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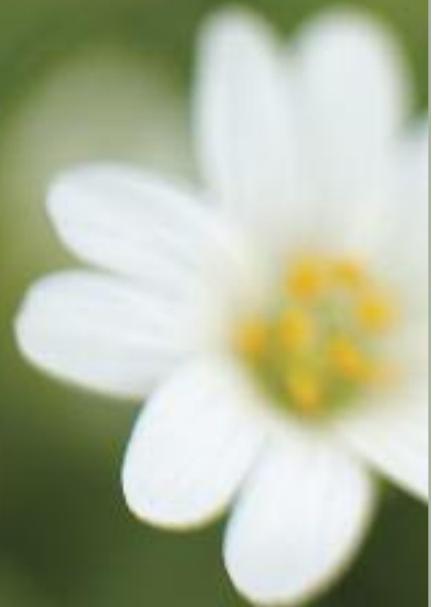
# Our Town

S • T • J • A • M • E • S



APRIL  
2014  
Volume 27  
Number 6

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



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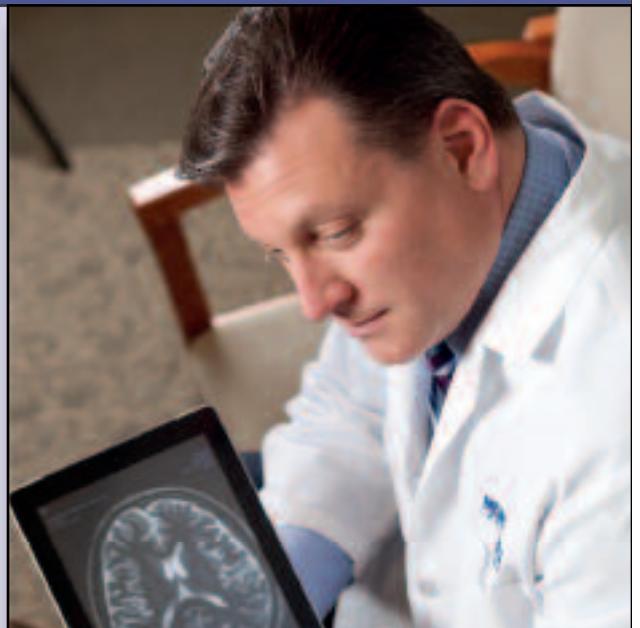
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## OUR TOWN - ST. JAMES -

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## PLEASE NOTE:

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

**THURSDAY, MAY 8, 2014 - 12 NOON.**

Distribution takes place on **Wednesday, May 21, 2014.**

# Restaurant Five Five 2

552 North Country Road  
St. James, NY  
631-584-4600

**Hours:**

TUESDAY-FRIDAY:

Lunch 12 noon-3 p.m.  
Tapas Lounge 12 noon-close  
Dining Room 5-10 p.m.

SATURDAY:

Tapas Lounge opens 4 p.m.  
Dining Room 5 p.m.-close

SUNDAY:

12 noon-9 p.m.  
Closed Mondays

*"First we eat. Then we do everything else."* —M.F.K. FISHER

by Elizabeth Isabelle

This month I had the pleasure of visiting with Stacey Taylor Smith, manager of Five Five 2 – New American Cuisine, located at 552 North Country Road in St. James. Offering tapas and dining, I was curious to know more about "New American Cuisine," and Stacey shared the philosophy behind the term. The focus is on fresh ingredients with global influences and an emphasis on new flavors, while reinventing classic standards that are rooted in our culinary history.

Five Five 2's award-winning Chef, Adam Pitre, is devoted to creating plates that are nuanced



with complex flavors and that are clean and beautifully balanced. Chef Pitre has an imaginative take on American food and is a well seasoned authority on fresh and sustainable cuisine.

New York Times critic, Joanne Starkey, has bestowed three stars on Restaurant Five Five 2, singling out the Sliders as "the best I've ever had." Angus beef, caramelized onions and melted Vermont cheddar – cooked to perfection... *Newsday, Pulse Magazine, Yelp* and *Four Square* have all given Five Five 2 top reviews.

Restaurant Five Five 2 earned a Top 10 position on *Newsday's* Fine Dining on Long Island List. The restaurant was also recently featured on *Restaurant Hunter* on FIOS – to rave reviews!

The tapas menu (small plates of savory food) is varied and is a great way to have a small bite with a cocktail or glass of wine.

Be sure to try the Kung Pao Calamari – a Five Five 2 customer favorite or indulge in PEI Mussels French Nage, plump delicious mussels in masterfully prepared lobster broth. Fresh (never frozen) fish, prime beef and chops and local produce round out the varied, brilliantly executed menu at Five Five 2.

A three course Prix Fixe menu that changes with the season is available Tuesday, Wednesday, Thursday and Sunday, starting at 3 p.m. and features a well paired glass of the house white or red wine to compliment your meal for just \$5. Due to popular demand, the Prix Fixe menu is now being offered Friday and Saturday as well, until 6 p.m. Lunch is served Tuesday through Friday and Sunday from noon to 3 p.m.

Five Five 2 offers catering on premise and off. A private room is available for smaller gatherings

continued on page 114



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A R O U N D T O W N

## Pancake Breakfast With the Easter Bunny on April 11



The St. James Fire Department Engine Company 3 invites you, your family, and friends to have

breakfast with the Easter Bunny on Sunday, April 13 from 8 a.m.- 1 p.m. at the St. James Fire Department, located on Route 25A and Lake Avenue in St. James.

Besides meeting the Easter Bunny, a complete breakfast will be prepared by the fire department's own Chef Tansey. Enjoy this hearty family style breakfast

along with meeting and taking pictures with the Easter Bunny... *DON'T FORGET YOUR CAMERA.*

Adults/\$7 and children under 12/\$3. Attention families... for every 4 people in your family the 5th is FREE. For additional information call 584-5760 or 584-5799.

## 2014 St. James Lutheran Church Holy Week Schedule

We at St. James Lutheran Church would like to invite everyone to Worship with us during Holy Week and Easter. It is a joyous time at our church and everyone is welcome to share our joy! The schedule is as follows:

### Maundy Thursday

April 17 - 6 p.m.  
Parish Hall Supper for the Soul

### Good Friday Services

April 18 - 11 a.m. - Walk-Around Service  
7 p.m. - Tenebrae Service

### Easter Sunday Services

April 20: - 8 a.m. and 11:15 a.m.  
9:45 a.m. - Children's Family Service -  
Parish Hall

St. James Lutheran Church is located at the corner of 2nd Ave and Woodlawn Ave. We are the "Church with the Red Doors." Our doors are always open for you!



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A R O U N D T O W N

## Awarded Scouting's God and Family Award

The All Faith Committee of the Theodore Roosevelt Council, Boy Scouts of America, has created a new award for Cubs, Scouts and Venturers to earn. The purpose of the award is to promote a Scout's *Duty to God* and to emphasize the twelfth point of the Scout Law, *A Scout is Reverent*. The requirements focus on participation in All Faith Events such as The All Faith Retreat and The Ten Commandment Hike as well as requiring each applicant to earn the appropriate religious award for his faith and division of Scouting.

Hunter Cole Pszybylsi, of St. James and a member of Troop 301, earned his *God and Family* religious growth award as a member of St. James Lutheran Church on February 2013. He hiked with his Den Leader/Mother, AnnMarie, this past



**Deacon Jim Lundgren, Hunter Cole P., Rev. Neil Mittelstaedt.**

November through Port Washington visiting five Houses of Worship, completed more than

10 hours of community service and submitted a required essay.

## SPRING HAS ARRIVED!

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**Wednesday, April 23rd  
10 am - 12 noon**

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Harbor County Day School has been serving students from Preschool 3s to Grade 8 since 1958.

A R O U N D T O W N

**S.J.F.D. 32nd Annual  
5 Mile Run and  
3.5 Mile Striding Event**

Engine Company No. 3 of the St. James Fire Department will host their 32ND ANNUAL ST. JAMES 5 MILE RUN AND 3.5 MILE STRIDING EVENT on Saturday, April 19, 2014 at 9 a.m. sharp. Proceeds of the event will benefit the local Fire Fighter Burn Center Foundations and Engine Company No. 3.

Runners, joggers and walkers, regardless of age, are welcome to participate.

T-shirts will be given to the first 300 entrants; late registration/day of race is \$30; register between 7:30 and 8:30 a.m. at the St. James Main Fire House, 533 North Country Road. No registrations will be accepted after 8:30 a.m. The starting line is 1/2 mile from the registration area. Please allow sufficient time to pick up numbers, register and get to the starting line.

The course, which is a scenic run through the Village of Head of the Harbor and around St. James Harbor, is certified and accurately measured. Awards will be given in a variety of categories as well as by age and gender. A large digital clock will be displayed at the finish line so that all runners may see their time and place immediately upon finishing.

There will be an awards ceremony at the Fire Department's Main House at the finish of the race. Refreshments will be complimentary before and after the race.

For additional information call 584-3500.

Sponsors of the event are: Energy Fitness, St. James Funeral Home, Dr. Gregory Thomaier - Chiropractor, Rocco's Pizzeria, Tic Toc Cafe, Garguilo's Bakery, Seaqua Deli, Merceps Brothers Meats, On the Go Fitness, Thomas Sapienza, DDS, Smithtown News, Applebees, Schwab's 2nd Wind and Eastern Climate Control.

To register by mail give your full name, address, age, date of birth, phone #, male or female, t-shirt size (S, M, L, XL) and indicate if you are a fire-fighter, police or walker.

*Make checks payable to:*  
St. James Fire Dept.  
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*Mail to:*  
St. James Fire Dept. Race  
221 Jefferson Avenue  
St. James, NY 11780

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*Online registration:*  
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# *Child Advocacy & Parent Empowerment Services*



✂ *Deanna Walsh-Bender, M.S.Ed., L.M.S.W.* ✂

*To learn more about Deanna search the following links:*

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Pinterest: [www.pinterest.com/capesdwb](http://www.pinterest.com/capesdwb)

Twitter: [www.twitter.com/capesdwb](http://www.twitter.com/capesdwb)

A new CAPES skills group is forming! This group is specifically designed for teens (ages 13-17) who struggle with regulating emotions, establishing a peer group, handling stressful situations like bullying or peer pressure, & dealing with authority figures. The programming will teach a combination of Mindfulness Based Stress Reduction (MBSR) practices, Distress Tolerance/Emotion Regulation techniques (modified from a DBT approach) & Self-Compassion skills. Participating teens will meet once weekly for 8 months beginning in July 2014 & ending in March 2015 (no group during school vacations). Through this hands-on experiential

process utilizing research-based modalities, one can reap the benefits of improved mental clarity, skillful decision-making, improved frustration tolerance, greater focused concentration, & overall wellbeing! There will be a parent component of one session per module to foster a joint understanding of skill use. Registration will be limited to 6 participants in order to ensure personal attention in a small learning environment. For more information on this skill-based CAPES program, & to schedule an intake appointment, please call 631-686-6021 now for slots will be filled on a first come first served basis.

**WHEN:** Tuesdays 6:00-7:30 beginning July 14, 2014 & concluding on March 10, 2015

**WHERE:** The St. James School House, 542 North Country Road, Suite 2, St. James, NY 11780

**FEE:** Tuition of \$250 paid in advance monthly

**WHAT:** The following modules chock full of multiple skills will be taught and practiced:

## *Mindfulness-Based Stress Reduction Skills*

So that we can pay attention to what we are doing by slowing ourselves down in order to make good choices for a happier & healthier life.

## *Distress Tolerance Skills*

So that when things feel bad, we know what to do to not make them worse for ourselves.

## *Emotion Regulation Skills*

So that we can understand & deal with our emotions in a well-balanced way.

## *Self-Compassion Skills*

So that we can learn to be gentle with ourselves & self-validate our efforts.

*“Serving the needs of Long Island’s children, adolescents & young adults along with their families who love them & the professionals who serve them.”*

A R O U N D T O W N

## Brigadier-General (ret.) Michael J. Meese to Speak at Men's Breakfast on Saturday, May 17

A special Men's Breakfast, sponsored by the St. James Lutheran Church, will be held on Saturday, May 17 from 8-10 a.m. at the Smithtown Landing Country Club, 495 Landing Avenue in Smithtown. Meet a great leader and servant to our nation – Brigadier-General (ret.) Michael J. Meese who will be speaking on the topic: *"Strategic Leadership For Our Military, Our Church, and Our Nation."*

Michael Meese served 32 years in the U.S. Army, 19 of them teaching at West Point, where he became a professor and head of the department of Social Sciences.

In addition to teaching, he served in a variety of strategic-military positions, including deployments to combat zones for over 31 months. In 2010-2011 he deployed for a full year as the assistant Chief of Staff for the international security assistance force in Afghanistan.

He previously served in Iraq as a senior policy advisor for commanding generals on four separate tours. They included developing the "Responsible

Withdrawal" plan in 2009, the "Strategic Assessment" in 2007, and "The Surge" in early 2007.

Michael Meese retired from the Army in 2013 and joined the AAFMAA (a nonprofit association that assists service members, their families, and their survivors) as Chief Operating Officer.

Tickets for the breakfast, at \$25, are limited and can be purchased online at [www.stjameslutheranchurch.com](http://www.stjameslutheranchurch.com) (please click on "Men's Event"). For additional information call Jim Peister (631) 410-4760 or email [mensbreakfastevent@gmail.com](mailto:mensbreakfastevent@gmail.com)



## Viking Auction to be Held May 9

The Ladies Auxiliary of St. James Sons of Norway Loyal Lodge 252 will hold their annual VIKING AUCTION on Friday, May 9, 2014 at 7 p.m. This year's the event will be held in the

**Parish Hall of the St. James Lutheran Church**, located on the corner of Second & Woodlawn Avenues in St. James.

Admission is \$10 and includes 25 tickets; each additional block

of 25 tickets is \$5. Complimentary light refreshments will be available. All are welcome!

Please call 862-8017 for additional information.

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A R O U N D T O W N

## Mother's Day Plant and Bake Sale Set for Saturday, May 10

The St. James United Methodist Church will hold a *MOTHER'S DAY PLANT & BAKE SALE* on Saturday, May 10, 2014 from 10 a.m. to 3 p.m. at the St. James Gazebo, Lake Avenue (at the LIRR station).

Offered for sale will be bedding plants, flower baskets, potted plants, along with baked goods – pies, cakes and cookies. Flats are priced at \$11 and hanging baskets from \$10-\$25. Surprise your favorite lady with a beautiful plant or some bedding plants to spruce up her yard. And don't forget yourself – everybody needs some TLC.

All proceeds from the sale will be used for the Church and the community programs they support. For additional information or to preorder, call the Church at 584-5340.



### SAVE THE DATE

## 1st Spirit Night at Deepwells Mansion on Friday, May 30

Come and experience renowned Spirit communicator/medium Josephine Ghiringhelli. She will provide a group reading, and if you dare to stay and continue the festivities, you are invited to accompany para-

normal expert Joe Giaquinto, the Long Island Ghost Hunter, on a guided tour as he will attempt to contact spirits who roam the halls, and continue to occupy our local Deepwells mansion! Tickets will go on sale shortly.

Seating is limited.

For more info contact Catherine at 827- 3563 or Denise at 873-6112. All proceeds to benefit Deepwells Farm historical Society.

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A R O U N D T O W N

## Thank You St. James for a Happy Ending!

by Michael Dawson

11 years old

Student at St. James Elementary

*It was March 7 and I was getting ready to go to band rehearsal. My neighbor Kathy, from across the street, was going to drop off her son, Terrance, at the same time, so she offered to drop me off. Terrance and I were waiting for Kathy on their driveway.*

*Suddenly, Terrance told me my mom was on her knees! I looked in that direction and I saw my mom with a treat in her hand. I immediately knew my dog, Cuddles, had ESCAPED!*

*Then I saw Kathy trying to help stop cars. Cuddles has blond and gold fur with black eyes, nose and paws. She was also wearing a pink sweater. I got scared and wanted to help. Then my brother, Raphael, came out of the house crying for his dog. My mom and I tried to call Cuddles but she ran into a new neighbor's yard. I went into the yard and cornered her but a car went by and got her attention, off she ran, chasing the car.*

*She ran off all the way to Lake Avenue where I came running after her trying to keep her in my sight. My mom was behind running with my bother trying to call her. I turned the corner following Cuddles.*

*My mom heard a car screech to a stop. She was terrified not*



**Michael Dawson and Cuddles**

*gas station, while we all tried to catch up with her.*

*As soon as she passed him, the man in gray asked, "Where is your house?" I quickly pointed to my house and we all tried to get her to go in that direction. As we ran, I got her favorite ball and squeaked it as loud as I could. She finally looked at me. I knew she was scared so I ran to the house. She followed me right to the front door. We got to the porch but the door was LOCKED! So I quickly grabbed Cuddles. I was cheering happily. I was so happy to have her in my hands. I could not imagine if I lost her.*

*But there is one thing I still had to do. I wrote this letter to say THANK YOU to all the people in St. James who helped me to get my dog back home. If it was not for them she could have been lost, hurt or killed. So I just want to say THANK YOU ST. JAMES!*

*knowing what was happening. Then a woman came out of her car saying to everybody that there was a loose dog.*

*I yelled, "That's my dog!" My heart was racing. Soon many people stopped their cars, just so they could help and not to accidentally, hit her. I was very thankful!*

*One man came to help, he had a gray sweater and a green knit hat. He really helped a lot. As I was coming around the bend he and the others cornered her in a small parking lot. But she got scared and ran right through our legs. She quickly ran to the*

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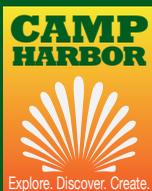
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A R O U N D T O W N

## Knox School 8th Annual Golf Outing Sponsorship Opportunities & Ticket Sales Announced

The 8th Annual Knox School Golf Outing will take place on Monday, June 23, 2014 at the Hamlet Golf & Country Club in Commack.

A variety of sponsorship opportunities are available and may be underwritten on a corporate or individual basis. They include: Outing Golf Sponsor (\$5,000); Eagle Golf Sponsor (\$2,500); Birdie Golf Sponsor (\$1,800); Dinner Sponsor (\$1,000); Lunch

Sponsor (\$700); Beverage Sponsor (\$500); Flag Sponsor (\$300) – Contact the school for details of each sponsorship.

Interested parties who would like to play may purchase tickets now as space is limited. Rates, which include golf, dinner, auction, raffles and more, are \$1,000 per foursome or \$260 per individual golfer. Tickets for dinner only can be purchased for \$125 each. Reserve a dinner

table and save \$150. A table of 10 for dinner is \$1,100.

For additional information, to become a sponsor or purchase tickets, please call Janice Zingale, Director of Development at The Knox School, at 686-1600 ext. 401 or go to [www.knoxschool.org](http://www.knoxschool.org) to register online. Or you can contact Brett Pastuch, Parents Association Golf Chair, at 896-9104 or [pastuch@aol.com](mailto:pastuch@aol.com).

### Olivia Winkeler

continued from page 24  
possibilities for rewarding careers.

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STUDENT RUSH - \$10

A R O U N D T O W N

## Local Student Attends Honeywell Leadership Challenge Academy

Smithtown High School East student Olivia Winkeler, of Nissequogue, is one of 304 students from 38 countries and 33 U.S. states and territories that was chosen to attend the 2014 Honeywell Leadership Challenge Academy (HLCA) at the U.S. Space & Rocket Center in Huntsville, Alabama between February 21 and March 7, 2014. Olivia is one of six from New York State to participate in this program.

The program is designed to build leadership skills and to inspire the next generation of students to pursue careers in science, technology, engineering and math (STEM).

During the program, students, between the ages of 16-18, met scientists, engineers and former

astronauts who reinforced core leadership competencies and shared their first-hand professional experiences. Students engaged in team-building challenges such as designing, building and testing their own rockets; participated in simulated astronaut training, shuttle missions and a moon walk; and conducted DNA extraction experiments on fruit.



**Olivia Winkeler**

The Honeywell Leadership Challenge Academy is a holistic program that uses a variety of teaching methods to open students' minds to the many  
continued on page 22





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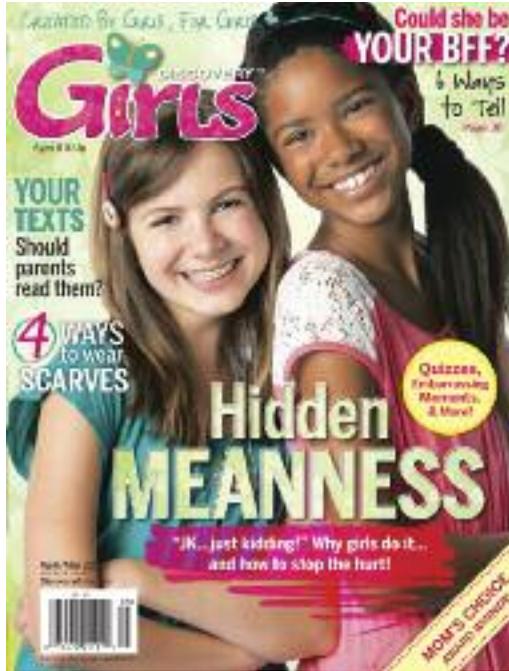
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## Rebecca Hall is on the Cover of *Discovery Girls* Magazine

Rebecca Hall, of St. James, NY, was selected, out of 8,000 applicants from across North America, as one of only 36 girls to participate in the inaugural *DISCOVERY GIRLS TWEEN SUMMIT* this past July. Rebecca is currently pictured on the cover of the April/May 2014 issue of *Discovery Girls* magazine which is on stands now (available at Barnes & Noble). She is featured throughout the magazine along with five other girls that act as the editorial board – writing articles, suggesting story ideas, and shaping every aspect of the bi-monthly magazine which has a readership of one million.

Rebecca, who is 13 years old, was the only girl selected from New York State and was identified as a role model for tweens. Her written responses to the 12-question summit application demonstrated the leadership, compassion, determination and enthusiasm of *Discovery Girls* and her perspectives and attitudes about issues facing today's tweens were identified as a source of help and encouragement to girls her age.

Rebecca, a 7th grade student at Nesaquake Middle School, plays tennis and lacrosse and enjoys acting and photography. She loves to write and draw and was thrilled to participate at the



**Cover Girls Rebecca Hall (left) and Sequoya, of California, (right) are pictured on the cover of the April/May 2014 issue of *Discovery Girls* magazine.**

Discovery Girls Tween Summit and have the opportunity to contribute to the magazine.

**About *Discovery Girls*:**

Unable to find an age-appropriate magazine for her 8-year-old daughter, determined mother Catherine Lee gathered a group of young girls together in her living room 13 years ago to launch *Discovery Girls*, the only national magazine created by and for girls ages 8 and up.

Today, *Discovery Girls* maintains its focus on real girls (not models or celebrities), and is now read by more than one million girls around the world. The magazine empowers girls and serves as a valued resource for parents, offering them a window into what their daughters are thinking and feeling.

**About the *Discovery Girls* Tween Summit:**

*Discovery Girls* hosted its first tween summit in July, 2013, as a way to bring together readers from across the US and Canada to engage in open, solution-oriented discussions about the obstacles and pressures girls face in school, in society, and at home.

Through workshops and activities, summit participants explored topics including body image, bullying (in-person and online), technology and social skills, plus pressures to date and grow up too fast. They wrote articles about their personal and shared experiences in these areas, and offered advice on positive and productive ways to handle tough times. Their stories are being published in *Discovery Girls* magazine so girls all over the world can be encouraged and benefit from the wisdom and lessons exchanged at the summit.



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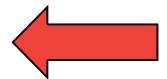
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A R O U N D T O W N

## Attaining the Rank of Eagle Scouts

Suffolk County Legislator Robert Trotta presented proclamations to the three newest Eagle Scouts of Troop 301: Spenser Jamison Ochs, Thomas Dennis Harrington and Zachary Alexander Zwergel.

Spencer Jameson Ochs, of St. James, did his Eagle Scout Project at the St. James Lutheran Church, where his troop meets. He converted an unused room at the preschool into a nursery and was responsible for cleaning it out, painting and installing new cabinets and a countertop. He also replaced the dropdown ceiling and installed new moisture resistant floor molding. It is now a functioning nursery and multi-purpose room.

Thomas Dennis Harrington, of Smithtown, was asked by Sweetbriar Nature Center in Smithtown to improve their "Outdoor Discovery Area" for his Eagle Project. Thomas built a new storage unit to store items that are used in the outdoor programs and also installed new directional signs at the Center. Thomas held a car-wash to raise money for his proj-



**Pictured before the ceremony are (L-R): Suffolk County Legislator Robert Trotta, Spenser Jamison Ochs, Thomas Dennis Harrington and Zachary Alexander Zwergel.**

ect and donated the remaining \$636 to Sweetbriar.

Zachary Alexander Zwergel is a third generation Eagle Scout. For his project, he constructed and erected four new weather proof outdoor announcement boards for the Cornell Cooperative Farm's showgrounds in Yaphank. He raised the necessary funds by selling Candles and presented the Farm with a check

for \$266 for the excess funds he earned.

Legislator Trotta said, "This is a very proud moment for these young men and their families, as well as their troop leaders and fellow scouts. I extend my congratulations to all of them for being outstanding community leaders and hope that they will remain active in their respective communities."

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I N T H E N E W S

## Smithtown Hunt Honors 2 St. James Residents

The Smithtown Hunt held their annual Ball on March 8, 2014 at the Old Field Club. Dr. Stewart and Mr. Dinni, both of St. James, were the honorees and awarded life-time memberships to the Smithtown Hunt for their service and dedication throughout the years.

**Pictured below, Smithtown Hunt Riders.**



**Pictured at the Ball (above, L-R) are Mr. Dinni, Steve Speckman, AnnaMarie Deleyer and Dr. Stewart.**



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I N T H E N E W S

## Smithtown Rotary Road Rally Set for Saturday, May 17

The Smithtown Rotary Club will hold their 5TH ANNUAL ROAD RALLY on Saturday, May 17, 2014. This fun family event is open to all and includes food, a scavenger hunt, poker run as well as a dessert contest... something for everyone.

The day begins at 9 a.m. at the Port Jefferson Village Center, 101a E. Broadway, Port Jefferson (just east of Danford's) where bagels and coffee will be served. The rally begins at 9:30 a.m. sharp. There will be a limit of 50 cars, and any car can participate.

This fun event is \$125 per car (includes driver and navigator - children under 12 are an additional \$15 for lunch) which includes lunch at Schafer's in Port Jefferson. There is also an optional \$20 per hand for the 50/50 poker run.

If you just want to join the festivities at Schafer's, 111 West Broadway in Port Jefferson for a delicious lunch at 12 noon with music, dessert contest and other surprise activities it is \$50 per person (\$15 for children under 12).

This event is limited so get your reservations in early. Pre-registration is required. Send your check payable to the Smithtown Rotary Club Charitable Fund and mail to: Steven Gottlieb, 277 Indian Head Road, Kings Park, NY 11754. Include your name, address, phone, cell and email.

If you have any questions, contact Steve at 332-8566 or hbear44@optonline.net or info@smithtownrotary.org.

## St. Patrick School 9th Annual Spring Car Show

St. Patrick School, located at 280 East Main Street in Smithtown, is happy to present its 9th annual SPRING CAR SHOW fundraiser on Sunday, April 27, 2014 with a rain date of May 4,

2014, from 9 a.m.-4 p.m. Admission: \$5/adults; all children/FREE! Admission for cars/\$15, motorcycles/\$5.

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continued on page 114



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HISTORICALLY SPEAKING

LIVES, LOVES, AND LAMENTS OF THE PEOPLE OF ST. JAMES...

The Actors Colony of St. James

by Bradley Harris,  
Smithtown Historian

*Especially for Our Town, I am reprinting an article I wrote about the "Actors Colony of St. James." The article appeared in the Long Island Historical Journal and was published in the Fall 2005/Spring 2006 issue, Vol. 18, numbers 1-2 by the Department of History and the Center of Regional Policy Studies, Stony Brook University. I am reprinting it in Our Town so that those who are interested in local history will have an opportunity to learn about the actors colony that once existed in St. James.*

The Morning Telegraph, published in New York City on Monday, July 13, 1903, ran an interesting story under a banner headline which read: "Stage favorites loaf the summer away, raise pigs and cabbages, play baseball, and go a-fishing in the bay fifty miles from Broadway." The stage favorites were spending their summers on the north shore of Long Island in the little town of St. James enjoying the relaxed pace of life in the country.

"Twelve months in the year the actor plays. From September to June he plays to please the populace. From June to September he plays to please himself. For even as there are actors and actors, so there is play and

play. In the first the man is lost in the actor, for he stands in the calcium light as an alias; he wears the garb and speaks the words of another. In the second kind of play, which is staged in the summer, the actor is lost in the man; he stands with his coat off in the sunlight, and lo! Mr. Pickwick becomes De Wolf Hopper ready for a swim, and Hamlet becomes a very material Edward Soth-  
ern preparing for a frolic."  
("Stage Favorites Loaf the Summer Away," The Morning Telegraph, July 13, 1903.)

By the summer of 1903, some 100 actors were making a  
continued on facing page



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# HISTORICALLY SPEAKING

continued pilgrimage to St. James to spend a few months of relaxation in the sunlight. In St. James, this assemblage of actors and actresses gathered to enjoy the natural delights of the "wooded gulch on the north shore." (This last reference is to the hollow where Three Sisters Road and Harbor Hill Road intersect in the incorporated Village of Head of the Harbor.) Here they enjoyed fishing, boating, swimming, clam-bakes, dancing, baseball games, and the company of their fellow actors. "A baseball bat and an oar" were "the coat-of-arms of the theatrical colony with two strong baseball teams, a boat club, and environment and company that might make a good fellow of a cloistered monk." St. James had enough to make even the most morose actor forget his troubles. ("Stage Favorites..." op. cit.)

The appeal that St. James had for these actors can be seen in the lines of this poem composed by De Wolf Hopper that appeared on the front page of The Morning Horn of 1902. (The Morning Horn was a local paper/newsletter published by the actors in St. James.)

*Oh, I like to spend the summer  
Down at honest old St. James  
Where actors drop their foolish ways  
And use their family names.  
Where Aubrey Vere De Vere  
Becomes plain Timothy McCann,  
And idols of the matinee,  
Act like a common man,  
No managers invade St. James,  
No contracts keep us scared,  
No one-night stands, no longish jumps  
That find us unprepared.  
The piece we play is "Sweet Content,"  
To starship no one claims,  
Here's to a good long summer run  
At honest old St. James.*

### Collierville:

To the many actors and actresses who flocked to St. James

for summer relaxation and a spot in the sunlight, St. James was known as Collierville. They knew it as Collierville because of its association with William Collier, an actor, playwright, and comedian, who had made St. James his summer residence in 1889.

He had been one of the first to tout the virtues of summering in St. James to his friends in the theater and he was so persuasive in his arguments that others followed to St. James. The result was that by the turn of the page

continued on following page

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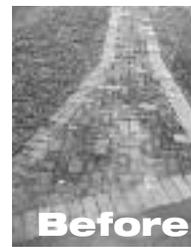
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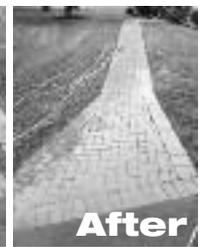
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## The Actors Colony of St. James

continued from page 35  
century, over 100 actors and actresses were enjoying the good life in St. James.

"Willie" Collier was the son of Hattie and Edmund Collier. Edmund Collier was one of the best known actors in the country in his day and he married Hattie Engel, a stage dancer. This marriage of theatrical personalities produced a family of theatrical greats. There were four children: Willie who became famous; Helena Collier Garrick an actress; John Collier, who did not pursue a career in the theater, and Catherine Collier Campbell, also an actress. Other Collier family members were involved in the theater, making the Collier family one of the most well-known and talented theatrical families in the nation. ("Mrs. Collier Died Yesterday," New York Telegraph, July



**Willie Collier's farm in St. James on the corner of Harbor Hill Road and Three Sister's Road. Collier's farm had 15 acres of property, a vegetable garden, two stables with associated outbuildings, three pig pens, a hen roost, an icehouse and a windmill.**

2, 1898.)

Born November 12, 1864 on Varick Street, in Manhattan, Willie headed "for the stage as soon as he was old enough to

know the location of the neighborhood theater." Starting as a youngster, he worked as a "call boy" for Augustin Daly's theater

continued on page 38

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HISTORICALLY SPEAKING

## The Actors Colony of St. James

continued from page 36

company and was given minor parts in several productions. Shortly after leaving Daly's theater, Collier appeared as a star on Broadway. At the age of 22, he co-starred with the famous actor Charles Reed and, in his thirties, he appeared as the lead in "The Man From Mexico," "On the Quiet," "The Diplomat," "Twirly Whirly," "Are You My Father?," "The Dictator," "A Fool and His Money," and many other light comedies. His prominence on the stage brought him into association with another famous actor of his day, George M. Cohan. Collier and Cohan became fond friends and the foremost actors of their day. The pair became inseparable and joined together to present a "talking act" at benefit performances for



**Willie Collier and his wife, Louise Allen.**

New York audiences. Collier would talk and make Cohan laugh and together they would sustain a comic dialogue that had audiences flocking to hear their impromptu theater. (This information about Willie Collier came from an undated, unattributed newspaper article that is

contained in a scrapbook on file in the William Collier Collection of the New York Public Library on 42nd St. and 5th Ave.)

Fame brought fortune to Willie Collier, and in 1889, using his new found wealth, he purchased a small farmhouse on fifteen acres of land on the northeast corner of Three Sisters Road and Harbor Hill Road in St. James. Collier was drawn to St. James because as a young boy he had spent his summers there with his father Edward. He became so infatuated with the area that when he became a successful actor, he returned and purchased the farm so his family could enjoy their summers in St. James. The original farmhouse on the property was small and Collier "spent considerable money improving

continued on facing page

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# HISTORICALLY SPEAKING

continued his place" and gradually extended the house into a handsome villa, "surrounded by extensive and well cared for grounds." The house has been altered considerably since it was owned by Collier. At one time it had three stories with an attached turret and a porch which ran across the full front of the house. It was said that the house contained a billiard room and "all the appointments of a country gentleman's establishment. Here in this house Collier and his wife, Louise Allen, and numerous guests spent their summers from 1895-1905. ("Stage Favorites..." op. cit.; "Blissful Summer Life of Clever Men and Handsome Women Who Have Solved the Problem of Social Contentment," unattributed newspaper article from 1902 contained in the Willie Collier Scrapbook on file in the William Collier Collection of the New York Public Library on 42 St. and 5th Ave.)

Collier purchased a farm and continued to run it. On the property he had a vegetable garden, two stables, three pig pens, a hen roost, an icehouse and a windmill. The pride of the farm was a fine prize-winning Yorkshire pig named Willie who was kept in the pigpens along with "Mrs. Pig and a lot of little porkers." Apparently nothing delighted "Farmer" Collier so much as to lean over his pig pen and talk to his favorite pig Willie. The hen roost with its "big cackling aggregation of chickens," was located near the windmill and the hens were carefully tended by Mrs. Collier. The Colliers also kept a milk cow that could be found grazing the Collier meadow. The cow supplied the family and friends with fresh milk. In the stables, Willie had two horses. One was Louise Allen's "Saddle horse, a blue ribbon animal" and the other horse was a "thoroughbred" named

Bunker that Willie occasionally raced. The menagerie would not have been complete without the six fine English setters that were housed in the farm's kennel. Collier had almost every appliance needed to run a well regulated farm and he had even gone so

far as to install "a main for acetylene gas and a water system." All of this made the Collier farm one of the finest properties owned by any member of the actors colony, and the Colliers welcomed many friends to their villa in St. James.  
continued on following page

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HISTORICALLY SPEAKING

## The Actors Colony of St. James

continued from page 39

(Blissful Summer Life of Colony of Clever Men and Handsome Women...," op. cit.)

One guest was Idah McGlone Gibson, a writer and publicist, who wrote the following account of her visit with the Colliers:

*"I had always considered a newspaper office on the eve of a presidential election, quite the busiest place on earth, but, at that time I had not visited Willie Collier. The home of this clever pair is the acme of comfort. Breakfast there is a moving feast, which in some wonderful way, is kept hot and appetizing from ten until one o'clock... Louise delights in housewifely proficiency, and all her dinners are poems of epicurean art. All the vegetables come from the home garden of which Willie is extremely proud.*



**Chateau Louise Allen Collier, the Homestead of Squire William Collier as it looked when the Colliers lived here from 1895 to 1905, entertaining guests, and serving as the center of life in the Actors Colony.**

*Never is a meal served without Willie being called to the door by George Nash, Charlie Evans, or Billie Gray for a consultation over*

*a coming ball game, a swim in the Bay, or some other diversion to whirl (not while) away the*  
continued on page 42

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HISTORICALLY SPEAKING

## The Actors Colony of St. James

continued from page 40  
*time, for nothing moves at a slow pace here.*" (Miss Gibson's account of life in Collier's home is contained in Willie Collier's scrapbook on file in the William Collier Collection of the New York Public Library on 42 St. and 5th Ave.)

The Collier villa was the place in St. James to find out what was happening in the actors colony, and everyone made a pilgrimage there for food, drink and companionship and all were welcomed. The Collier villa became the heart of the actors colony for several reasons. It was there that one could find other actors and discover what was happening in the community. Many actors rented houses in this immediate area and the Collier villa became the geographic center of the

colony.

With so many theater people flooding into St. James, a major problem became finding a place to stay. According to an article about the actors colony in the Brooklyn Eagle of July 21, 1901, "all of the boarding houses" were "occupied and frequently friends have to be sent to Smithtown for accommodation. As a result, handsome cottages are springing up." These summer cottages were built on small plots of land along Three Sisters Road, Overton Pass, Hill Road, and Thompson Hill Road on land owned by E.J. Overton. On Three Sisters Road, just to the east of Collier's villa, Edward M. Jayne owned a large three-story boarding house, and actors and actresses filled his rooms for the summer. With the opening of

Tony Farrell's Shore Inn in 1902, more actors could be accommodated in the immediate area. And for the overflow, the St. James Hotel, the Nissequogue Hotel and the St. James Park Hotel provided rooms near the railroad station. But the place to be and stay was near the Collier villa.

More about the Actors Colony in St. James next month....

**Editor's Note:**

*Brad Harris is the Town of Smithtown's official Historian. Brad was a High School Social Studies teacher who spent 30 years teaching in Commack. As Historian he has written many newspaper articles on the history of our town, he has published pamphlets and written histories of Commack, Nesconset, St. James, Kings Park, Hauppauge and Smithtown Branch. He resides in St. James.*



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ARTS & ENTERTAINMENT

# Juried Photography Exhibition at Mills Pond House Gallery

The Smithtown Township Arts Council is pleased to announce its *33RD ANNUAL JURIED PHOTOGRAPHY EXHIBITION*, which will be on view at the Mills Pond House Gallery, 660 Route 25A in St. James through Sunday, May 4, 2014. Gallery hours are Monday through Friday, 10 a.m.-5 p.m., and Saturday and Sunday, 12 noon-4 p.m. The Gallery will be closed April 18-20. Admission is free. Please call 862-6575, or visit [www.stacarts.com](http://www.stacarts.com) for further information.

The exhibition features the work of 20 fine art photographers from across the country selected by juror Jennifer Schlesinger Hanson – an award-winning artist, curator and educator based out of Santa Fe, New Mexico.

These photographers extended and reinvented the classic methods of photography. The juror's

theme for this exhibition was *Medium* and how various mediums of photography are used to enhance an artist's statement or intention in their work.

The wide variety of mediums available allowed the photographers to select a creative process that enhanced their inspiration, allowing them greater self-expression in the creation of a unique, one-of-a-kind work of art.

The works chosen for this exhibit reveal the greatest combination of the artist's medium with their subject and feature: encaustic on pigment print, kallitype, cyanotype, gold-toned argyrotypes, gold-toned albumen, wet plate collodion, tintype, ambrotype with collage, and liquid emulsion on vellum over copper leaf among other processes.

First Place was awarded to

Greg Sand of Tennessee for his ambrotype with collage work titled *Void*. Second Place was awarded to Eric Nelson of Wisconsin for his wet plate collodion, on aluminum work titled *Beth: Plate for Praxinoscope*. Honorable mentions went to Sharon Hart of Florida (archival inkjet print), Timothy McCoy of Georgia (gold-toned albumen) and Arista Slater-Sandoval of Michigan (image transfer onto fabric with wax and hand stitching).

Additional photographers include: Jeanne B. Brodsky, Bill Cifuni, Jennifer Drucker, Karen Esteves, Dave Gearino, Carol Hayman, Alan Henriksen, Bruce Laird, Matt Larson, Peter M. Lindstrom, Elizabeth Milward, Karen George Mortimore, Denis Sivack, Rochell Slahorek and Marlene Weinstein.

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ARTS & ENTERTAINMENT

## Off the Wall Art Sale at Mills Pond House Gallery

For anyone that has ever dreamed of walking into a museum, taking a piece of artwork "Off the Wall" and purchasing it – this event is for you! Whether you are on the hunt for something to spruce up your walls this summer or looking for a gift for that special someone, look no further than Smithtown Township Arts Council's 2nd annual OFF THE WALL ART SALE at the Mills Pond House Gallery, 660 Route 25A in St. James, Saturday,

May 17, 2014 from 10 a.m. to 4 p.m.

The Mills Pond House Gallery will be filled with amazing original works of art priced between \$50 and \$499 to provide an opportunity for collectors and first-time buyers to purchase art at affordable prices. Original, one-of-a-kind pieces of art created by talented, local artists will be available for sale at very affordable prices and ready to take home at time of purchase.

Proceeds from this fundraiser will benefit Smithtown Township Arts Council's community arts programs and support the wonderfully creative artists living and working in your Long Island communities!

Call 862-6575 or email [gALLERY@stacarts.org](mailto:gALLERY@stacarts.org) for questions, directions or for information on selling your work. All parking in rear lot – directly across from 199 Mills Pond Road.

## Atlantic Wind Symphony 2014 Season

The Atlantic Wind Symphony, under the artistic direction of Mr. David Schecher, of St. James, and Music Director Joel Levy began its 46th season as Suffolk County's only fully professional concert band using Long Island musicians.

**Music to Dance By**  
Sunday, June 1, 3 p.m.  
Patchogue Theatre  
for the Performing Arts  
71 East Main St., Patchogue

Tickets are \$15 for adults and \$12 for students and senior citizens and may be purchased at

the door or in advance at the Patchogue Theatre for the Performing Arts Box Office, 207-1313 or online.

For information and dates and times of future concerts, call 589-0861, 987-4713 or visit [www.atlanticwinds.org](http://www.atlanticwinds.org).



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- **THE DANCE EXPERIENCE** (Ages 9-13): Tap, Jazz, Ballet, Hip Hop, Lyrical, Technique

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VISIT OUR WEBSITE: [ChorusLineDance.com](http://ChorusLineDance.com)

for all your Dance Information, to Print Forms,  
Register for Summer Classes, Summer Camp or to Pre-Register for Fall 2014!

ARTS & ENTERTAINMENT

## BESFI Benefit Set for May 16 & 17 at the Staller Center

The Ballet Education and Scholarship Fund, Inc. (BESFI) announced that its 35th annual benefit performances will be held Friday, May 16, 2014 at 7 p.m. and Saturday, May 17 at 2 p.m. at the Staller Center for the Arts, Stony Brook University.

The program will feature guest artists: former New York City Ballet principal dancer Stephen Hanna, former American Ballet Theatre soloist Carlos Lopez, the Joffrey Ballet's Oguclan Borova and Matthew Dibble formerly with the Joffrey and currently collaborating with Tyla Sharp. This dynamic quartet will be paired with Seiskaya Ballet principal dancers Alexandra Palma and Danielle Lovetro, in addition to 1st soloists Alexandra Berti, Girie Carrero-Sagona, Ashley Chenery, Jade Donnelly, Kristina Diaz and Lauren Kerr when the



Seiskaya Ballet's award-winning principal dancers left to right: Alexandra Palma and Danielle Lovetro both of St. James.

eight couples will perform a series of bravura pas de deux.

The Benefit program's centerpiece will be *The Fantastic Toyshop (La Boutique Fantastique)*, set to a melodic score written by Ottorino Respighi based on piano pieces by

Gioachino Rossini. A sprinkling of ethnic character dances plus contemporary selections are added to this rousing classical program thus giving everyone something to cheer about.

Noted for the consistent high continued on facing page



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ARTS & ENTERTAINMENT

# Enjoy Dancing? Then You're Invited!

## CELEBRATING 25 YEARS

Swing Dance Long Island invites you to join their friendly group for a mix of East Coast Swing, Savoy Lindy Hop, West Coast Swing, Balboa and some Ballroom dancing. No partner is needed and beginners are welcome.

The first Saturday of each month they meet at the Smithtown Historical Society's Brush Barn, beginner lesson at 7:30 p.m. with dancing between 8 and 11 p.m.

On Saturday, May 3, 2014 SDLI will celebrate their 25th anniversary with dancing to music by the *Tommy James Band* at the Brush Barn. Admission: \$15. Come alone or bring a friend. The Smithtown Historical Society's Brush Barn is located behind the historic Epenetus Smith

Tavern at 211 Main Street, Smithtown NY 11787. Refreshments, door prizes and ample parking.

Swing Dance Long Island, Inc. is an all volunteer, not for profit organization dedicated to the

promotion of swing dancing on Long Island, NY. For additional information call their 24-hour Dance Hotline at 476-3707 or visit their website at [www.sdli.org](http://www.sdli.org).



## BESFI Benefit

continued from previous page quality of its presentations, the BESFI Benefit is always a highlight of the dance season. If past audience responses and reviews by critics are any indication, the 2014 BESFI Benefit will be a show not to be missed. Tickets at \$25/ adults, \$22/children and seniors and \$20 for groups of 20 or more are on sale now through the BESFI Box Office at 584-0192.

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Sunday May 11

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After dinner relax and enjoy being in the energy of true spiritual connection as Janet talks about our own ability to be in touch with spirit, takes questions and gives healing messages from loved ones that have crossed over.

She will be joined by Reiki Master Bridget Salmaggi,  
who discusses the healing arts and its effect on us

The evening will end with gifts and raffles from many  
merchants and practitioners in the area

***This is a reservation only event with limited seating.***

Tickets are \$80 per person.

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For more information about Janet Sharp go to [JanetSharp.com](http://JanetSharp.com)

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ARTS & ENTERTAINMENT

## 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 \$20-\$35 unless otherwise noted, group rates available. Call the box office at 724-3700 for reservations or visit their website at [www.smithtownpac.org](http://www.smithtownpac.org).

### PERFORMANCE SCHEDULE

#### **Seussical Jr.** FOR THE KIDS

Through June 15, 2014  
All Tickets: \$15

#### **The Marvelous Wonderettes: Caps and Gowns**

April 26-May 18, 2014  
*The girls and the 50s are back.  
This time they graduate.*

#### **The Led-Zeppelin Experience**

##### SPECIAL EVENT

May 24, 2014, 8 p.m.  
All Tickets: \$40, Members \$36  
*Performed by Hamer of the Gods.*

#### **Les Miserables: School Edition**

##### FOR THE KIDS

May 30-June 8, 2014  
All Tickets: \$15

#### **Peter Pan: The Musical**

July 12-August 24, 2014  
Tickets: \$20-\$25  
*Based on the play by James M. Barrie.*

#### **The Cast of Beatlemania**

##### SPECIAL EVENT

August 30, 2014, 8 p.m.  
All Tickets; \$40, Members \$35  
*The cast returns - Annual Labor Day Beatlemania*

#### **Neil Simon's**

#### **Barefoot In The Park**

September 6-28, 2014  
*Hilarius comedy by Neil Simon.*

#### **Murder Ballad: A New Musical**

October 11-November 2, 2014  
*A steamy sung-through musical about love and murder. Special open bar of beer and wine available on stage one hour prior to performance (not available Thursday matinees).*

Tickets: Adults/\$35

Thursday Matinee/\$20

Children/Students/\$20

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

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continued on facing page

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ARTS & ENTERTAINMENT

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](http://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:

**EMERSON STRING QUARTET**  
Thursday, April 17, 80 pm  
MAIN STAGE - \$46

The Emerson String Quartet has an unparalleled list of achievements: nine Grammy Awards, three Gramophone Awards, the coveted Avery Fisher Prize, and an international reputation for groundbreaking chamber music projects and correlated recordings.



Smithtown Performing Arts Center

continued from previous page  
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.

**SID THE SCIENCE KID**  
Sunday, May 4, 4pm  
MAIN STAGE - \$15

Come see Sid the Science Kid, live on the Staller Center stage, based on the popular PBS Kids television show. Join Sid, May, Gabriela, Gerald and Teacher

Susie as they take you on an exciting adventure filled with mysteries, laughs, and wonders about the world around us. From singing and dancing to discovering and problem solving, this interactive show will excite the curiosity in everyone.

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ARTS & ENTERTAINMENT

## Long Island Museum 2014 Calendar

**1200 Route 25A  
Stony Brook, NY 11790  
(631) 751-0066  
www.longislandmuseum.org**

**HOURS:**

Thursday-Saturday, 10 a.m.-5 p.m.; Sunday, 12 noon-5 p.m.

**ADMISSION:**

\$9/adults, \$7/seniors,  
\$4/students 6-17 years and  
college students with I.D.,  
under 6/FREE  
2 for 1/Thursdays

**Please Note:**

*All events are free with museum admission, unless otherwise noted. Please call 751-0066 x212 to register where indicated. For information about becoming a museum member call 751-0066 x246.*

**ADULT PROGRAMS  
AND EVENTS**

**April 27, 2 p.m.**

**Painting Jazz**

In celebration of Jazz Appreciation Month Loren Schoenberg, Artistic Director of The National Jazz Museum in Harlem, a Smithsonian Affiliate, discusses the music that played an influential role on the art of Jackson Pollock.



**May 4, 2 p.m.**

**Music and Mount**

World-renowned fiddler Christopher Tedesco of the *Ranchhands* performs his own work along

with pieces composed by William Sidney Mount.

**May 11, 12 noon-5 p.m.**

**Mother's Day**

Spend the afternoon with Mom exploring the beautiful grounds and galleries. Free admission for mothers and grandmothers all day.

**May 13, 10 a.m.-12 noon**

**Senior Tuesday**

CARRIAGE MUSEUM

Seniors 62 and older are invited for a free, self-guided tour of the recently installed *Streets of New York* and *Driving for Sport and Pleasure* galleries.

**May 18, 2 p.m.**

**Latino Music**

Sing and dance along to traditional Argentinian music with

continued on page 58

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ARTS & ENTERTAINMENT

Long Island Museum 2014 Calendar

continued from page 56  
vocalist Sofia Tosello. Bilingual programs and introductions are included.

**BUS TRIP**

**May 21, 7:30 a.m.-5:30 p.m.**

**Art Across the East End**

Hop aboard and enjoy a guided tour of the Pollock-Krasner House, lunch at the Plaza Cafe in Southampton and a guided tour of the newly designed Parrish Art Museum.

Fee: \$95/members  
\$105/non-members

Includes bus, tour fees, lunch and gratuities. Call 751-0066 x212 for info and reservations. Space is limited. Pre-registration required.

**June 1, 1 p.m.**

**Pollock**

Enjoy a special screening of the

Oscar award-winning film *Pollock*, starring Ed Harris as Jackson Pollock. Guest curator Helen Harrison discusses behind-the-scenes elements of the film.

**EXHIBITIONS**

**Ongoing**

THE CARRIAGE MUSEUM

Eight galleries housing more than 100 horse-drawn vehicles and related artifacts explore the history of transportation before the automobile became the everyman's primary mode of transportation in the U.S.

**Through April 27, 2014**

VISITOR'S CENTER

**Colors of Long Island**

This annual student art exhibition affords an opportunity for students in grades Kindergarten through 12 to show their artwork in a museum setting. Hundreds

of proud parents and teachers flock to the museum every year to admire the work of these talented Long Island students, many of whom go on to study art in college. Please join us in celebrating these young artists this spring.

**Through May 4, 2014**

ART MUSEUM

**Brothers in Art: William Sidney Mount and Shepard Alonzo Mount Paint America**

The products of an artistically-gifted Long Island family, William Sidney Mount and Shepard Alonzo Mount played significant roles in the redefinition of pre-Civil War American art. From the 1830s to the 1850s, the duo ascended to the upper echelons of the American art world: William, with his complex

continued on page 60

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ARTS & ENTERTAINMENT

## Long Island Museum 2014 Calendar

continued from page 58  
politically- and socially-themed genre paintings, and Shepard, with his sophisticated society portraits.

### April 1-December 28

#### **Sculpture at LIM a new series**

Enjoy the grounds which are energized with striking outdoor sculpture from two internationally renowned artists who live and work on the East End of LI – Elizabeth Strong-Cuevas and Bill Kind.

### May 23-December 28

#### **Long Island at War**

Long Island has been a crucial and often unsung actor in nearly every war in our nation's history. *Long Island at War* will bring this fascinating past to life, exploring the region's contributions to each major military engagement since

the American Revolution.

### Through June 8, 2014

VICTORIA COSTIGAN GALLERY

#### **Jackson Pollock's Prints**

Jackson Pollock is rightfully celebrated as an innovator whose poured paintings redefined the boundaries of abstraction. His drawings and mixed-media works on paper are also admired for their evocative and psychologically charged imagery. But Pollock's work in print media is not as widely known or appreciated. This exhibition, curated by Helen Harrison, Director of the Pollock-Krasner House, features six Pollock intaglios, printed from the original plates the artist created in 1944-45, and six silkscreens printed from original screens he created in 1951.



### **JUST FOR KIDS Vacation Ventures**

For students in grades 1-3. All programs run from 10 a.m. to 12 noon and take place in the Studio.

Fee: \$25 per program, \$20 for members. Pre-registration and pre-payment are required. Call (631)-751-0066 x212.

#### **April 16,**

**Artist: Peter Max,**  
*pop art*

Educator: Jeanne

#### **April 17,**

**Artist: Lorenzo Ghiberti,**  
*Renaissance Metalwork Art*

Educator: Hilary



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#### FIRST COURSE

##### CLASSIC CAESAR SALAD

garlic herb croutons + shaved pecorino romano

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sweet + spicy + baby greens + ginger dressing

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parmesan crouton + gruyere + muenster

##### OYSTERS ROCKEFELLER

baked oysters + spinach + bacon + gruyere

#### SECOND COURSE

##### MARINATED SKIRT STEAK

mashed potato + onion strings

##### SOY LACQUERED SALMON

stir fry vegetables

##### GRILLED CHICKEN MARGHERITA

chopped tomato + fresh mozzarella + arugula + lemon vinaigrette

##### PORCINI MUSHROOM RAVIOLI

black truffle cream + shaved pecorino romano

#### THIRD COURSE

##### NY CHEESECAKE

raspberry sauce + fresh whipped cream

##### WARM APPLE COBLER

vanilla ice cream

##### RASPBERRY SORBET

#### NO SUBSTITUTIONS PLEASE

MONDAY - THURSDAY 5:00-10:00PM | FRIDAY - SATURDAY 5:00-11:00PM | SUNDAY 4:00-10:00PM

## Programs Offered at the Library

The Smithtown Library offers a variety of programs during the upcoming weeks and months. The Library has updated their phone system with **one number (360-2480)** which will connect callers to all four Library buildings. The Main Branch, is located at 1 North Country Road, Smithtown. The Nesconset Branch (Administration Business Office) is located at 148 Smithtown Blvd., Nesconset. The Commack Branch is located at 3 Indian Head Road, Commack. The Kings Park Branch is located at 1 Church Street, Kings Park. Call for Library hours.

For more information visit the library website at [www.smith-lib.org](http://www.smith-lib.org).

You may register at the above phone number for programs unless otherwise noted.

### NEW MOVIE MATINEES

NESCONSET

Call for dates and times

SMITHTOWN

Friday, April 18, 2-3:30 p.m.

*Enchanted April*

Rated: PG-13, Runtime: 90 min.

Friday, April 25, 2-3:40 p.m.

*Philomena*

Rated: PG-13, Runtime: 100 min.

Call for additional dates, times and movies.

### BOOK DISCUSSION GROUPS

Please register for these programs

#### Tea-rrific Reads Book Discussion

NESCONSET

Tuesday, April 22

2:15 p.m. or 7:15 p.m.

*The Manor* by Mac Griswold.

Call for additional books and dates.

#### Smithtown

#### Book Discussion Group

SMITHTOWN

Thursday, April 17, 10:15 a.m.

*Brave New World* by Aldous Huxley. Call for additional

books, dates and times

#### Sports Pages Book Discussion

SMITHTOWN

Call for books, dates and times.



#### ON-YOUR-OWN TRAIN TRIP TO NYC

SMITHTOWN STATION

Saturday, April 26

Depart: 9:03 a.m.

(All ages; those under 18 w/adult)

Fee: \$9.50 per person  
Under 5 yrs/Free

Enjoy a day in the city with reduced-rate tickets via the LIRR and the Library! After you've registered and paid by 9 p.m. on the prior Tuesday, meet a Library staff member on the day of the program inside the Smithtown Railroad station house at 8:45 a.m. Arrive at Penn Station, at which point you're on your own. Just be sure to leave Penn Station before midnight that day.

#### BUS TRIP TO THE CLOISTERS AND THE NEW YORK BOTANICAL GARDEN

SMITHTOWN

Wednesday, May 7

Depart Library Lot: 8:30 a.m.

Depart Cloisters: 5 p.m.

Fee: \$78, includes transportation, admission fees, tours and driver gratuity.

By popular demand, we are returning to the Cloisters. This trip will also please the horticulturally inclined! First stop is the NYBG. Enjoy a 45-minute narrated tram tour to get an idea of this 250-acre oasis. Lunch is on your own at the Garden Café. Next stop the Cloisters which will take you back to Medieval Europe – its art and architecture.

Following a one-hour guided tour, you'll have time to further explore the exhibits and the beautiful setting. *Wear comfortable shoes, as this trip includes a lot of walking.*

#### SIMPLY CREATIVE VEGETABLES

SMITHTOWN

Thursday, April 17, 6:30 p.m.

Fee: \$5 per person

Simply Creative Chef Rob Scott will demonstrate how to make parmesan crusted Yukon gold potatoes followed by roasted plum tomatoes stuffed with gorgonzola, garlic and herbs and ending with panko and thyme roasted yellow squash. You will get a chance to taste these delicious dishes.



#### GET TO KNOW YOUR SMARTPHONE, eREADER OR TABLET

NESCONSET

Monday, April 21,

4:30-5:30 p.m.

Are you having trouble learning how to use your smartphone or tablet device? Bring in your device and we will pair you up with a teen volunteer tutor who will help you learn the basics of using your phone or tablet. When registering, indicate in the note field which device you plan on bringing.

#### GREAT WEBSITES FOR SENIORS

NESCONSET

Wednesday, April 23,

2- 3:30 p.m.

Learn about the many websites that have information aimed at adults 50 and over. Bill Baker of SeniorNet will teach you how to explore the best websites that cover lifestyle, health, travel, finance and much more.

continued on facing page

continued

**NEW YORK, NEW YORK:  
URBAN GEMS TO EXPLORE**

SMITHTOWN

*Wednesday, April 23, 6:45 p.m.*

What makes New York City so exciting, so alluring? In a city of over 8 million people, 200 nationalities, hundreds of museums, parks and historic sites and thousands of restaurants, the possibilities for surprise and delight are endless! Pat Sommerstad will explore in-depth several favorites from a new perspective and discover new, exciting and often underappreciated urban gems. And, of course, wherever we "go", we'll find the best foods and places to eat. You'll leave with comprehensive handouts and most likely a prize or two!



**SAX JAZZ CONCERT  
FEATURING CHILLY WILLIE**

NESCONSET

*Saturday, April 26, 2 p.m.*

Willie Scopettone will perform a special saxophone concert playing some of his original jazz arrangements along with popular jazz hits.

**SHINNECOCK:  
A DOCUMENTARY FILM**

NESCONSET

*Tuesday, April 29, 6:30 p.m.*

*Shinnecock* is a documentary film presenting the history and ongoing challenges of native people on Long Island as told in their own words. The documentary was filmed over a three year period and filmmaker Thom Hoffman said it focuses not only on the Shinnecock Nation but also on the history of Native Americans on Long Island. The program also includes question-and-answer time with Thom and members of the Shinnecock Nation.

**SUBURBAN AMERICA:  
PROBLEMS AND PROMISE**

SMITHTOWN

*Wednesday, April 30, 6:45 p.m.*

The Smithtown League of Women Voters will present scenes from *Suburbia*, a documentary by Ron Rudaitis. It pres-

ents a dynamic and thought provoking exploration of suburbia, including its history, its political and social changes as well as its developmental challenges and sustainable solutions. Following will be a commentary on the  
continued on following page

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ARTS & ENTERTAINMENT

## Programs Offered at the Library

continued from page 63  
film by the Director of the Smithtown Planning Dept., Frank DeRubeis, its application to Smithtown and a new release of the Smithtown Master Plan. Questions will be taken at the end.

### ONGOING ADULT PROGRAMS

#### ADULT GAME DAY

SMITHTOWN  
Fridays, April 18, 25,  
12-1:30 p.m.  
NESCONSET  
Mondays, April 21, 28, 1-4 p.m.  
Call for additional dates.

We provide the space, tables and chairs. Bring your friends and board or card games to play. Space is limited and is available on a first-come, first-served basis. No registration required.

#### ADULT WRITERS GROUP

SMITHTOWN  
1st Tuesday of every month,  
7 p.m.  
Call for dates

Meet each month to share ideas and get feedback on your

latest efforts. Program is free and open to all regardless of library district. No registration required.

#### ART GROUP

SMITHTOWN  
Tuesdays, April 22, 29, 12-2 p.m.  
Call for additional dates.

Weekly group will work on independent projects. No registration required.

#### OPEN KNITTING AND CROCHET NIGHT

NESCONSET  
3rd Tuesday of the month,  
5:30 p.m.

Enjoy a friendly and informal get together. Experienced and newbies welcome! No registration necessary.

#### QUILT AT THE LIBRARY

SMITHTOWN  
Saturday, April 19, 10-2 p.m.  
Call for additional dates

Bring your new or unfinished projects to work on. Also bring your favorite quilting tip to share with the group. No registration required.



#### AARP DEFENSIVE DRIVING CLASSES

SMITHTOWN  
3rd Thursday, 10 a.m.-5 p.m.  
April 24, May 15  
NESCONSET  
Call for dates  
KINGS PARK  
Tuesday, May 13, 10 a.m.-5 p.m.

The Smithtown Library will host AARP Defensive Driving. General information is also available on the AARP website: [www.aarp.org](http://www.aarp.org). Or call AARP toll-free, (877) 846-3299.

Classes are open to all adult drivers, regardless of age, that are Smithtown Library cardholders only, until one week prior to class, then open to all, space permitting.

Fee: non-refundable \$20 for AARP members with a membership card or \$25 for non-members (check made out to "AARP"). Phone, online and in-person registration is ongoing.

continued on page 66



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## ARTS & ENTERTAINMENT

### Programs Offered at the Library

continued from page 64

#### TEEN PROGRAMS ENTERING GRADES 6-12

The Smithtown Library offers a variety of programs geared toward teens. Join one or join all – you're sure to have a great time! (*Registration is required.*)

#### Teen Volunteer Opportunity

NESCONSET (1-hour sessions)  
*Monday, April 21, 4:15 - Get to Know Your Smartphone, eReader or Tablet Volunteers (you will be paired with adult who is looking to learn about their new device.*  
*Thursday, April 24, 4:30 p.m.*  
*Call for additional dates*

SMITHTOWN

*Call for dates and times*

A variety of volunteer opportunities will be offered at the Library throughout the year. One hour of community service will

be given. Register for this program.

#### CHILDREN'S PROGRAMS

Register in person, online or by phone for all Children's Programs – 360-2480. Call the library for dates and times and age restrictions for ALL programs.

Visit the Library website at [www.smithlib.org](http://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 children's department provides specialized programs, unique to each branch.

#### FAMILY GAME DAY

SMITHTOWN

(Families w/children under 12)  
*Friday, April 18, 4:30-5:15 p.m.*

Kick off the weekend by playing games at the library with a variety of board games from classics to some new favorites. Adults are welcome to stay. *No registration required.*



#### IT'S A ZOO

SMITHTOWN (Grades K-2)

*Thursday, April 17,  
2:30-3:15 p.m.*

It's a zoo in here! Animals of all sorts and sizes take over the Library in this storytime – and afterwards make some zoo animals.

continued on page 68

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# BLADE & BRANCH

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## LET THIS BE THE YEAR YOUR LAWN GETS OFF TO A GREAT START!

Depending on the age of your lawn, your soil, and how much shade you have, there's a good chance you need more than just fertilizer and weed control to have any chance to Grow a Great Lawn! It's not rocket science but it is horticultural science!

Spring is a great time to improve your lawn. All lawns should get lime on a regular basis. Just like in a vegetable garden, to get the best tomatoes and cucumbers you must improve the soil... the same goes for your lawn. Lime increases the soil pH by sweetening the soil. This improves the soil structure and increases grass vigor and health. Core aeration is also beneficial to lawn health. Punching your lawn full of holes is one of the very best ways to improve your lawn. Regular aeration delivers multiple benefits, including: 1) relieving soil compaction, improving air, water and fertilizer penetration; 2) encouraging root growth for deeper and healthier roots; 3) breaking up and speeding up the decay of choking thatch. It's good to schedule core aeration once a year – especially if your lawn has a heavy thatch layer (over one-half inch) or if your soil is heavy or compacted. You will see a dramatic improvement in thickness, heat and drought tolerance, and in the color of your lawn. Slice seeding or feed the birds! When your lawn really needs to be reseeded, slice seeding is usually the answer. These machines actually slice through the thatch layer getting "Good Seed to Soil" contact. Rather than spreading seed over the thatch layer, where it may not even sprout, or exposed to the elements or "hungry critters", slice seeding provides superior germination rates and quicker lawn establishment. The timing of this service is very important. If you would like to see "Before and After" pictures or need more information, please go to our website or call us anytime!

### APRIL -TO DO LIST

- What is your Earth Day resolution? It is easy to be Green and I will give you a few easy "Be Green Tips" here every month.
- Help your lawn and our environment. Mulch your grass clippings and leaves. It puts helpful nutrients back into the soil and reduces expensive hauling to landfills.
- Cut High – the higher the cut (best 3-3 1/2") the deeper the roots, the stronger the grass plant. Also reduces watering and weed control needs!
- Got Spring Fever? Careful you may get a RASH! Poison ivy is out there. Use extreme caution digging by PI vines, the roots and root hairs contain high amounts of the dangerous PI oil Urushiol.
- To increase blooms increase plant vigor. Improve the soil with compost or feed flowering shrubs and perennials with an organic or quality fertilizer.
- Don't rush the annuals or tomatoes Soil temps are still cold. Wait till mid May or even June!

BE GREENER THIS YEAR!

By Craig den Hartog,  
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ARTS & ENTERTAINMENT

### Programs Offered at the Library

continued from page 66

#### PARACHUTE PLAYTIME

NESCONSET (3-5 years)  
*Thursday, April 17, 2:30-3 p.m.*  
Groovy songs, silly dancing and of course the giant parachute are all part of parachute playtime!

#### SPRING INTO ART

NESCONSET (Grades K-2)  
*Friday, April 18, 4:30-5:15 p.m.*  
Celebrate the season with some favorite stories and create an art project using flowers and leaves as stamps. Dress to make a mess.

#### BUNNY BRUNCH

NESCONSET (2-5 years w/adult)  
*Saturday, April 19*  
*9:30-10:30 a.m. OR 11-12 p.m.*  
Hop into the Library and meet your furry friend, Pat the Bunny!

Enjoy stories, crafts and breakfast with this special bunny. Be sure to bring your camera! Register for only one session. Siblings welcome.



#### EARTH DAY BIRTHDAY

SMITHTOWN (3-5 years w/adult)  
*Saturday, April 19 • 3-3:45 p.m.*  
Join more than 192 countries as we learn to appreciate nature, keep our planet clean and ways to protect our environment. Make a sun catcher to bring home using leaves, grass and twigs.

#### EARTH DAY FLOWERPOTS

SMITHTOWN (Grades 3-5)  
*Tuesday, April 22, 5-5:45 p.m.*  
Celebrate Earth Day with a

story about a child, a seed and an emperor in *The Empty Pot*. Decorate a flowerpot perfect for growing your own seeds!

#### MISBEHAVING MONKEYS

SMITHTOWN (3-5 years w/adult)  
*Wednesday, April 23, 2:30 p.m.*  
Monkeys have taken over the Library! Celebrate Eileen Christelow's birthday by reading about some misbehaved monkeys and make a monkey craft.

#### PARENT TODDLER WORKSHOP

SMITHTOWN  
(24-47 months w/adult)  
*Tuesdays, April 22, 29, 10 a.m.*  
A unique opportunity in which different local resource persons visit each meeting to talk about topics of interest to parents of toddlers, while children enjoy stories, crafts and playtime. Siblings are welcome.  
continued on facing page

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ARTS & ENTERTAINMENT

continued

**UPCYCLED ART**

NESCONSET (Grades K-5)  
*Saturday, April 26, 10-10:45 a.m.*  
Don't just recycle, upcycle!  
Turn trash into treasure when  
you repurpose materials into a  
work of art.

**CHILDREN'S DAY  
CELEBRATION**

NESCONSET (Grades K-2)  
*Monday, May 5, 4:30-5:15 p.m.*  
Celebrate Children's Day, a  
Japanese holiday, with folktales  
and create a koinobori - or carp  
streamer.

**ONGOING PROGRAMS**

***Creation Station***

SMITHTOWN (Children under 12)  
*Saturdays, 10 a.m.-4 p.m.*  
Are you looking for something  
to do on Saturday? Come to the  
Library and complete some cool  
crafts. *No registration required.*

***Fun for 4s and 5s***

SMITHTOWN (4-5 years)  
*Thursdays, April 24, May 1,  
1 a.m.*  
*Call for additional dates and  
times*  
A traditional storytime for chil-  
dren who can sit independently.

***Library Playdate***

NESCONSET (2-4 years w/adult)  
SMITHTOWN  
*Call for dates and times*  
Enjoy an informal playdate –  
meet other children and families  
while playing with toys and cre-  
ating an art project.

***Mother Goose Rhymetime***

(birth-35 months w/adult)  
NESCONSET  
*Tuesday, April 22, 10:15 a.m.*  
SMITHTOWN  
*Saturdays, April 19, 26, 10 a.m.*  
*Call for additional dates and  
times*  
Enjoy a traditional time of  
nursery rhymes and songs for  
baby. Siblings are welcome. *No*

*registration required.*

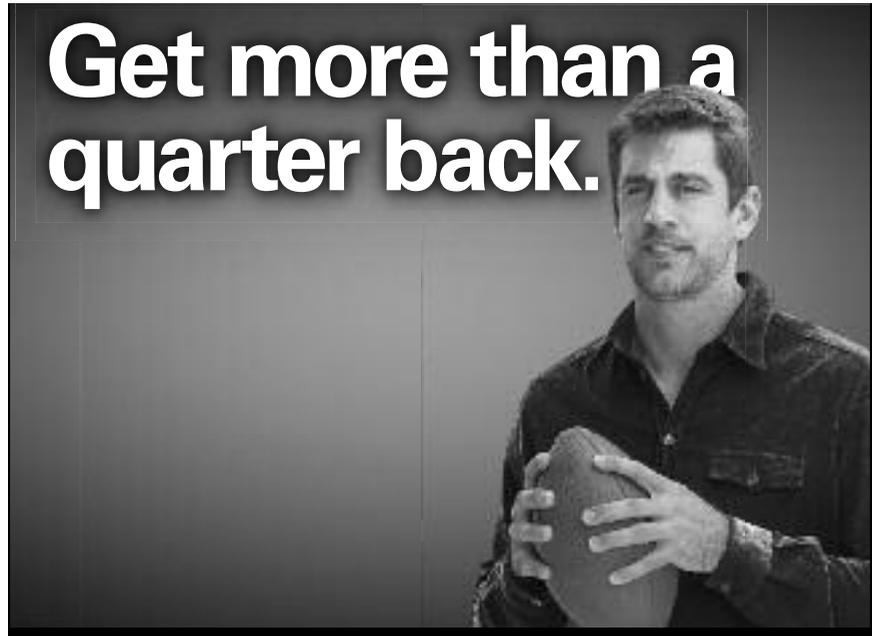
***Pajama Storytime***

NESCONSET (  
3-6 years old w/adult)  
*Monday, April 21, 7-7:30 p.m.*  
*Call for additional dates and  
times*

*(No registration required)*

Come to the Library in your paja-  
mas for stories and songs. Bring  
a favorite stuffed animal if you'd  
like. Siblings are welcome.

continued on page 114



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\*Discounts may vary by state.

## DESIGN IDEAS: A Mother's Day Reflection



by Natalie Weinstein, Allied ASID

I often feel the loss of my mom but especially on Mothers Day. I recall what made my

mom so special with mixed feelings of loss and love and why she is so dearly missed.

My dad would be the first to tell you that my mom was no great "bahlehboosteh" (home-maker). She went to work and ran a clothing manufacturing company for her boss while my grandmother, who lived with us, cooked the chicken soup and my Aunt Sylvia made the pot roast. She didn't have a lot of time or money to entertain guests, either, but my earliest recollections of our first apartment and subsequent homes were one of style, order and beauty. My mother had a "knack," as people would say, of putting things together. They were never really expensive things, except my Spinet piano which was the only new purchase in our first home in Queens. Perhaps that is why I always try to include, whenever possible, a piano in my design projects. I know how much music brings to a home, and today, pianos can play even if the people who own them can't.

So when Donna Reed and Beaver's mom were the norm, my mother wasn't there to give

me milk and cookies after school, which is true of many working moms today. Yet, she set the tone and the routine, creating the backdrop for a well-run household with love and encouragement. Grandma was the disciplinarian, Aunt Sylvia was the big sister I never had, but MOM was the final word, always.

So, what made our house a home? What was the secret my mother knew that all moms seek to discover to bring love and beauty to their families? How did she create order before Feng Shui, even if we think that living then was less hectic and complicated? Her life wasn't easy by any means – a child of the depression, along with my dad, responsible for a widowed mother, mother-in-law and much younger sister. Perhaps it was old fashioned common sense mixed with a fierce determination that her family would live the American dream. One thing for sure, her priorities never wavered in good times and bad – family and home – and my mother always kept her eye on the ball. Until a year before she died, she was interested, involved and supportive of everything in the lives of her four generation brood.

As an interior designer, my mission and passion have been to bring these same values to those whose lives I touch. I have had the advantage of training and the blessing of being able to boast of years of experience, but I know, now, as never before, how much of my life and work



Hilda London

have been influenced by the love, inspiration and encouragement of a truly wonderful mother. Thank you, Mom. I hope you know how many people, whom you've never met, I have left with a little part of you.

**Editor's Note:**

Natalie Weinstein, Allied ASID interior designer, talk show host, author, speaker and president of Natalie Weinstein Design Associates in St. James, NY, since 1973, and owner of the newly opened boutique Uniquely Natalie in St. James, NY, where you will find fine furnishings and accessories for your home. Visit [www.natalieweinstein.com](http://www.natalieweinstein.com), for full service interior design. Join [www.nataliesclub.com](http://www.nataliesclub.com) for FREE and get professional design advice, along with FREE seminars, tips, learning products and discounts. Listen for Design Tips by Natalie on WALK 97.5 FM, or for more information please call 631-862-6198 or email at [info@natalieweinstein.com](mailto:info@natalieweinstein.com)

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258 Grant Ave., St. James. \$475,000.

Diamond custom built Cape. Sparkling oak floors throughout, Anderson windows, security system, CAC, everything in pristine condition.



36 Shenandoah Blvd., Nesconset. \$319,000.

Large 4 bedroom, 2.5 bath Contemporary sits in a nice mid-block location on great street. Offers brick walk ways and manicured gardens.



89 Hobson Ave., St. James. \$759,000.

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NATURALLY SPEAKING:

The Growing Season is Here – *Show Off Your Colors*

by June A. Liardi

May, it is the month we can plant all those vegetables and annuals. The month we honor the Mothers (or Mother figures) in our life.

A nice gift the children can make is a floral scented body powder. You will need: a glass container with lid, for the base, 6 ounces of cornstarch or arrowroot, 3 ounces baking soda. To be added to the base, 1 tablespoon ground cloves, 1 tablespoon ground rose petals, 1 tablespoon ground lavender flowers and rose or lavender essential oil. Mix cornstarch and baking soda with the ground herbs. Add 8-12 drops of the essential oil. Store in the jar and shake often for a few days to blend the scent. Then tie it up

with a pretty pink or lavender bow and attach a pretty label. You could tuck the jar inside a lavender plant or rose bush for that lucky mom.

For a front yard that shows colors throughout the growing season, plant annuals and perennials, and don't hide those pretty vegetable plants in the backyard. Show off their colors out front with the flowers. Tuck annuals in between resting perennials, or create a colorful border in front of tall-growing perennials or spent spring-flowering bulbs. Think of the pretty leaves, flowers and fruit of the different vegetable plants and put them among all your flowers. Plant pole beans and cucumbers on a trellis out front. They are nice looking plants, tasty and

easy to grow.

As your spring-flowering bulbs finish flowering, make sure not to cut the foliage from them. The bulbs use the foliage for nourishment. You can cut the spent flower stalks though. Fertilize the bulbs now also. To make the foliage less noticeable, you can gently lay the leaves flat or bunch them up and tie. Then plant some annuals in front of them.

To enjoy your own fresh vegetables this summer you can plant an entire vegetable garden in just one container. Of course you have to choose a large enough container filled with a good potting soil. Some suggestions for your garden are a few pole beans, a container cucumber  
continued on page 74

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**SONGBIRDS**

The U.S. Postal Service celebrates 10 melodic voices with the *Songbirds* stamp issuance, which features the western meadowlark (*Sturnella neglecta*), the mountain bluebird (*Sialia currucoides*), the western tanager

**New Stamp Issues**

(*Piranga ludoviciana*), the painted bunting (*Passerina ciris*), the Baltimore oriole (*Icterus galbula*), the evening grosbeak (*Coccyzus vespertinus*), the scarlet tanager (*Piranga olivacea*), the rose-breasted grosbeak (*Pheucticus ludovicianus*), the American goldfinch (*Spinus tristis*), and the white-throated sparrow (*Zonotrichia albicollis*).



The stamps are Forever 1st class and are available at the St. James Post Office.

**Growing Season**

continued from page 72  
ber plant, a cherry tomato, a bell pepper plant, an eggplant, some lettuce plants, radish and/or carrot seeds planted in between the lettuce and a few herbs such as parsley, basil and oregano. Make sure to keep it well watered and fertilized. Try it for yourself or your favorite mom or grandmother.

On the last day of April it was a custom in some rural communities for children to make tiny baskets out of brightly colored paper which they lovingly filled with wild flowers and soft moss. Then on May 1 they would get up early and hang the baskets on the front doorknob of people they love. This is done with great secrecy, whispering and tiptoeing. Bring someone you love a

basket of flowers on the first (or treat yourself!).

*"I go to nature to be soothed and healed and to have my senses put in order."*

—JOHN BURROUGHS

**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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### 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.

## Take Microbreaks to Relieve Stress

One of the most common stresses to our body that leads to injury is maintaining prolonged periods in the same position. Sitting at a computer, watching TV or driving a car for any length of time is what the majority of us are faced with daily. To do these activities with poor posture only complicates the situation. To maintain these sustained stationary positions requires our bodies to contract certain muscles, which reduces the blood flow and oxygen getting to them and causes them to fatigue. The human body is meant to be moving; therefore stopping every 30 minutes for 30 seconds with a microbreak can help to combat fatigue and the cumulative effects of repetitive stress.

Microbreaks offer our bodies the ability to reset and alleviate any built up tension and stress. All it

requires are short moments throughout the day where you stretch or flex the muscles that are too tight or too loose.

A good microbreak to consider when sitting would be squeezing your shoulder blades together, raising your shoulders up then depressing them, pelvic tilts, lateral pelvic tilts and cervical stretches and range of motion exercises. While standing you can perform a back extension stretch, hamstring stretch, a chest stretch while reaching back in a door jamb or try reaching both arms above your head and then pretend like you are climbing a ladder.

The idea is to change your positions frequently and activate the inhibited muscles and stretch the contracted ones. Creating the habit is the challenge but be proactive and don't wait until symptoms start.



Microbreaks will decrease fatigue and have a positive effect on your well being. Remember every so often the lumberjack needs to stop and sharpen his axe. Keep your "axe" sharp and take a microbreak!

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**MONEY MATTERS:**

**Turn Your Retirement *Vision* Into Reality**

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

Retirement can be an exciting, active time of your life. But if you're going to get the full benefits from your retirement years – which could last two, or even three, decades – you'll need to have a vision for what you want to do. And to transform this vision into reality, you'll need to take a "holistic" approach – one that involves a financial strategy, clear communications with family members and an awareness of the challenges that may stand in your way.

To articulate and achieve your vision, ask yourself a series of questions, such as the following:

**What do I want to do?**

When you retire, do you plan on traveling around the world?

Purchasing a vacation home? Pursuing your hobbies? Or maybe you're even thinking of opening a small business. Clearly, you have many options – and you'll need to be aware that some choices are going to be more costly than others. If you can identify how you want to spend your retirement years and then put a "price tag" on your goal – or at least come up with a pretty good estimate of how much money you'll need each year – you can then create an appropriate investment strategy. Such a strategy will include both your need for growth – during your pre-retirement and retirement years – and your need for income, especially during your retirement years. Your investment strategy will also need to be based on your risk tolerance,

family situation and time horizon – how many years you have until your retirement.

**What "roadblocks" might I encounter?**

As you work to achieve your retirement vision, you may well encounter some "roadblocks" along the way. One significant roadblock is the amount of health care expenses you might face during retirement. Many people think Medicare will cover everything, but that's not the case – in fact, you could easily spend a few thousand dollars each year, out of pocket, for health care costs. And since these costs typically rise as you move further into retirement, you'll need a reasonable portion of your assets to be allocated to  
continued on facing page

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**Stop by or call today to schedule your free review.**



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continued investments with the potential for rising income. Even beyond normal health care costs, though, you'll need to be aware that you could eventually need some type of long-term care, such as a stay in a nursing home or assistance from a home health aide. These costs can be enormous; to cope with them, you need to prepare well ahead of time, so you may want to consult with your financial advisor for possible solutions.

**How can I protect my family?**

Your retirement vision can't just involve yourself, or even just yourself and your spouse. To fully enjoy your retirement years, you'll want to know that you are helping to protect your grown children from financial and emotional burdens that could fall on



them should you become incapacitated in some way. Among the steps you might consider taking is establishing a durable power of attorney, which allows

you to appoint an agent to manage your financial affairs, make health care decisions or conduct other business for you during your incapacitation. Consult with your legal advisor about creating a durable power of attorney.

You will find that having your retirement vision come to fruition can be a great feeling. So, do whatever it takes to make it happen.

**Editor's Note:**

*Money Matters is a monthly feature written by Scott Posner, CFP, CRPC, 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 24 years. For more information, a schedule of free investment classes or to request topics for future columns, call 862-2020.*

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### St. James, NY – Turn Key

Immaculate 4-bedroom, 2.5-bath Colonial on quiet cul-de-sac. Newly renovated baths and kitchen complete with cherry cabinets, granite counters and butler's pantry. Wood floors, crown moldings, gas heat, CAC, in-ground L-shaped saltwater pool, patio, finished basement. Smithtown SD #1. MLS# 2647452. \$685,000.



### Nesconset, NY – Just Reduced

Warm and inviting 3-bedroom, 2-bath cape on just shy of a ¼-acre on a quiet tree lined street. Updated kitchen with maple cabinets, granite countertops and stainless steel appliances, wood floors, 2-zone gas heat, CAC. Smithtown SD #1. MLS# 2650063. \$399,000.



**UNDER CONTRACT**

### St. James, NY – Meticulous Ranch

Beautifully updated Ranch set on level, ¼-acre. New bath with granite countertop, recently renovated granite and stainless steel kitchen, updated roof, siding and Anderson windows, crown molding, wood floors, CAC, in-ground sprinklers, finished basement, covered patio. Smithtown SD #1. MLS# 2645906. \$389,000.



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**St. James, NY – New To Market**

Custom built Colonial on flat .6-acre. All spacious principle rooms with gleaming hardwood floors. Custom kitchen with extended eating area overlooks park like property. Den with fireplace, master bedroom suite, finished basement, CAC, gas heat. Ideal for quiet family gatherings or gracious entertaining. Smithtown SD #1. MLS# 2656905. \$579,000.



**St. James, NY – New To Market**

Spacious custom-built Center Hall Colonial on cul-de-sac. Wood floors throughout, den with wood burning fireplace, all new windows. Three season rear porch overlooks fenced ½-acre of property backing greenbelt. Finished basement with OSE ideal for extended family. Smithtown SD #1. MLS# 2655781. \$649,000.



**Nissequogue, NY – Private Beach Community**

Center Hall Colonial situated on 2-acres of majestic oaks and flowering trees. Den with gas fireplace, eat-in kitchen with oak cabinetry, wood floors throughout. Elegant Master Suite with separate sitting area. 15x15 accessory building with ½-bath. Private beach access at end of street. Smithtown SD #1. MLS# 2631946. \$739,000.



**Nissequogue, NY – Low Maintenance Exterior**

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**Kings Park, NY – Move-In Condition**

Inline Ranch with open floor plan, Cathedral ceiling. Updates include new heating system, new CAC, newly fenced rear yard, nicely finished basement. Close to Nissequogue River with launching ramp for kayak/canoe, neighborhood playground, and Landing Country Club and golf course. Kings Park SD #5. MLS# 2633891. \$349,000.



**Nissequogue, NY – Waterfront Vacant Land**

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## PERSPECTIVES ON REAL ESTATE: One Size Fits All! – Not Exactly



by Alexandra Rich

April (Aprilis) comes from the Latin “aperire” meaning to open. The opening of

the tree buds, the greening of the woods and field, the arrival of spring at long last! Whatever else happens, tax day will arrive and the maples will open their broccoli-like buds on April 15th. There can be a blizzard, temperatures can plummet, winds can blow with hurricane force, BUT spring’s unofficial beginning is as certain as anything can get. It would be comforting if real estate were so utterly predictable.



### Are Your Feet Too Big?

There are at least two ways to ask any question. Depending on which way you wish to head the conversation, you select one over another. The inherent silliness in this question captures both emotion and thought: Say what? Whose feet? My feet? Any way, what do feet have to do with anything, much less real estate? Your current house was your “move up” purchase: More bedrooms, larger formal rooms,

an expansive family room (and not in the basement), true eat-in kitchen with breakfast area, bigger yard, detached garage and so forth.

Yet now, your second child is a junior in college, the dogs are long gone, your parents have decided on assisted living rather than moving in with you, and being closer to the city looks like a smarter plan than relocating to your vacation home in the lake district. It is not as if the house is not “full,” it is actually stuffed to the gills. The question is are your “feet too big?” Is your foot print larger than it needs to be? Who exactly is going to use the fourth and fifth bedrooms? Does anyone thrill at the opening of the pool? Exactly how much does it cost to have the grass cut, bushes shaped, and spring and fall cleanups? The systems have been updated, the central air installed long ago, and soon enough you need to start over again with a new roof and resurfacing the driveway. Time to downsize? Does an adult community beckon? Looking to escape the snow and cold?



### Are Your Shoes Too Small?

Same question, yet a different way of asking it also brings a very different answer. Think about it for a moment. After the endless winter of discontent and raging cabin fever, spring is sud-

denly here and we expand by moving outward: Out into the yard, out onto the deck, out to the basketball hoop, out to our neighbor’s swimming pool, out anywhere that brings some breathing room.

When you bought this house you were two new adults at the beginning of your careers. The rooms and closets were half empty. The basement was a future benefit, not a family room. The garage fit both cars with room for the lawn mower and lawn chairs, and an extra refrigerator for summer. But now you are packed in like sardines. Both cars sit in the driveway year round. The closets are neat but remove a couple of items and chaos is unleashed. The finished basement is not large enough to really contain your children’s friends and the yard will not hold an in-ground pool. In fact your shoes are too small for your footprint. It is time to move up to a larger house.

One size does not fit all: Whether it is clothing, or a rug, or a house. Our needs change. Our means change. Our dreams change. Our expectations evolve. Whether your feet are too big, or your shoes are too small, springtime brings a clarity unlike any other season in the year. Take advantage of the moment when the buds finally open again and dreams seem real again. Happily real estate accommodates big feet and small shoes. You just have to decide which question to ask.

### Editor’s Note:

Alexandra Rich is a Associate Real Estate Broker, Certified Buyer Representative and Relocation Specialist with Daniel Gale Sotheby’s International Realty, 499 Lake Avenue, St. James, 631.584.6600, alexandrarich@danielgale.com. Ms. Rich is a St. James native, and has been a Realtor for 20 years. If you have any questions or suggestions for future articles please call or email Alex.

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# “Managed” Medicaid in Nursing Homes to Begin June 1, 2014

by Joseph A. Bollhofer, Esq.

For those who are financially needy, the Medicaid program in New York pays for long-term (“custodial”) care at home and in nursing homes. Last year, I wrote about the change to the home care Medicaid system that began in Nassau and Suffolk Counties during the first few months of 2013. Under that program, Medicaid has become privatized, that is, for-profit. Private companies now contract with the State’s Department of Health to provide care for qualified persons in their homes. These services include personal care assistants and home health aides.

New York State is now about to begin such a privatized long-term care program for nursing homes in New York City and Nassau and Suffolk Counties. The program was scheduled to begin on April 1, 2014 for all new Medicaid applicants for nursing home care. However, as a result of objections from consumer advocacy organizations, as well as from nursing home representatives and managed care company representatives, the start date has been pushed back to June 1, 2014. Several substantial concerns were raised in an 11-page letter sent March 14, 2014 from the New York Legal Assistance Group to directors of the State Department of Health and the U.S. Department of Health



and Human Services.

As with the managed care program for Medicaid home care, eligible persons in nursing homes will be required to choose and join a managed care company that contracts with and pays the nursing home. If nursing home residents do not choose a managed care company, a company will be chosen for them. Although this process is to be phased in and is initially only applicable to new Medicaid applicants (and conversions from home care Medicaid to nursing homes), ultimately all persons receiving Medicaid benefits will be required to be a member of a managed care organization. This process will begin in upstate

counties in the fall.

Also as exists in the home care program, the managed care companies will receive a fixed monthly “capitated” (per person) amount of money from New York, and will pay a fixed monthly amount to the nursing homes no matter what level of services is necessary and provided for nursing home residents. Also as with the home care Medicaid program, it is logical that the need for these companies to profit from the programs will conflict with the legitimate needs of their members for services.

Another problem that likely will develop concerns the choice of nursing home placement. Home care Medicaid recipients who then need to be placed in a nursing home will be directed by the managed care organization to nursing homes with which that organization contracts. If the Medicaid recipient desires to enter a nursing home that does not contract with his or her managed care organization, that person will need to enroll with a different managed care organization.

In reality, the options, rules and restrictions regarding membership in managed care organizations are complicated. It is difficult enough for an elderly person receiving home care, or  
continued on facing page

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continued even a healthy person with high cognitive capabilities, to intelligently choose among available plans. Under the proposed nursing home managed care plan, no adequate safeguards are in place or proposed to assist and protect nursing home residents, who often suffer from cognitive disabilities. Informed consent should be a basic requirement for any decision making. At a minimum, a written acknowledgment of a family member or other personal representative should be required to confirm understanding that the chosen plan will now control access to medical services and that all providers must be in the plan's network. Under this new plan, nursing home residents who also are on Medicare will have the option of enrolling in a "partially capitated" plan that does not control access to Medicare services. However, it is doubtful that such an option will be explained adequately to them, and understood. There is not even a clear explanation as to what type of assistance, if any, will be provided in making plan selections and completing the enrollment process. Many nursing home residents do not even have telephones.

It may be that several years from now the system about to be implemented will be shown to

be better or worse than the current system. However, it is hopefully now clear to the state officials that the new system is far from ready to go live. At a March 10 meeting with nursing home representatives, many of those representatives complained that key aspects of proposed contracts between nursing homes and the managed care companies had not even been finalized, nor had billing systems and systems for communicating authorizations for care and many other elements been put in place. Nursing homes and hospitals are scrambling to set up the systems with dozens of managed care plans, and have asked the state to establish templates for many of the important issues. However, as of now, the State Department of Health has indicated that it would leave these items to be worked out between the plans and nursing homes directly.

Unfortunately, the lack of readiness and uncertainty likely will result in consumer confusion and pressure to transfer to a different plan, or to a different nursing home, or to privately pay part of a bill if the system breaks down.

Often nursing home stays are temporary, for rehabilitation purposes. Without clear plans in place, discharges from the nursing home back to the community

can be delayed or blocked altogether if authorization for home care cannot be obtained. Consumer advocates and nursing home and managed care company representatives likely all agree that much more involvement and oversight from the Department of Health is needed to insure that these complex systems are ready to go and that consumers receive quality care. If the state does not push back the June 1 planned date of implementation, it is likely that consumers involved in this system will experience an extremely bumpy ride on what is already a rocky road.

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**Editor's Note:**

*Joseph A. Bollhofer, Esq., is an attorney who practices law in the areas of elder law, Medicaid, estate and business planning and administration, real estate and personal injury. He is a member of the National Academy of Elder Law Attorneys (NAELA) and of the Elder Law, Real Property, and Surrogate's Court Committees of the Suffolk County Bar Association and the Elder Law, Real Property Law and Torts, Insurance and Negligence Sections of the New York State Bar Association. He has been serving area residents since 1985 and is admitted to practice law in New York and New Jersey. His office is located at 291 Lake Ave., St. James, NY. (631-584-0100). For reprints of this article and others send a request to info@bollhofer-law.com or visit www.bollhoferlaw.com.*

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## Pets For Adoption at the Smithtown Animal Shelter

The Town of Smithtown Animal Shelter and Adoption Center, located at 410 East Main Street in Smithtown, has pets in need of adoption. The Center is open Monday through Friday from 8 a.m. to 5 p.m., Saturday from 8 a.m. to 4 p.m.

### FEATURED PETS

#### Coco

Coco is a 9 month old spayed female Boxer mix. She is good with dogs and children. Coco is affectionate, sweet, playful and friendly.

#### Baby

Baby is a 4 year old spayed female Terrier mix. She is good with dogs and cats and is also good with children. She is energetic and affectionate.

#### Caramel and Dusty

Caramel and Dusty are both 3 year old neutered male Domestic Short Hair or-

ange and White Tabby brothers. They would prefer to be adopted together, they are good with cats, sweet and friendly.

#### Jax

Jax is a 9 month old neutered male Hound mix. Good with dogs and cats, Jax would prefer a home with older children.

### Please have your pets spayed/ neutered and vaccinated.

Visit the Smithtown Animal Shelter's website to see all their dogs and cats at [www.smithtowninfo.com](http://www.smithtowninfo.com) and click the link on left side "ADOPT A PET," or call them at 360-7575.

To print out an adoption application go to the Animal Shelter page, under town departments. If you would like an application form e-mailed to you, E-mail your request to [sasac@tosgov.com](mailto:sasac@tosgov.com).

Coco



Baby



Caramel



Dusty



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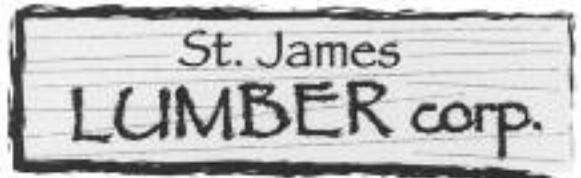
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## Knox Students Compete In Poetry Out Loud Contest

Two students, Besim Collom '15 and Brittany Once '16, from The Knox School, competed at the Long Island Regional Poetry Out Loud Contest held at Stony Brook University. Poetry Out Loud is a national competition, in conjunction with The National Endowment for the Arts and The Poetry Foundation. This contest encourages high school students to learn about great poetry through memorization and recitation, plus helps them master public speaking skills, build self-confidence, and learn about their literary heritage.

Under the direction of the English department, a competition was held at Knox for all students in grades 9-12. Besim placed first and Brittany placed second earning them the opportunity to compete at the regional level. Each student selected,

memorized and read two poems from different time periods. Besim selected "It Couldn't be Done," by Edgar Albert Guest and "A Poison Tree," by William Blake while Brittany read "Happiness," by Paisley Rekdal and "'Hope' is the Thing With Feathers" by Emily Dickinson.

Members of the local community were invited to the Knox assembly to judge and determine who would go on to the regional competition. Judges were: Julie DeLaney, head of Community Relations Department, The Smithtown Library; Alexandra van de Kamp, Professor of Writing & Rhetoric, Stony Brook University; Frances Zepp '97, former English Department Chair, The Knox School; and Scott Zukowski, Ph.D., student and graduate assistant, Stony Brook University.



**Brittany Once  
and Besim Collom**

This is the fourth year that Knox has participated in the Poetry Out Loud Contest.



## Knox Students Travel Abroad

During spring recess, 17 students from The Knox School (St. James) traveled with three faculty members to Amsterdam and Paris for a seven-day cultural and language immersion trip. The purpose was to give students a taste of two of Europe's most charming and captivating cities.

Highlights of their itinerary included visits to Anne Frank's se-

cret annex, the Van Gogh Museum, and a bike tour around the canals and neighborhoods of Amsterdam. While in Paris, they visited Versailles, the Orsay Museum, took a trip to the top of the Eiffel Tower at night, the Montparnasse Skyline, plus a walking tour of Montmartre and other Parisian neighborhoods, and finally a boat tour on the Seine.

Student travelers included: Fan (Frank) Bo, Lindsay and Samantha Cohen, Victoria Cossack, Annie Davis, Arisha Farquharson, Stephanie Lam, Ashley Lederman, Tracy Lu, Adrian Luo, Antonio Marrone, Andy O'Brien, Jack Pigou, Liam Poudrier, Tommy Villafane, Lisa Wu and Garry Xian.

I N T H E S C H O O L S

## Family Fun Day in St. James!

All are welcome at *FAMILY FUN DAY* hosted by Smithtown Cooperative Nursery School, located at 490 North Country Road in St. James. Rain or shine Family Fun Day is on Saturday, May 3, 2014 from 11 a.m. to 2 p.m.

This day of fun includes games, crafts, entertainment,

face painting, balloon art, vendors, food, and gift basket raffles for the adults. Activities are geared for children ages 2-6 years old but all children are welcome.

Smithtown Cooperative Nursery School is a nonprofit, non-sectarian nursery school open to all that offers small, individual

classes for 2-, 3- and 4-year-old children as well as a "Mommy and Me" program for both toddlers and parents.

For further information contact the school at 584-6767, email [stownnursery@optimum.net](mailto:stownnursery@optimum.net) or [www.smithtownnurseryschool.com](http://www.smithtownnurseryschool.com).

## The Knox School Announces Honor Roll Students

The Knox School, in St. James, released its list of academic honors for the second trimester of the 2013-14 school year. There are three honors given to recognize students who have demonstrated exceptional achievement and/or effort in academics. *High Academic Honors* is earned by students who have no course grade below "A-" and all effort grades of "2" or above. *Academic Honors* is earned by students who have an overall average of 84, with no course grade below "B-" and no effort grade below "2". *High Effort Honors* is earned by students who have all effort grades of "1" and no course grade below "C".

The following is a listing of students (and their hometown) who received recognition:

### **High Academic Honors:**

Emily Bowins '16 (Stony Brook); Jingfu (Alex) Kong '14 (China) with High Effort Honors; Ashley Lederman '17 (East Setauket) with High Effort Honors; Estefannia Palacios '17 (Islandia) with High Effort Honors; Kyle Persaud '18 (Miller Place); Cornelius Van Cott '16 (New York) with High Effort Honors; Ziyi (Claire) Wang '14 (China); Ruicheng (Garry) Xian '15 (China); Yaqi (Erin) Zhang '15 (China)

### **Academic Honors:**

Maya Centeno '16 (Princeton, NJ); Erik Cerini '14 (Nesconset); Danyan (Ashley) Chen '14

(China) with High Effort Honors; Besim Collom '15 (Ridgewood); Victoria Cossack '15 (Medford); Annie Davis '15 (Ronkonkoma); Isabella DiPierro '17 (Wading River) with High Effort Honors; Mariam Elhawary Mohamed '15 (Egypt); Arisha Farquharson '15 (Roselle, NJ); Jiawei (Jack) Feng '16 (China); Sachi Fukaya '15 (East Setauket); Tianxi (Shanks) Gao '15 (China); Derek Giuliano '19 (Middle Island); Alejandro Hernandez-Benito '15 (Spain); Jamie Isaacs '14 (Lake Grove); Joseph Jocomina '16 (New York); Micaylah Jones '16 (Wyandanch); William Jones '14 (Syosset); Jong Chul (Joseph) Kim '15 (Korea); Stephanie Lam '15 (China); Zoerina Ledwidge '14 (Central Islip); Yingxi (Cici) Li '14 (China); Po Tien (James) Lin '16 (China); Dinghao (Frank) Ma '15 (China); Elizabeth Manning '17 (Stony Brook); Yiyin (Elaine) Nan '15 (China); Sophia Nardi-Bart '18 (Bellport); Dong Joon (Duke) Oh '15 (East Northport); Brittany Once '16 (Carteret, NJ); Jason Pastuch '16 (Commack); Kiara Pettiway '16 (Irvington, NJ); Blessing Robinson '18 (Massapequa); Coumba Samba '18 (New York); Chun (Kevin) Su '18 (Taiwan); Zichun (Jerry) Su '18 (China); Thomas Villafane '15 (Newark, NJ); Weiwen (Vivian) Wu '15 (China); Ying (Lisa) Wu '15 (China) with High Effort Honors; Yiqian (Cici) Wu '15 (Glen Cove); Minghao (Howard) Xi '15 (China); Zhenxiong (Daniel) Yang '14 (China); Aijia (Echo) Zang '15

(China); Ying Zhang '14 (China); Hongyue (Jewel) Zhu '16 (China); Yiru (Victoria) Zhu '16 (China)

### **High Effort Honors:**

Lindsay Cohen '14 (Oakdale)  
The Knox School is a co-ed, non-denominational, college-preparatory day and boarding school for grades 6-12 plus post graduate. The small class sizes increases academic achievement. Knox offers a personalized approach in the middle school that guides bright young minds through the critical years of school. Students learn in newly renovated classrooms with expert instructors preparing all students for success in a rigorous college preparatory curriculum. In high school, Knox offers AP and honors classes, character-building experiences, visual and performing arts, and competitive athletics, including equestrian and crew, football, lacrosse, wrestling, volleyball, soccer, tennis, baseball and softball.

Over the past two years, leading colleges and universities awarded Knox graduates over \$2 million in scholarships and grants. This year's graduates were accepted to MIT, Stanford, Cornell, Carnegie Mellon, NYU, University of Miami, Syracuse, Boston University, to name a few. For more information, please call the Knox Admissions Office: Susan Day-Holsinger at 686-1600 ext. 414 or visit [www.knoxschool.org](http://www.knoxschool.org).

S P O R T S

## Contractors For Kids 7th Annual 5K Walk/Run April 26

The snow is finally gone – “we pray” and the 7th Annual Contractors For Kids 5K Walk/Run is ready to go! Lace up those shoes and come out to support this worthy charity.

On April 26, 2014 at 9 a.m. Contractors For Kids (CFK) will hold its 7th annual 5K Run/Walk in an effort to raise money for families suffering financially, due to their child’s illness or injury.

Last year’s walk garnered 1,200 participants. Contractors for Kids hopes to exceed that amount this year. Two of last year’s winners were from St. James.

This year the walk will donate portions of its proceeds to the family of a 20-month old child (Anthony) who suffers from Epileptic Encephalopathy caused by a rare genetic defect. Anthony was suffering up to 1,000 seizures a day. He is currently on



**Anthony Russo, 20 months old suffers from Epileptic Encephalopathy.**

an adult medication which is helping but is extremely dangerous. He and his family have to travel to Boston to meet with his neurologist to monitor the effects of this medication. His illness has caused a major financial hardship for this family and CFK has stepped in to help.

The goal for Contractors for Kids is to help support, offset any financial hardship brought on by an illness. They are really all for helping families in our communities. The financial difficulty having a sick child can present a true hardship above that of the illness.

Please join us on April 26 at Ward Melville High School, 380 Old Town Road in Setauket. Registration: \$20/before April 25; \$25/day of event. Fun Run is \$5 per child (intended for children NOT participating in the 5K run/walk). Registration will be from 7:30-9 a.m. T-Shirts to ALL pre-registrants. All other registrants will receive a T-Shirt while supplies last.

For additional information and to register and learn more about this all volunteer organization visit [www.contractorsforkids.org](http://www.contractorsforkids.org) or call 888.208.KIDS (5437).

## 4th Annual Mike’s Hike Run/Walk

The 4th Annual Mike’s Hike, a 4K Run/2K Walk in Loving Memory of Mike Denaro, will be held on Sunday, June 7, 2014 at the Smithtown High School West track. Proceeds will benefit the Mike’s Hike Science Scholarship and the Smithtown Children’s Foundation.

In April 2011, the Smithtown School District suddenly lost one of their beloved elementary teachers, Michael Denaro. Mr. Denaro not only taught with enthusiasm and dedication, but he invested much of his personal time helping students build memories that they could hold onto forever. He is missed by staff, students and the community.

Entry fee includes a t-shirt and bag for the first 500 participants. Single Runner/Walker: \$15/Early Bird Registration, online only, by May 2; \$20/pre-registration by June 5; and \$25/day of race; \$10/Children’s One Lap Fun Run.

The Children’s Fun Run starts at 9:40 a.m. with the Runner’s Race at 10 a.m. sharp. The Family Walk starts at 10:15 a.m. Check-in is at 8:30 a.m. at the Smithtown High West Track.

There will be music, refreshments and more, with an awards ceremony immediately following on the football field. Please note that there are no pets, bicycles, skateboards or scooters allowed at the event or on the school grounds during the event.

For additional information and online registration go to:

[www.lightboxreg.com/mikes-hike](http://www.lightboxreg.com/mikes-hike)  
or contact the event chairs at:  
[www.smithtownchildrensfoundation.com](http://www.smithtownchildrensfoundation.com)

or  
Krissy Lonetto at  
[klonetto@smithtown.k12.ny.us](mailto:klonetto@smithtown.k12.ny.us)  
Marieke Mygland at  
[amygland@smithtown.k12.ny.us](mailto:amygland@smithtown.k12.ny.us)

If you are unable to attend and would like to support this event you can make a tax deductible donation to the Smithtown Children’s Foundation, PO Box 799, Nesconset, NY 11767 (584-9511).

### **About the Smithtown Children’s Foundation**

The Smithtown Children’s Foundation is a 501(c)(3) non-profit charitable tax exempt organization providing financial and emotional support to children and families within our Smithtown community by bridging family, friends, neighbors and local business to act as ONE in times of crisis.  
[www.smithtownchildrensfoundation.com](http://www.smithtownchildrensfoundation.com)

S P O R T S

## The Walk/Run For Friends of Karen at The LI Marathon

For a fun and exciting way to get some exercise while raising funds for children with cancer and other life-threatening illnesses, put on your sneakers and join the Walk/Run for *FRIENDS OF KAREN* at the Long Island Marathon on Saturday and Sunday, May 3 and 4, 2014 at Eisenhower Park.

*FRIENDS OF KAREN*, an organization that has helped thousands of families with children diagnosed with cancer and other life-threatening illnesses for 35 years, is organizing their team and encourages families to join them for this celebrated event in the heart of Nassau County's



**5K Walk/Run**  
**Saturday, May 3, 2014**

(ages 11 & older)

~ ~ ~

**10K, Half  
& Full Marathon**  
**Sunday, May 4, 2014**

(ages 16 & older)

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. *FRIENDS OF KAREN* has helped more than 12,900 children in the New York tri-state region. Last year, more than 300 walkers and runners joined the team and more than \$340,000 was raised for the organization.

For information and an application on the Walk/Run, please call 631-473-1768, ext. 303.

For more information on Friends of Karen's services, visit [www.friendsofkaren.org](http://www.friendsofkaren.org).

## Attention All Lady Golfers

The Smithtown Landing Ladies 18-Hole Golf Association is looking for members. If you are interested and

have a current handicap, please call Peggy at 631-588-1668 for more info. Non-residents are welcome.



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## Standing Strong in Mountain Pose

by Amy Biondi

The winter of 2014 was certainly a collective experience of hardship for all people everywhere. Whether it was brutal commutes, power outages, limited parking, slipping on the ice, broken snow blowers, snow shoveling, cars that remained covered for weeks, no bread and milk at the supermarket, loss of income, children home for too many days, or dogs that wouldn't potty outside; one thing we could all agree upon: the struggles were personal and they were many.

Like all people everywhere I am eager to get my spring on, and am looking forward to the reopening of all the garden centers that make St. James one of the greatest of communities to live in on Long Island. I have a special fondness for Wicks Farm on 25A because as a child whenever my grandparents drove us home we would pass (and sometimes even stop!) so that we could stand and gaze up in awe at one of the great wonders of Long Island... Winnie the Witch. Thirty feet of looming Halloween up year round and in my eyes every bit as intriguing as local brother icon, the Smithtown Bull. She demands to be noticed as she gazes out over her personal kingdom and I have to give this witch props: Although 30 plus years have passed since her

debut into this world, she has remained standing firm and strong through her own hurricanes, blizzards, rain and windstorms.

Although her posture could use some improvement, as I look at her today she brings to mind the yoga pose known as "Mountain." A beginner pose easily executed by anyone, Mountain translates in Sanskrit to "Samasthiti" meaning "unmoved, standing upright, abiding or remaining" or "Tadasana" which literally translates to Mountain. It seemed to me that Winnie's strength and longevity could be derived from her firm foundation and that we could all be inspired by it. Metaphorically speaking, we can stand strong in the center of our own storms (as well as our own peace) with strength and equanimity as long as we build a firmly rooted foundation. The ways to do this can be very personal and whether it is through a strong sense of family, community, spirituality or just commitment to living a better and healthier life, these things will help sustain us through the storms and adversity of our own lives.

In a yoga practice, how we stand in Mountain will dictate the habits that develop with further practice. With an intention of feeling strong and grounded, stand with feet hip distance apart distributing the weight evenly



through the feet with arms alongside the body. Lift and spread the toes to broaden the base for great balance. As you root down through the feet, the core along with the quads and arms engage as the crown of the head is moving upwards and the shoulders descend.

When it is performed properly along with other poses, Mountain helps to re-train the body to continued on page 92

### Amy Biondi

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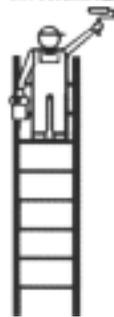
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## Physical Therapist's Guide to Patellofemoral Pain

by Rich Greco, PT, ATC, CSCS, TPI  
Certified Golf Fitness Instructor

Patellofemoral pain syndrome (PFPS) is one of the most common types of knee pain, particularly among athletes, active teenagers, older adults and people who do physical labor. Patellofemoral pain affects more women than men and accounts for 20%-25% of all reported knee pain.

### What is Patellofemoral Pain?

Patellofemoral pain syndrome refers to pain at the front of the knee, in and around the kneecap. (The kneecap, or patella, is the triangle-shaped bone at the front of the knee joint. The pain usually is accompanied by tenderness along the edges of the patella.

Current research indicates that PFPS is an *overuse syndrome*, which means that it may result from repetitive or excessive use of the knee. Other contributing causes may include:

- Weakness, tightness, or stiffness in the muscles around the knee
- An abnormality in the way the lower leg lines up with the hip, knee, and foot

These conditions can interfere with the ability of the patella to glide smoothly on the femur (the bone that connects the knee to the thigh) during movement. The friction between the under-surface of the patella and the femur causes the pain and irritation commonly seen in PFPS.

PFPS often occurs in people who are physically active or who have suddenly increased their level of activity, especially when that activity involves repeated knee motion, running, stair climbing, squatting or repeated carrying of heavy loads. If you are older, you might have age-related changes that cause the cartilage on the under-surface of the

patella to wear out. The result is pain and difficulty completing even the simplest daily tasks without pain.

Usually, patellofemoral pain is worse when you walk up or down hills or stairs and on uneven surfaces. This pain tends to increase with activity and improve with rest. You also may:

- Feel pain after sitting for long periods of time with the knee bent
- Occasionally hear or feel a *cracking* or *popping* when you bend or straighten your knee

### How Can a Physical Therapist Help?

After a comprehensive evaluation, your therapist will analyze the findings and prescribe an exercise and rehabilitation program just for you. Your program may include:

- Strengthening exercises targeted at the hip (specifically the abductor and rotator muscles of the buttock and thigh), the knee (specifically the quadriceps femoris muscle,

which is located on the front of your thigh and straightens your knee), and the ankle

- Stretching exercises for the muscles of the hip, knee, and ankle
- Taping of the patella to reduce pain and retrain muscles to work efficiently
- Exercises for improving your performance of activities that have become difficult for you

If your pain is persistent, your physical therapist may:

- Have you try a lightweight brace
- Use pain-reducing treatments such as electrical stimulation
- Recommend that you apply ice or heat at home for relief

Your physical therapist will work with you to help you stay active and maintain your fitness level. You may need to modify your activity level or change your training activities until you  
continued on page 114



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## Don't Let Diabetes Leave You Out of the Conversation *Get Your Hearing Checked*

by William Kent

Hearing loss is about twice as common in people with diabetes, so urging those with diabetes to get their hearing checked and to make it a routine part of their diabetes care and management is extremely important.

What's the Diabetes-Hearing Health Connection? Hearing depends on small blood vessels and nerves in the inner ear. Studies have shown that people with diabetes have a higher rate of hearing loss than people without diabetes. Although the relationship between diabetes and hearing loss is still being investigated, researchers theorize that, over time, high blood glucose levels can damage the blood vessels and nerves of the inner ear, diminishing the ability to hear.

*The Journal of Clinical Endocrinology & Metabolism*, researchers found that people with diabetes were 2.15 times as likely as those without the disease to have hearing loss. Surprisingly, when broken down by age, the younger group was at greater risk. The results showed that those 60 and younger with diabetes were 2.61 times more likely to have hearing loss, while the risk for those older than 60 was 1.58 times higher. The meta-analysis looked at 13 previous studies that examined the link between diabetes and hearing loss.

According to Professor Hirohito Sone, Department of Internal Medicine, Niigata University School of Medicine, Niigata Japan: "Our findings support routine hearing screenings for people with diabetes starting at an earlier age than for people without the disease. From a preventative healthcare perspective, this is very important because we know that when left untreated, hearing loss can exacerbate and perhaps even lead to other health problems, such as depression and dementia, making the diabetes burden even greater."

Likewise, research also suggests that by keeping diabetes under control, people can help minimize potential diabetes-related hearing damage. Researchers at Henry Ford Hospital in Detroit found that women between the ages of 60 and 75 with well-controlled diabetes had better hearing than women whose diabetes was poorly controlled.

"A certain degree of hearing loss is common with aging, but it is often accelerated in patients with diabetes, especially if blood glucose levels are not being controlled," said senior study author Kathleen L. Yaremchuk, M.D., Chair of the Department of Otolaryngology-Head and Neck Surgery at Henry Ford Hospital in Detroit. "Our study really points to the importance of patients controlling their diabetes and

paying attention to their hearing health."

Unlike eye exams, hearing health examinations are often overlooked in the routine regimen of care for people with diabetes, despite the fact that the vast majority of people with hearing loss can benefit from hearing aids. In fact, almost all of the 400 people who underwent hearing tests at the American Diabetes Association's EXPO in Portland, Oregon in 2012 said they had never received a physician's recommendation for a hearing test. Yet more than half of these 400 individuals were found to have hearing loss. And nearly all of them said they did not know that hearing loss is associated with diabetes.

In conclusion, monitor diabetes closely and follow your doctor's recommendation for your best results in not only diagnosing early but treatment of it. Part of the process should include annual hearing screenings. If your physician does not recommend it, simply request it; he'll appreciate you reminding him since it really is the best and more comprehensive course of action.

**Editor's Note:**

*William Kent is the Director of Long Island Hearing, an audiology and hearing instrument practice with offices in Nassau and Suffolk Counties. He can be reached at 1.800.698.5200 for more information.*

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## Standing Strong in Mountain Pose

continued from page 90

stand correctly and reverse the negative effects of poor posture. So many ailments and discomforts can be directly traced back to poor posture and can create imbalance. Mountain Pose symbolizes being connected, rooted and unperturbed by surrounding events. It can help cultivate a sense of awareness in regard to imbalance so that we can recognize what is so easily forgotten in our day to day activities.

Just as the spring can bring a renewed sense of

hope, mountain pose also symbolizes beginning and starting again. And sometimes, all that we really need to be good at in this life is to be able to begin again.

**Editor's Note:**

*Amy Biondi is a Licensed Massage Therapist, Reiki practitioner and Registered Yoga Teacher living in St. James. She teaches classes at Energy Fitness, Amba Yoga and New York Sports Club. She can also be found at the beautiful and newly opened Purity Spa located in St. James. Available for private appointments as well, she can be reached at 631-678-8436.*

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**through change. As a father who lost his 17-year old son, Michael, in an auto accident, he always speaks from the heart. As a licensed psychotherapist, certified clinical hypnotherapist and life/bereavement coach, he counsels others on how to work through difficult times. Ron has appeared before sold-out audiences across the country, hosts two radio shows, and is currently featured on the Verizon FiOS1 network. His funny, captivating and approachable style creates powerful, life-changing moments. Embrace the Power of Change in your personal and professional life today!**

**Ask Ron Villano...**

*Dear Ron,*

*I am finding all this noise about standardized testing very unsettling. It seems like the main mission of the people for and against is to just rattle the minds of our children. At this point, the law hasn't changed, so I am trying to put my son's mind into the fact that you have to obey the rules, even if you disagree. My son has become very worried that if he doesn't take the test, or her does take the test, that something wrong will happen either way. I feel that he should just take the test, do his best, and just let the worry go; and stop listening to the hype. This has become an adult political battle, but this battle pulls at our heartstrings because it deals with our kid's futures. Shouldn't we just keep the kids out of it until someone changes the rules?*

*- Unsettled*

*Dear Unsettled,*

Certainly parents, schools, teachers all have an opinion. And the opinions of the adults of the family may affect the decisions of the kids. But keep in mind that children are not qualified to answer the question of "should I take the test." It would be like asking a three year old if they want to eat something sweet for dinner, like chocolate, or something nutritious like vegetables. They will pick what they feel comfortable with not what they should do. It's the job of parents to set the standard. Many students will feel the pull to not take a test because of all the reasons any type of test exists - to determine the level of knowledge based upon a score as determined by the person/institution giving the exam. Testing is part of our society; and as a free continued on facing page

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Founder/Director



HEALTH NOTES

continued society, adults are the ones who get to make the choices. So free your son of the confusion and the choice – he is not qualified to decide. However, no matter what your family decision is, the position on test taking should always be the same. The lesson to learn and pass along to our children is that whenever you take any test – from “common core” to “final exam” to “learner’s permit” to “the bar exam” – always do your best in preparation, make your best effort to take the exam, and let the score fall where it may.

Dear Ron,  
How do I get my kids to get off Facebook and start talking to each other in real time? – Help

Dear Help,  
Now here’s a real hot topic! As

parents, we did not grow up with “electronic communication.” We had to pick up a phone, write a note, or wait until the next day to find out what happened after school. NOW, that info is available 24/7 and it has all but removed the mental “downtime” that we all need in order to reconnect with ourselves. Want them off Facebook? Then be the parent. Set the rule, establish the standard, and then enforce it, no matter what. Pick a time at night to end ALL – all, each and everyone’s – electronic communication. No texts, posts, tweets, pics, emails or surfing, and this means you too! And, no matter how much they whine, complain, grouch, and try to manipulate, don’t give in (and you too!). Electronic addiction is a new diagnosis – and parents as much as kids are falling into bad habits. There

is no bit of information so important that it won’t find you when it needs to get to you – even by the old and out of date method of making a phone call or (OMG) meeting face to face. Start to end the habit by simply choosing to pull the plug – and reconnect in real people time. Life is actually more exciting when you live it rather than read about it.

**Editor’s Note:** Ron Villano, M.S., LMHC, ASAC, CCH, is the founder and director of Family & Personal Counseling, located at 872 Middle Country Road in St. James. He is an author of the book *The Zing*, has appeared on national TV, along with daily appearances on the Verizon FiOS1 network. With offices in St. James, Bohemia and Howard Beach and a staff of 13 therapists from all backgrounds – Family & Personal Counseling addresses individual and family concerns of all ages. For additional information call 758-8290 or visit [www.FamilyAndPersonalCounseling.com](http://www.FamilyAndPersonalCounseling.com) and [www.RonVillano.com](http://www.RonVillano.com) to listen to his featured interviews.

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H E A L T H N O T E S

## Structural Management of the Athlete

by Dr. Linda M. Bocchichio

Chiropractors who work with athletes can do more than help injuries. Chiropractic care is a value to team members because they can help athletes who are injured with symptoms as well as athletes who are not injured.

Chiropractic focus is on structural management as well as sports injury. This approach offers more benefits to the team. Typically athletes are treated when they are injured. After the symptoms are gone the athletes are considered ready to resume activity. However, many athletes live with structural defects, prior injuries, hereditary weakness, conditioning problems, dietary and physical deficiencies. These problems can keep them from attaining peak performance.

Structural management starts



with a complete structural evaluation of an athlete, education about specific imbalances, distortion patterns and weakness, and a specific program designed to address identified structural imbalances. The program would typically include treatment, support, nutrition and exercise.

The biomechanical exam looks at the athlete as an architectural structure. Balance is important in a building and important in an athlete. Im-

proved balance and joint mobility enhances performance and the athlete's structure can better tolerate increased stress loads.

After an exam a conditioning program can be established to improve flexibility, joint mobility and balance.

This incorporates correction of biomechanical imbalances, possibly orthotics, chiropractic adjustments, and an individual exercise program along with dietary guidelines. The benefits of structural management for an athlete is crucial to performance and to remain injury-free.

**Editor's Note:**

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

### Dr. Linda M. Bocchichio

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O B I T U A R I E S

## Cornelius 'Neal' J. Bahnken

Cornelius 'Neal' J. Bahnken, of Plainview, NY, passed away on March 5, 2014 at the age of 84. *They Shall Not Be Forgotten.* Proud Veteran United States Army, Korean War. Beloved father of John, Linda Robinson, James and Patricia Doner. Loving Poppy of Michael, Jennifer, Erin, Sean, Ashley, Patty, Tara, Tim and Katie. He is survived by many other family members and friends.



**Cornelius 'Neal' J. Bahnken**

A Funeral Mass was celebrated at the Episcopal Church of St. Margaret, Plainview, NY. Interment followed at St. Margaret Cemetery.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.

## David J. Downes

David J. Downes, of Hauppauge, L.I. and Jensen Beach, FL, passed away on February 18, 2014 in Stuart, FL at the age of 88. He was a WWII, South Pacific US Coast Guard Veteran; retired 21 years NYPD Detective and retired Vice President Citibank Fraud Investigation Unit. He is survived by his devoted wife, Barbara, his beloved children David, Charles, Kevin, Dennis and Maryellen Adams, his 26 grandchildren and seven great grandchildren. He is also survived by his loving siblings Kathryn Fitzsimmons and William Downes.

A Mass was held at Sts. Philip & James R.C. Church, St. James. In lieu of flowers, memorial donations to the American Heart Association would be appreciated.

Mr. Downes's funeral arrangements were professionally supervised by Kenneth, Kerry and Ken, Jr. – the Maher family, of the St. James Funeral Home in St. James.

## Donna M. Feicco

Donna M. Feicco, of St. James, L.I., passed away on March 26, 2014 at the age of 52. Beloved partner of Raymond Falk. Cherished daughter of Frank and the late Marie and stepdaughter of Marie. Dear sister of Mark. Loving daughter-in-law of Vivian Falk.

A Funeral Mass was held on March 31, 2014 at Sts. Philip & James R.C. Church, St. James. Committal was

private.

Mrs. Feicco's funeral arrangements were professionally supervised, while the Feicco family was lovingly cared for during their bereavement, by Kenneth, Kerry and Ken Jr. – the Maher family of the St. James Funeral Home in St. James.

## Emrick Richard Milligan, M.D.

Emrick R. Milligan, M.D., a long time resident and physician of St. James, passed away on March 20, 2014 at the age of 60. Emrick was born on September 29, 1953, in Queens, NY to Merinda (Ditta) and Frank Milligan, who served as a Nurse and Military Policeman in the U.S. Army, respectively.



**Emrick R. Milligan, M.D.**

Emrick grew up in Nesconset and attended Smithtown High School. He was an active member of the Boy Scouts and achieved the rank of Eagle Scout. He married Lorena Valencia Monge in January 1984.

Emrick first became a licensed funeral director, but ultimately decided to go to medical school, earning his Doctorate at the University of Guadalajara and completing his residency at Stony Brook University and Brookhaven Hospital. He first practiced Emergency Medicine and then went into Family Practice in order to spend more time with his family. Emrick was a respected and beloved physician to many residents of the St. James community and beyond. He also served as the physician to many Long Island Fire Departments.

Emrick enjoyed jazz, contemporary art, fishing, wine, and he most adored his beagle and basset hound. Those who knew him well were fond of his sense of humor and generosity. He is survived by his three children: Victoria, Craig, and Cassandra; his siblings: Barry, Melinda and Robert, as well as many nieces and cousins.

Dr. Milligan reposed at the St. James Funeral Home. A Funeral Mass was held on March 24, 2014 at Sts. Philip & James R.C. Church in St. James. Interment followed at St. Patrick's Cemetery, Hauppauge.

Dr. Milligan's funeral arrangements were professionally supervised by the Maher family of the St. James Funeral Home in St. James.

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## O B I T U A R I E S

### Patrick P. Lonergan

Patrick P. Lonergan, longtime resident of St. James, L.I., passed away on April 4, 2014. He was an employee of the Town of Smithtown Highway Department and an active motorcyclist who traveled throughout the country. Beloved son of the late Thomas and the late Margaret. Dear brother of Thomas (Helen) and the late Kathleen. He was loved by many people in town!

A Funeral Mass was held on April 8, 2014 at Sts. Philip & James R.C. Church in St. James.

Mr. Lonergan's funeral arrangements were professionally supervised by Kenneth, Kerry and Ken Jr. - the Maher family of the St. James Funeral Home in St. James.

### Kerry A. Nix

Kerry A. Nix, of St James, passed away on March 19, 2014 at the age of 54. Loving father of Kristen and Keri. Devoted son to the late John and the late Maureen Nix. Dear nephew of Donald and Bonnie Toy. Adored brother of the late John, Jeffrey (Leslie) Bryan (Eleanor). Cherished uncle to Jeffrey Jr., Jack, Cameron and Emily.

A Memorial service was held at Fives Funeral Home, Smithtown, on Saturday March 29 2014.

### Joseph O. Rubio

Joseph O. Rubio, of St. James, passed away peacefully on February 24, 2014 at the age of 83. Beloved husband of Theresa. Loving father of Gary (Beth) Rubio and Thomas (Karla) Rubio. Adored Pop of Andrew, Frida, Maximiliano and Ivana. Cherished great grandfather of Olivia, Joey and James. He is survived by many other family members and friends.



**Joseph O. Rubio**

A religious service was celebrated at the Branch Funeral Home. Interment was private. In lieu of flowers donations to the Don Monti Memorial Research Foundation, 1 Bungtown Road, Cold Spring Harbor, NY 11724, [www.donmontifoundation.org/how-to-donate/](http://www.donmontifoundation.org/how-to-donate/), is appreciated.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.

### Kathryn L. Simmen

Kathryn L. Simmen, longtime resident of St. James, L.I., passed away on March 22, 2014 at the age of 65. Beloved wife of the late Bill. Cherished mother of Lisa Elster and Will. Loving grandma of Hellena, Erik, Karl and Devin. Devoted sister of Sandee Suesser and Billy Caldwell.

Mrs. Simmen reposed at the St. James Funeral Home where funeral services were held on March 28, 2014. Interment followed at St. James Episcopal Cemetery. In lieu of flowers, contributions to St. Jude Children's Hospital, 262 Danny Thomas Place, Memphis, TN 38105 would be appreciated.

Mrs. Simmen's funeral arrangements were professionally supervised, while the Simmen family was lovingly cared for during their bereavement, by Kenneth, Kerry and Ken Jr. - the Maher family of the St. James Funeral Home in St. James.

### Robert J. Tancredi

Robert J. Tancredi, of Riverhead, passed away on March 17, 2014 at the age of 78. *They Shall Not Be Forgotten.* Proud Veteran of the United States National Guard Korean War. Cherished uncle of Linda Pisciotta, Julianna Tancredi and Karen Casio.

Interment took place at Holy Sepulchre Cemetery where a religious service was celebrated.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.

### Alison M. Wiese

Alison M. Wiese, of Stony Brook, L.I., passed away on March 25, 2014 at the age of 59. Beloved partner, daughter, sister and aunt.

Ms. Wiese reposed at the St. James Funeral Home where a funeral service was held on March 29, 2014. Interment followed at Smithtown Cemetery.

Ms. Wiese's funeral arrangements were professionally supervised while the Wiese family was lovingly cared for during their bereavement, by Kenneth, Kerry and Ken Jr. - the Maher family of the St. James Funeral Home in St. James.

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O B I T U A R I E S

## Ann T. Finn

Ann T. Finn, of Smithtown, (formerly of Brentwood), NY, passed away on March 19, 2014. Beloved wife of the late Thomas G. Cherished mother of Clarisse (Charles) Panellino, Ann (Donald) Kraus, Thomas, Maureen (Michael) Hackett, Mark (Cindy), Mary (Terrance) Fleet, Joseph, Robert (Gina), Kevin (Barbara), Ryan (Clantha), and Tara (Scott) Carrion. Loving grandmother of 38 and great grandmother of 24. Devoted sister of Mary Cyphers.

A Funeral Mass was held on March 24, 2014 at Sts. Philip & James R.C. Church in St. James. Interment followed at Calverton National Cemetery, Calverton, NY.

Mrs. Finn's funeral arrangements were professionally supervised, by Kenneth, Kerry and Ken Jr. - the Maher family of the St. James Funeral Home in St. James.

## Catherine Foceri

Catherine Foceri, of Smithtown, NY, passed away on March 5, 2014 at the age of 81. She was the beloved wife of the late Louis. Cherished mother of Diane, Dennis and Donna (Michael). Loving grandmother of Louis, Michael, Juliana, Ariel, Christina and Stephen.

A Funeral Mass was celebrated at Sts. Philip & James R.C. Church, St. James, NY. Interment followed at St. Raymond's Cemetery.

Arrangements were entrusted to the professional care of the Branch Funeral Home of Smithtown and the Vigliante family.



**Catherine Foceri**

## Irene E. Frick

Irene E. Frick, of Miller Place, NY, passed away on March 9, 2014 at the age of 83. She was the beloved wife of Arthur. Cherished mother of Diane (Kyle) Lukasz and Glenn (Susan) Frick. Loving grandmother of Christopher, Ryan and Melissa. Dear sister of Ronald (Gloria) Sick. She is survived by many other family members and friends

A Religious Service was celebrated at Mount Sinai Congregational Church. Interment followed at Seaview Cemetery.



**Irene E. Frick**

Arrangements were entrusted to the professional care of the Branch Funeral Home of Miller Place and the Vigliante family.

## Margaret Kreussling

Margaret Kreussling, of Nissequogue, LI, passed away on March 21, 2014. Beloved wife of Charles. Cherished mother of Linda Kreussling, William and Lori Kreussling. Beloved mother-in-law of Alec. Dear Grandma of Tierney, Jolene and Jed.

A funeral service was held on March 25, 2014 at St. James Episcopal Church in St. James. Interment followed in Churchyard Cemetery. In lieu of flowers, donations to the Parkinson's Disease Foundation, 1359 Broadway, Suite 1509, New York, NY 10018 is appreciated.

Mrs. Kreussling's arrangements were professionally supervised by the Maher family of the St. James Funeral Home in St. James.

## Kathryn M. McCoyd

Kathryn M. McCoyd, formerly of Stony Brook, L.I., passed away on March 16, 2014. Beloved wife of the late Alfred E. Cherished mother of MaryAnn McCoyd, Edward A. McCoyd, Kevin McCoyd, M.D. and Kathryn McCormick. Loving MomMom of 10 and Great MomMom of 20. Dear sister of Joan Gaskin.

A Funeral Mass was held on March 21, 2014 at Sts. Philip & James R.C. Church, St. James.

Mrs. McCoyd's funeral arrangements were professionally supervised by Kenneth, Kerry and Ken Jr. - the Maher family of the St. James Funeral Home in St. James.

## Anne C. Papazissimos

Anne C. Papazissimos, of Stony Brook, L.I., passed away on February 26, 2014 at the age of 81. Beloved wife of Zenon (Jim). Loving mother of James, George, Anne and the late Charles. Dear Nanny of four.

Mrs. Papazissimos reposed at the St. James Funeral Home where services were held. Interment took place at Calverton National Cemetery. In lieu of flowers, donations to the American Cancer Society would be appreciated.

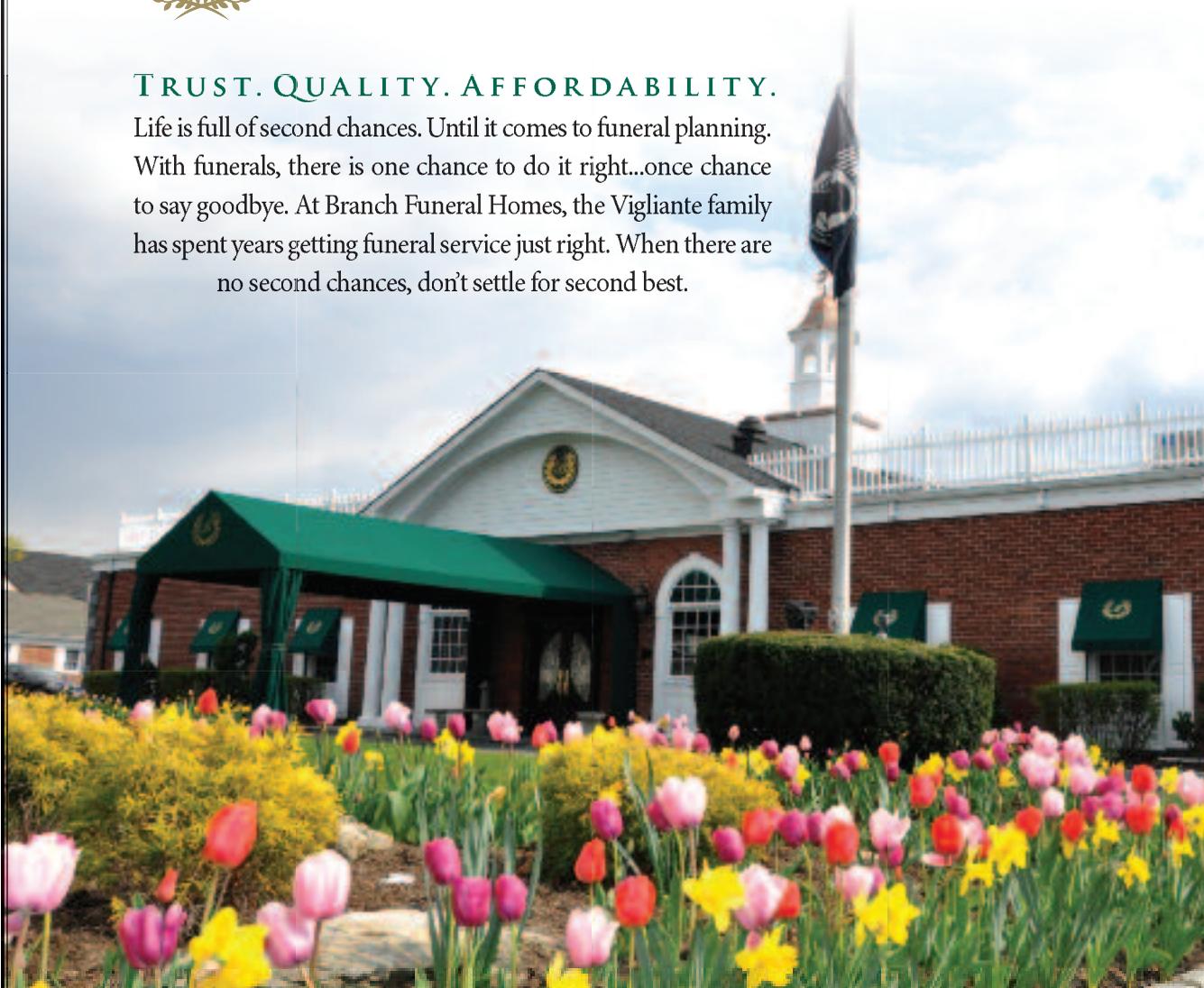
Mrs. Papazissimos's funeral arrangements were professionally supervised by the Maher family of the St. James Funeral Home in St. James.



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## ST. PATRICK'S DAY PARADE



### St. James Puts On the Green With the 30th Annual St. Patrick's Day Parade

The sun was shining as the biggest crowd ever lined Lake Avenue for the St. James Chamber of Commerce's 30th Annual St. Patrick's Day Parade. Spirits were high for the marchers on Saturday, March 15, 2014. Again this year Barattini Productions led the parade and got the crowd clapping and dancing. 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 Marshal, George Powers, Sr., owner of Hither Brook Nursery and Florist and a resident of St. James, led the parade. All of the former Grand Marshals and Parade Directors were invited back for this

30th celebration. In attendance were: Grand Marshals Richie Blake, Jane Conway, Marilyn Davis, Tom Donahue, Michael Fitzpatrick, Dan Jordan, Jack Kelly, Ken & Betty Maher, John Materson, Tom Ryan, Dr. Joe Smith & wife Louise, Jack Toomey and former Parade Director Carin Andersen. They were followed by the Parade Princesses – Hope Dubon, Hailee Rannazzisi and Quinn Hailey Smith; and Princes – Brendan Carroll, Liam Gaine, Sean Gaine and Colin J. Loughlin.

#### *Thank You*

to the Leprechauns who painted the shamrocks along the parade route. Thanks to BB & GG Farm

for the use of their wagon and to Smith Haven Chrysler, Jeep, Dodge for the use of their truck to pull the wagon that transported our past grand marshals and parade directors. Thanks to King O'Rourke Auto Group and Competition BMW for the loan of the vehicles that transported the princesses and princes.

Thanks to the Smithtown Highway Department for making St. James look clean and beautiful, to the Smithtown Parks Department for assembling the review stand and to the Suffolk County Police (4th Precinct) for controlling the traffic and the crowds.

And much thanks to Donna from Donna's Sewing Bee for making the beautiful grand marshal sash.

continued on following page

ST. PATRICK'S DAY PARADE



ST. PATRICK'S DAY PARADE



continued on following page

# ST. PATRICK'S DAY PARADE



# ST. PATRICK'S DAY PARADE



*Special Thanks...*  
go out to Parade Director, Kerry Maher of the St. James Funeral Home, and her parade staff: Meredith Cooke, Katie Lynch, Laura Davis, Elana Lee, Ken Maher, Jr., Tricia Weisse, Nick Pope, along with the high school student and chamber volunteers who worked so diligently to make this year's parade the best ever. continued on following page



# ST. PATRICK'S DAY PARADE



photos by William J. Garthe





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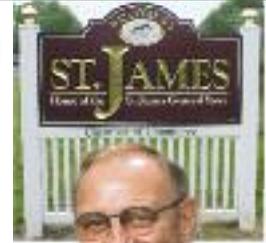
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## SHEPHERD LANE, SMITHTOWN



Large 4 bedroom cape is situated on 1/4 acre fenced corner lot. Master bedroom on the main level. EIK, formal living room. Hardwood floors on both levels. Partially finished basement with OSE, oversized attached 1-car garage. New electrical panel, new roof, efficient oil hot water heat. Low taxes - \$6,957 with basic star.

## BIRCH ROAD, KINGS PARK



This move-in ready cedar colonial, set on a flat 1/3 acre, with 1-car garage and 2-car driveway, features 3 bedrooms and 1.5 baths. LR and DR share wood burning fireplace. Magnificent kitchen with breakfast room and granite counters boasts a walk-in pantry. Hardwood floors throughout. New windows and patio doors. Full basement. 2-zone oil hot water heat and 2-zone CAC. Large deck with fenced in rear yard. **\$405,000.**

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**ST. JAMES** Small Commercial Center on .25 acre. **Asking \$750,000**

**ST. JAMES** 1.82 Commercial Acres. **Asking \$1,374,000**

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C E L E B R A T I O N S

NEW ARRIVALS



Shannon Martin

Happy Birthday

Happy Birthday to Shannon Virginia Martin, granddaughter of Margie and Chickie Martin (Mr. and Mrs. J. Martin), of St. James, and daughter of Joe and Abbey Martin, Jr. of Port Jefferson, who turned 12 years old on February 18, 2014.

Shannon celebrated with a shopping spree and manicure/pedicure with friends. After, all enjoyed cake and games and a movie at home with Mom and Dad and brothers Connor and Liam.

God Bless You.

We join with Shannon's family and friends in wishing her a very happy 12th birthday.

Thank you so much! Thank you also for the congratulations! We are so blessed! Michael Kevin Francis Barry III was born on July 26, 2013. He weighed 2 pounds, 5 ounces and was 14.5 inches in length. Michael had a wonderful first St. Patrick's Day with his overjoyed parents, Michael and Ida Barry of St. James. Michael was named after his great grandfather of Lismore, Waterford, Ireland.

Michael's proud grandparents are Tom and Della Barry of Com-mack and Angela D'Angelo of St. James.

Michael's parents would like to thank their extended family, friends, neighbors, and co-workers for their endless kindness and support. Michael's mom would also like to express her gratitude to her Wilson students and their families for their thoughtfulness. The Barry family is most grateful to Dr. Christine Conway, Dr. James Bernasko, and everyone at the



Sometimes God's greatest blessing is also the smallest... Michael Kevin Francis Barry III

Stony Brook Neonatal Intensive Care Unit for their incredible dedication.

Debra Vessa, of St. James, announces the birth of her grandson, Nicholas James. Nicholas arrived on December 5, 2013 at 12:05 p.m. at Stony Brook University Hospital. He weighed in at 7 lbs. 15 oz., and measured 21 inches, to the delight of older brothers Danny and Joey as well as to parents Victoria (formerly Victoria McQuillan of St. James) and Sean Grennan of Sayville.

Congratulations to the happy family from your friends and neighbors in St. James.



Nicholas James Grennan

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

A Woman

by John Taratunio, Fairfield Condos

What is it about a woman  
That will make her fight until she wins  
I don't mean scratching or biting  
Or kicking in the shins

I'm talking about arguing a point  
She'll argue with all her might  
And I really think this is great except,  
She will argue whether she is wrong or right.

C E L E B R A T I O N S

## CELEBRATING A BIRTHDAY?



Send Your Birthday Announcement  
& Photo to  
Our Town • St. James  
359 Lake Avenue, St. James, NY 11780  
or email to  
[OurTown@optonline.net](mailto:OurTown@optonline.net)

There is no charge for this service &  
photos will be returned if requested.

Call 862-9849 for further info.



**Peter Taglino**

## Named to Dean's List

Peter Taglino, of St. James, has been named to the Dean's list for the fall 2013 semester at Bentley University in Massachusetts. Peter is majoring in Accounting and minoring in International Economics. Peter is also the Vice President of the Bentley Triathlon team and a proud member of the St. James Fire Department.

Congratulations and continued success to Peter from your family and friends in St. James.

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## Restaurant Five Five 2

continued from page 4 and the restaurant can accommodate up to 100 guests. Happy Hour is Tuesday through Friday from 4-7 p.m. and Ladies Night is Thursday – half price cocktails and Tapas from 4-7 p.m. There is live music in the lounge Friday and Saturday after 7 p.m. Five Five 2 is currently booking reservations for Easter Sunday (April 20).

Restaurant Five Five 2 wishes to thank their loyal customers who have helped them grow and who have stayed loyal to the restaurant through changes. Stacey, Chef Pitre and the entire staff wishes the St. James community a beautiful spring filled with good food and good friends. You can visit the website at [www.fivefive2.com](http://www.fivefive2.com) for full menus, events and reviews.

## Spring Car Show

continued from page 32 Show features children's activities, a variety of craft vendors, raffles, giveaways, food and music. See the B.A.T. Mobile DWI Processing Center and Drink Buggies provided by the Suffolk County Sheriff's Office. Come down for a day of fun for

the whole family!

Thank you from the entire St. Patrick School Community to all who have participated and supported this over the past eight years. 100% of the money raised during this event goes directly to supporting the educational needs of the school.

For additional information call John Forlenza at 588-2696 or visit [stpats.americanhotrods.com](http://stpats.americanhotrods.com)

## Library Programs

continued from page 69

### Stepping Up

NESCONSET (4-5 years)  
*Call for dates and times*

Help children take steps to get ready for kindergarten by enjoying stories, crafts and circle time independently.

### Terrific Threes

SMITHTOWN  
(36-47 months w/adult)  
*Fridays, April 18, 25, May 2, 10 a.m.*

NESCONSET  
(36-47 months w/adult)  
*Fridays, April 18, 25, 11 a.m.*  
*Call for additional dates and times*

Enjoy free play, stories, crafts and circle time. Siblings are welcome.

### Time for Twos

SMITHTOWN  
(24-35 months w/adult)  
*Call for dates and times.*

NESCONSET  
(24-35 months w/adult)  
*Wednesday, April, 23, 11 a.m.*  
*Call for additional dates and times*

Build social skills in a relaxed, friendly environment, includes free play, songs, stories and a craft. Siblings are welcome.

### Wonderful Ones

SMITHTOWN  
(12-23 months w/adult)

NESCONSET  
(12-23 months w/adult)  
*Thursday, April 17, 11 a.m.*  
*Call for dates and times.*

This action-packed program engages little ones in language based activities; includes free play, stories and fun! Siblings are welcome.

### SEEKING LEGO DONATIONS!

If you have any Lego blocks that your children have outgrown, would you please consider donating them to the Children's Department. *Let's get building!*

### LEGO League

NESCONSET (Grades 2-5)

### LEGO Little League

NESCONSET (Grades K-1)

### LEGO Block Party Jr.

SMITHTOWN (Grades K-2)

### LEGO Block Party, Sr.

SMITHTOWN (Grades 3-5)

*Call for dates and times.*

Do you enjoy building things? Using LEGOs and your imagination, you can create and build many wonderful things. We supply the LEGOS.

## Patellofemoral Pain

continued from page 91 recover; they will show you how to do activities and exercises that will not increase your pain. Most important, they can make recommendations to help prevent PFPS from returning.

The following information was provided by the American Physical Therapy Association.

### Editor's Note:

Rich Greco is a St. James resident and licensed Physical Therapist. He is the owner of Greco Physical Therapy and St. James 1st Tee Fitness & Performance located at 430-7 North Country Road in St. James. For more information on physical therapy for the treatment of knee pain, golf fitness training programs and general injury rehabilitation, contact him at 686-6600.



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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 ST. JUDE** – Most Holy Apostle St. Jude Thaddeus faithful servant and friend of Jesus, the name of the traitor who delivered your beloved Master into the hands of the enemies has caused you to be forgotten by many, but the Church honors and invokes you universally as the patron of hopeless cases and of things despaired of. Pray for me who am so needy; make use, I implore you of that particular privilege accorded to you to bring visible and speedy help where help is almost despaired. Come to my assistance in this great need that I may receive the consolations and succor of heaven in all my necessities, tribulations and sufferings ...and that I may bless God with you and all the elect throughout eternity. I promise you, O blessed Jude to be ever mindful of this great favor, and I will never cease to honor you as my special and powerful patron and to do all in my power to encourage devotion to you. *AMEN. M.R.* 5/14

**WHISPER VINEYARDS – ART SHOW** - 485 Edgewood Avenue, Saturday, May 3, 12-5 p.m. (Week before Mother's Day) Come enjoy fine crafted wine, live music and talented artists. Presented by LIArtShow.com 4/14

**ENJOY YOUR GUESTS – Sit back, relax and enjoy your party. Call PARTY GIRLS.** Services include: Set Up, Serve and Cleanup. Bartenders Available. References. Call Gina at 631-514-9120. 4/14

**CONDO FOR SALE – SAINT JAMES PLANTATION** – Southport, NC. 2 bedroom, 2 bath, granite counters, stainless appliances, *upgrades galore!* 4 Golf Courses, 4 Club Houses, Marina, Beach Club. Taxes only \$900/yr! \$224,000. Call: 631-553-7168 4/14/sjss

**HELP WANTED** – Floral Designer and Counter Help for local florist. Flexible Schedule. Start immediately. 862-9292. sjf4/14

**HELP WANTED** - Part time driver wanted for floral deliveries - flexible hours. Call 862-9292. 4/14

**CAREER OPPORTUNITY** – Looking for 2 experienced salespersons to join our dynamic, local real estate team. Mentoring and coaching program will bring your business to the next level. Reply in confidence to Manager – 631-335-7111. 4/14

**SEEKING APPLICANTS** – LIArtShow.com features talented Crafters and Artists ONLY. Spring and Summer Art Shows. Apply at LIArtShow.com or email LIArtShow@gmail.com 4/14

**CAREGIVERS NEEDED**, Mercy's H&C Services is looking for caring and compassionate caregivers to assist with non-medical services primarily for the elderly. All types of days/hours available. Please E-mail Catherine your resume at CatherineAKenny@aol.com. 4/14

**GET THE MOST OUT OF YOUR DIGITAL SLR CAMERA** – If you are interested in learning how to use a digital SLR camera, contact Ken Manwiller of "Laurie Studio – The Art of Photography." (Remember the "Portrait of the Month"). Private lessons are available. Learn from a pro with over 30 years of experience. Go to [www.lauriestudio.com/photo-lessons](http://www.lauriestudio.com/photo-lessons) for more information. Call Ken at (631) 737-4265 or email [ken@lauriestudio.com](mailto:ken@lauriestudio.com). 4/14

**ATTENTION VETERANS** – A group has formed to help veterans and their families who are dealing with PTSD. Do you feel numb and empty? Are you just not the same since you came back home? Join us, at no cost, along with your loved ones. We meet on the 1st and 3rd Tuesdays of the month at 9 a.m. at the American Legion Hall Post 155, 115 Church Street, Lake Ronkonkoma, NY. Call 631-471-0320 or email: [simcha54@optonline.net](mailto:simcha54@optonline.net) for more information.

**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. 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.

**AMERICAN LEGION HALL FOR RENT** – The Sherwood Brothers American Legion Post 1152 is looking to rent its hall for all occasions. Reasonable rates, air conditioned, heat, tables, complete kitchen and ample parking. Located at 95 Lake Avenue, St. James. Call Wednesday or Friday in the A.M. Ask for Tom Swensen. 584-9633 or 584-7746.

**VENDORS WANTED FOR ST. JAMES DAY** – Craft vendors are wanted for the St. James Chamber of Commerce's 27th annual ST. JAMES DAY, Sunday, September 28, 2014 along Lake Avenue. 10-foot spaces are being provided for \$125 per space, after 8/15/14 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 St. James Chamber website at [www.stjameschamber.org](http://www.stjameschamber.org). There will be entertainment throughout the day. We look forward to seeing you there. 9/14

For advertising information please call 631-862-9849

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**JUNE**

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29	30					

**JULY**

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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
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Ages: 1-10 years. FREE

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