, 584-9644

Scruples 'Head to Toe'
455 Lake Avenue
584-8030

Sivana
292 Lake Avenue
584-2408

TNT Nails
487 Lake Avenue
584-7974

BOUTIQUE / ANTIQUES GIFTS / HOME DECOR

Julie's Home & Garden Accessories
529 Lake Avenue
862-8943

Quaint and Classy
415 North Country Road
686-5525

Rosebud Boutique
459 Lake Avenue
862-0027

BUTCHER

Main Street Meats & Catering
91 E. Main St., Smithtown
265-2040

CARPET CLEANING
Proline Carpet Cleaning
584-2344

CHIROPRACTOR

Dr. Linda M. Bocchichio
105 Lake Ave. S., Nesconset
979-9854

Dr. Raymond A. Semente
265 Lake Avenue
584-7722

Dr. Gregory R. Thomaier
338 Lake Avenue
584-8100

True Sport Care, LLC
631 Lake Avenue
584-TRUE (8783)

CLOTHING

Men's / Boys
J. Michaels Men's & Boys
408 North Country Road
686-5488

DANCE SCHOOL

Chorus Line Dance Studio
380 Lake Avenue
584-7575

DRY CLEANERS

Dutch Girl
French Style Cleaners
400 Lake Avenue
584-3750

EVENTS / ENTERTAINMENT

George's Innovative Inflatables
757-0294

Ward Melville Heritage Organization
Main Street, Stony Brook
689-5888

EXTERMINATING

Orion Pest Management
559-6633

Scientific Exterminating
599 Lake Avenue
265-5252, Fax: 862-7272

FINANCIAL

Branch Financial Services
50 Route 111, Smithtown
979-6000

Edward Jones Investments
Scott Posner, CFP
542 North Country Road
862-2020

Reliance Mortgage
William J. Garthe
Registered Mortgage Broker
359 Lake Avenue
862-9000

FLORIST

St. James Florist & Gift Shop
213 Lake Avenue
862-9292

FUNERAL HOME

Branch Funeral Home
190 East Main St., Smithtown
724-9500

St. James Funeral Home
551 North Country Road
584-5200

HEALTH/ FITNESS

American JiuJitsu
412 Lake Avenue
360-8830

Amy Biondi, Licensed Massage Therapist
678-8436

Curves

779-B Middle Country Road
863-CURV (2878)

Energy Interactive Fitness Center

556 North Country Road
862-1737

Helping Hands Healthcare
804-8248

Journey to Healing at Therapeutically Yours Spa
531 Route 111, Hauppauge
880-1913

Life Coaching
Amy J. Mannarino
686-5141

Light Awakenings Meditation and Beyond
724-9733

Anne Marie Lisa
Certified Nutritional Counselor
525-1045

Long Island Hearing, Inc.
496 Nesconset Highway
Suite 200 - Smithtown
972-5211

Massage by Diane
640 Belle Terre Rd., Pt. Jeff.
707-3819

No. Shore Personal Training
430-06 North Country Road
899-4340

On the Go Fitness
80-16 Lake Ave. S., Nesconset
686-5171

Shaolin Self Defense Centers
430-08 North Country Road
617-5148

Simply Pilates
87 E. Main St., Smithtown
979-4278

St. James Healthcare Center
275 Moriches Road
862-8000, ext. 105/106

St. James Medical Services
487 Lake Avenue
584-6014

St. James Plaza Nursing Facility
273 Moriches Road
862-8990

DIRECTORY OF ADVERTISERS

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80-16 Lake Ave. S, Nesconset
862-1400

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22 Stonegate
724-7726

DeBlasio Capo Design Build
273 Lake Avenue
584-5503

Debus Painting & Wallpapering
862-7924

Granite on the Go
682-9760

Handyman HouseCalls
686-5610

JBL Home Improvements
584-0136

Master Fix It
584-5993, Cell: 516-380-0727

Morecraft Construction
584-7010

Preferred Flooring
584-3018, 516-763-4772

Sassone Carpentry
584-2330, 361-8849

St. James Lumber
547 Lake Avenue
584-5140

Vazac Contracting
333 First Avenue - Suite 1
584-7817

Victorian Fence
240-9716

Woodsmith Home Improvements
409 Lake Avenue
686-6891

INSURANCE
Allstate / Holst Agency
428 Lake Avenue
584-4800

NY Life / Lawrence Glazer
576 Broad Hollow Rd., Melville
- 391-3490

State Farm / Jim Winter
320 Lake Avenue
584-5929

INTERIOR DESIGN / DECORATING
Creative Windows
367 Lake Avenue
366-0212

Natalie Weinstein Design Associates and Home Decorating Club
176 Second Street
862-6198, Fax: 862-7834

JEWELRY / COINS
A & D Gold Silver
425 Lake Avenue
584-7070

St. James Jewelry Shoppe
483 Lake Avenue
862-6775

LANDSCAPING / DESIGN / EQUIPMENT
Competition Tree Service
584-5575

Ecologics
Landscape Architect and Project Management
979-5600

Eddie's Power Equipment
553 Lake Avenue
584-6678

Herman Bros. Landscape Contracting
360-2939

Homestead Landscaping
588-5296

RJK Gardens, Inc.
862-7056

Royal Landscape
676-3855

Scotland Landscaping
584-8746

Strike Force Landscaping
382-9300

MUSIC LESSONS
Drum Lessons with John Miceli
email:
teachingdrums@yahoo.com

Guitar Instruction with Jack Napoli
234-2208

PETS
Grooming / Supplies
Terry's Paw-fection
532 Lake Avenue
686-5336

St. James Dog Grooming
425 North Country Road
862-7288

PHOTOGRAPHY
Laurie Studio
862-0031

Memento Photography
347 Lake Avenue
813-1233

PLUMBING & HEATING
Falzone & Son Plumbing
862-6612

Goldstar Plumbing, Heating & A/C
88 Railroad Avenue
584-3839

PRINTING
Graphics du jour, Ltd.
359 Lake Avenue
862-9849

REAL ESTATE
Jan Bartone/Denise Voelker
Daniel Gale / Sotheby's
499 Lake Avenue
584-6600, ext 204 / 205

Century 21 North End Realty
960 Middle Country Road
724-8500

Daniel Gale / Sotheby's
499 Lake Avenue
584-6600

DeBarbieri Associates
406 North Country Road
862-7447

Henrietta Homes & Properties
328 Lake Avenue
862-6999

Liz Jongebloed
DeBarbieri Associates
406 North Country Road
862-7447, 903-0836

Marianne Koke
Daniel Gale / Sotheby's
499 Lake Avenue
584-6600, ext. 206

Dave & Rowena Nedvin
ReMax Beyond
556 North Country Road
767-5221, 724-9800, ext. 271

Reliance Real Estate
359 Lake Avenue
862-9000, Fax: 862-2881

ReMax / Beyond
556 North Country Road
862-1100

RESTAURANTS
Deli / Catering / Seafood
FeelGoods
Healthy Family Cafe
412 North Country Road
390-8545

Lake Village Deli
454 Lake Avenue
584-5780, Fax 584-7271

Lotus East
416 North Country Road
862-6030

Ocean's Bounty Seafood
415 North Country Road
862-4228

Paradise Cafe
418 North Country Road
584-8153

Patio Pizza
262 Lake Avenue
862-7475

Villa Sorrento
823 Middle Country Road
265-9865

Voila! The Bistro
244 Lake Avenue
584-5686

SCHOOLS / DAYCARE / CAMPS
Tutoring / SAT / Consulting
Bridge College Consultants
PO Box 685, St. James, NY
516-662-1612

Harbor Country Day School
17 Three Sisters Road
584-5555

St. James
United Methodist Nursery
532 Moriches Road
584-9555

Suffolk Sciences Consulting
H.S. Science Review Course
897-6868

Summer Adventures at The Knox School
541 Long Beach Road 686-1600, ext 420

Village Presbyterian
Pre-School
175 East Main St., Smithtown
724-9382

SWIMMING POOLS
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Herman Bros. Swimming Pool Services
360-7939

Sundance Swimming Pools
862-1900

STORAGE
Saint James Self Storage
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584-4411

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