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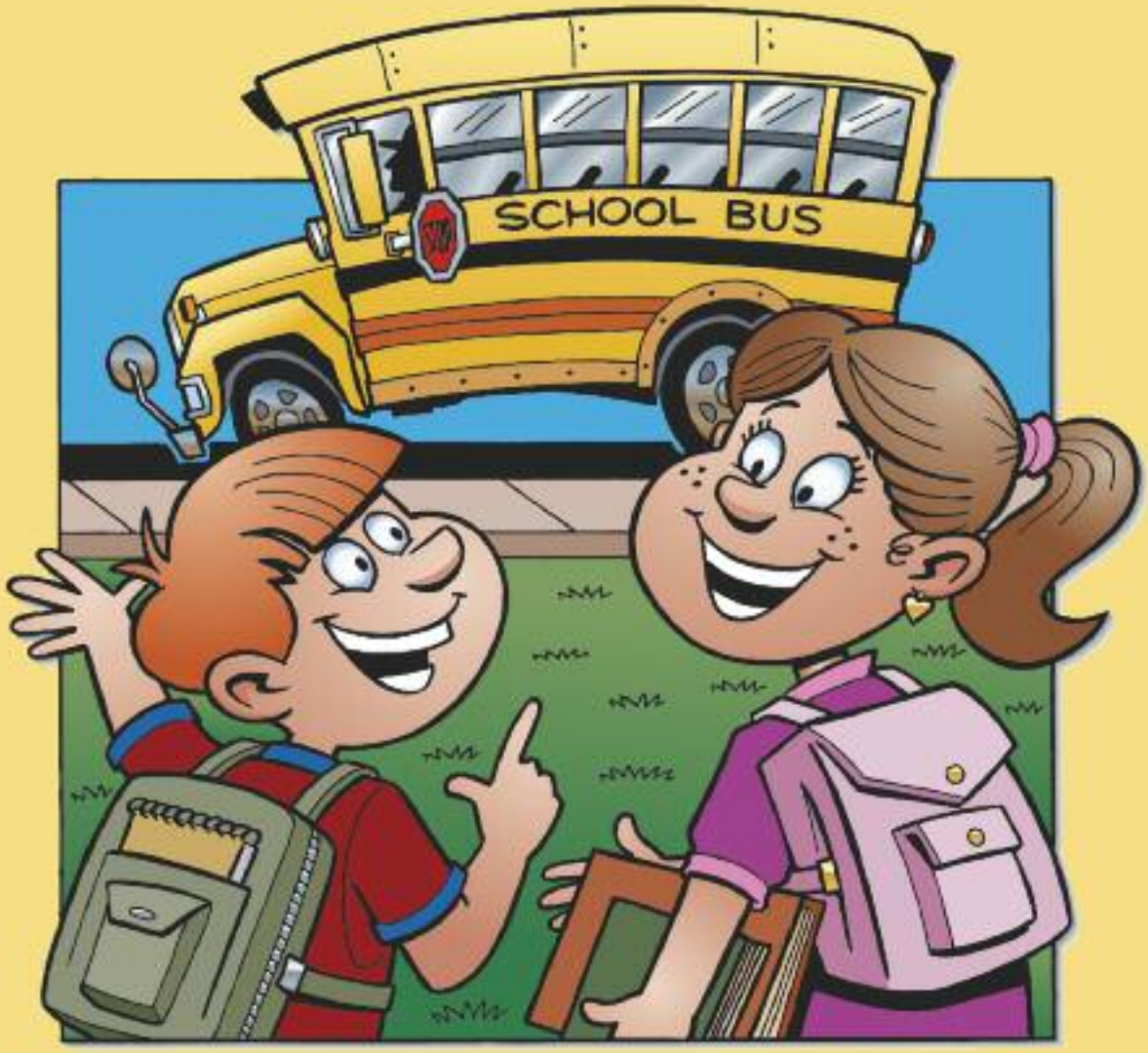
AUGUST
2013
Volume 26
Number 10

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



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PLEASE NOTE:

Advertising & Editorial Deadline for the **SEPTEMBER** edition of OUR TOWN • ST. JAMES is
THURSDAY, SEPTEMBER 5, 2013 - 12 NOON.

Distribution takes place on **Wednesday, Sept. 18, 2013.**

MERCHANT SPOTLIGHT

Seiskaya Ballet

7 Flowerfield - Suite 16
St. James, New York
631-862-6925, 862-1722
www.seiskaya.com

by Elizabeth Isabelle

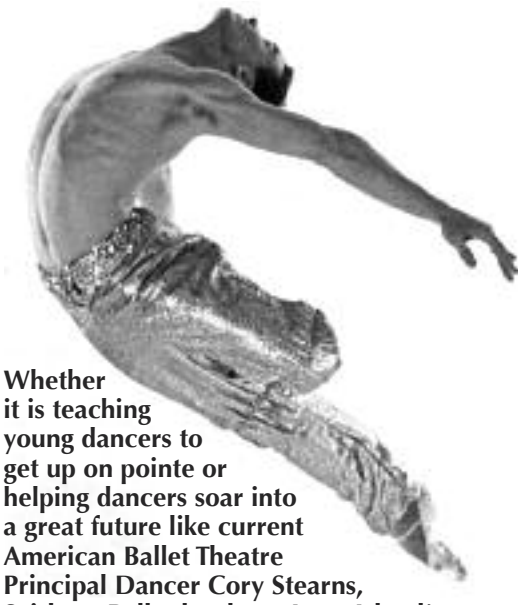
Established in 1974, Seiskaya Ballet offers students of all ages the gift of dance steeped in Russian tradition, and the opportunity to study and perform classical ballet in a professional environment.

Under the direction of Mme. Valia Seiskaya, Seiskaya Ballet cultivates a love of dance combined with strength of body and mind – through an unparalleled dance education. Russian born Valia Seiskaya took her first ballet lessons in Greece at the age of six. Showing prodigious technique, she would go on to study under Sonia Morianova. Mme. Seiskaya became a member of the National Opera of Greece at 17 and soon achieved the rank of featured soloist, touring with the company throughout Europe and Russia.

A year after retiring from the National Opera of Greece in 1973, Mme. Seiskaya founded the Seiskaya Ballet School and soon enlarged the original studio to its present 2,500 square feet. Studio B opened in 1981 adding another 1,500 square feet to the dance facility.

The year 1981 also saw the establishment of the Seiskaya Ballet Academy. During her 17-year professional career with the National Opera of Greece, Mme. Seiskaya gained an affinity for the grand sweep of storyline ballets and operas. Mme. Seiskaya's own choreographic works reflect that interest with fresh interpretations of classical favorites and her signature ensemble works.

Seiskaya Ballet has become one of the premier institutions of its kind, offering two separate programs. Seiskaya OPEN is a dance program that has been designed to offer dance students an opportunity to take classes with no commitment beyond the number of classes purchased. Seiskaya specializes in a single discipline – ballet. There is no recital, and there are no rehearsals during classes. Seiskaya Ballet has been offering both an adult and a children's program for over three decades. Seiskaya Ballet believes that all students should know the joy of dance, the health benefit of physical fitness and the confidence that comes with accomplishment. The OPEN program is a wonderful way to get acquainted with the Seiskaya teaching methodology in a structured yet relaxed atmosphere. Classes are offered from Starting Beginner through Advanced.



Whether it is teaching young dancers to get up on pointe or helping dancers soar into a great future like current American Ballet Theatre Principal Dancer Cory Stearns, Seiskaya Ballet has been Long Island's stepping stone to success for nearly 40 years.

The Seiskaya Ballet Academy is a unique program designed to provide career training for students desiring to pursue advanced goals in classical dance. Class size is restricted and all students are selected through auditions or staff reviews. Seiskaya students have compiled an outstanding record of achievement. Through the years, full scholarships have been awarded by every major institution for which Seiskaya students have auditioned.

Embarking on its 19th season, the Seiskaya *Nutcracker* has established itself as the premier event of its kind on Long Island. Total attendance eclipsed 80,000 last season and has become a cherished holiday tradition for families throughout Long Island.

Please be sure to visit the Seiskaya Ballet website, www.seiskaya.com, for class schedules and more information on the OPEN program and Academy. The directors, staff and students at Seiskaya Ballet look forward to being of service to you and sharing with you, the pure joy that is the world of ballet.

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AROUND TOWN

9/11 MEMORIAL SERVICE TO BE HELD AT FIRE HOUSE...

The St. James Fire Department will host a COMMUNITY CANDLELIGHT MEMORIAL SERVICE in remembrance of the tragic events of September 11, 2001. The event will be held September 11, 2013 at 7 p.m. at the Fire House located at Woodlawn and Jefferson Avenues. Please join your friends and neighbors as we honor the victims and heroes of the terrorist attacks.

Thank You Snoopy Searchers

On the last weekend of July, we were watching our friend's dog. That Sunday morning he wandered out of our backyard when our gate was accidently left open. After seven very long and upsetting hours of searching, worrying, hanging fliers, and asking everybody we saw outside, he was finally fond unharmed. We were so happy and relieved!

I was astonished by the amount of good-hearted people who gave up their Sunday afternoon to come out and look for Snoopy – friends, family and some of you I have never met before. I am very grateful to live in a community with such caring people. My family and Snoopy's family *THANK YOU* from the bottom of our hearts! –St. James resident

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Cub Scout Pack 228 is pictured aboard the *Yankee III*.

Dylan B. makes the biggest catch.

Scouts Go Fishing

On July 19, 2013 St. James Cub Scout Pack 228 held their annual Fishing Trip aboard the *Yankee III*, out of the Captree Boat Basin. We would really like to thank the Captain and Mates of the *Yankee III* for their outstanding service.

The mates started the trip by giving the boys instructions on how to safely use the rod and reel, which helped the boys earn their Fishing Belt Loop. The moment a fish was caught the mates were right there, they unhooked the fish measured it to see if was a keeper or not and immediately baited your hook for the next catch.

It was truly a great night of fishing as everyone caught several fish. Congratulations to Dylan B. as he was presented a trophy from the Yankee III for the biggest catch.

Cub Scouts is open to all boys 1st through 5th grade. For more information on how to join Cub Scouts, contact Dave Trabulsi at stjamespackk228@gmail.com

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You Are Invited to Join the St.James Homemakers

The St. James Homemakers will be back together again on September 11 to begin the 2013-14 year. They would like to extend an invitation to new members. The St. James Homemakers are a group of fun and talented ladies that meet on Wednesday from 10 a.m.-1 p.m. that do community service projects, teach classes on all types of crafts, knitting, crocheting, quilling, decoupage, etc.

Call today for more information if you think you may be interested in making new friends, learning a craft, playing a game or just having cake and coffee with the girls. Janice 862-8945, Nancy 686-6752.

A Special Thank You For Some Special Teachers

Life gives you many twists and turns, and often you are quite surprised who is there to help. My daughter, Kimberly and I want to acknowledge some very special Smithtown High School East staff for going above and beyond when Kimberly missed 10 weeks of school last year due to a freak head injury resulting in Post Concussion Syndrome (PCS). PCS makes learning extremely difficult with symptoms including nausea, excruciating headaches, fatigue and dizziness.

Vice Principal Mr. Aleci and Ms. Insana, her guidance counselor, were outstanding, sensitive and compassionate. They constantly implemented and revised schedules and plans and intervened with communication in all areas in these extra-ordinary circumstances.

Teachers are not required to home-school if their students can't attend class; and scheduling home teachers familiar with the 11th grade curriculum is extremely difficult. The wonderful teachers who supported Kim at home could have earned more money private tutoring. Since they went the extra mile, my daughter was able to excel.

Mr. Hurley was great and came to Kim's rescue. He worked with Kim's social studies teacher Ms. Suga to ensure she was on-topic. Ms. Frevele was our Spanish hero. When she was unable to home school any longer, she ensured that the agency teacher had her entire support. Ms. Champey was our personal angel and miracle worker who was able to be there from start-to-finish. On really bad days, she was able to put smiles on our faces with her positive attitude and high energy. These teachers were amazing and utilized every resource available, since Kim couldn't read or even attempt homework for most of the year. Weeks went by with no TV, computer, texting, noise or leaving the house.

Mr. Limoli, who offered to teach Physics spoke from his heart with great advice, and convinced Kim to take Physics next year and focus on healing. Kim's fifth grade teacher, Mr. Andolina, was available to guide us. Mr. Lynch, her Pre-Calc teacher, worked with Kim and met with her before class. After returning to Ms. Galluci's English class the last semester, she received 100% on her Regents.

There were many obstacles encountered throughout this year. The concussion that occurred in November 2012 has not healed completely. Brain rest this summer is essential for total recovery. Kim's injury was an accident that couldn't be prevented, but many concussions can. Wearing a good helmet can make a huge difference. If you or your child receives a head injury, stop physical activity immediately! Do not return to the activity until you are positive everything is OK. Winning a game isn't worth suffering with PCS.

Kim's story is on a website (TheKnockOutProject.org) that teaches concussion awareness led by former BMX racer, Jay Fraga. Jay is battling PCS due to multiple head injuries from racing. You can see both their stories and many others on this site. Kim and I are currently helping other concussion families who reach out to us.

Thank You to all who were there for us.

– Gwen McNicholl of St. James

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IN THE NEWS

Fraud Prevention Seminar at Senior Citizen Department

The Smithtown Senior Citizen Department is pleased to announce that it is sponsoring a Fraud Prevention seminar specifically designed to protect senior citizens. The seminar will be held on Monday, August 26, 2013 from 12 noon-1:30 p.m. at the Smithtown Senior Citizen Department, 420 Middle Country Road, Smithtown. All residents age 60 and older are invited to participate in this important FREE seminar.

The seminar, developed by the United States Postal Inspection Service, will cover four important areas; Investments and Ponzi Schemes, Lottery fraud, Consumer fraud (e.g. mortgage, internet, business) and Insurance fraud.

For more information about this program, or the Smithtown Senior Citizen Department, call 360-7616. You can also visit them at 420 Middle Country Road, Smithtown or www.smithtownny.gov.

Suffolk County Legislator Lynne C. Nowick Collects School Supplies for Homeless Children

Suffolk County Legislator Lynne C. Nowick, of St. James, is working with the Long Island Coalition for the Homeless, Holiday Magic and Every Child's Dream to treat homeless children with a fun-filled day on August 27 at the Dorothy Flint 4-H Camp in Riverhead, at which time each child will be provided with a backpack filled with new school supplies.

Items being collected are for students in kindergarten through high school and include back packs, composition books, glue sticks, crayons, colored pencils, pencils and pencil cases, pencil sharpeners, pens, erasers, fine point color markers, highlighters, red folders, folder with pockets, index cards and boxes, Ziploc bags (sandwich and gallon), rulers, Fiskars children's scissors, and Baby Wipes.

Legislator Nowick said, "This is a wonderful program that provides children with backpacks filled with the necessary supplies

continued on page 100

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AROUND TOWN

Hero Honored at Legislature

by Suffolk County Legislators Lynne C. Nowick and John M. Kennedy

On his first day of summer vacation, Ryan Mathie of Smithtown became a hero when he rescued two drowning swimmers at Robert Moses State Park, when there was no lifeguard on duty at that section of the beach. After hearing that the swimmers were in distress, Ryan raced into the freezing water and identified himself as an off-duty lifeguard and pulled the first swimmer to safety and then went after the second person who was farther out in the water. Although she was unconscious by the time he found her, he was able to get her back to shore where she was airlifted to the hospital. Both swimmers are now fine due to the heroic efforts of Ryan and the NYS Park Police, who assisted and coordinated the medical personnel.

Legislators Nowick and Kennedy invited Ryan to the Legislature to present him with a proclamation in recognition of his brave actions. "Ryan is an exemplary young man, whom I applaud for his selfless efforts he has put forth in every aspect of his life. He is a role model for all of our community and has set the standards quite high for our young people to emulate. I wish him continued success and look forward to watching him over the years to come," said Legislator Kennedy. According to Legislator Nowick, "Ryan is an amazing young man who wouldn't hesitate to help another person. His actions are indicative of the type of person he is – an Eagle Scout and in addition to his summer job, he volunteers weekly with Big Brothers/Big Sisters." "Just the week before he spent volunteering in Moore, Oklahoma helping those who were impacted by the recent tornado," Nowick, of St. James, added.

Pictured at the Legislature (L-R): Mr. and Mrs. Mathie, Ryan Mathie, Suffolk County Legislators John M. Kennedy, Jr. and Lynne C. Nowick.

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IN THE REPUBLICAN PRIMARY SEPTEMBER 10TH

VOTE FOR

PATRICK VECCHIO

SUPERVISOR

HISTORICALLY SPEAKING

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

The St. James Driving Park

by Bradley Harris, Smithtown Historian

Having written about horses in the last several articles, I am writing about a race track that once existed in St. James on the corner of Fifty Acre Road and Edgewood Avenue. This track was known as the St. James Driving Park.

Not long ago, the Smithtown Riding and Tennis Country Club occupied the northwest corner of Edgewood Avenue and Fifty Acre Road. The Clubhouse can be seen in the photograph accompanying this article. When the Smithtown Riding and Tennis Country Club opened on May 31, 1959, it did so in a house that had been standing on the property since 1873. The Edward Lange 1873 etching of the St. James Driving Park shows the house on the northwest corner of Edgewood Avenue and Fifty Acre Road. According to an article that appeared in the *Smithtown Messenger* on June 4, 1959, the clubhouse was in the "original building" on the property and a "ballroom and other wings had been added." An "Olympic swimming pool" had also been added to the three and a half acre piece of property.

The Smithtown Riding and Tennis Country Club "opened its doors to the public with a gala cocktail party" and a promise to operate "one of the finest family clubs of its kind on the North Shore." The Club intended to operate 12 months of the year serving "luncheon and dinner for club members" and those interested in becoming members. Membership was to be limited to 200. Membership included a "summer recreational program for children 4-12" and was under the direction of George Kelly, an "Olympic Medley Champion" who was "in charge of the swimming and diving program for children and adults." ("Famed Club Launches New Season," *Smithtown Messenger*, June 4, 1959.)

The Smithtown Riding and Tennis Country Club prospered and survived until 1990 when the property was sold to Joseph and Janet DeSimone. They renamed the property Prince Farms, Inc. and continued to

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The St. James Driving Park

continued from page 18
offer "riding as well as swimming and tennis" to the public. But by 1994, Prince Farms was bankrupt and the DeSimones lost the property by foreclosure to the Dime Savings Bank. The bank sold the property to a "development company" that filed for a subdivision to build homes. "A strenuous effort was made to save the corner," but to no avail since the buildings were "demolished" and "replaced with the eight-parcel subdivision known as The Hunt." The Smithtown Riding and Tennis Country Club was gone and soon to be forgotten just like the St. James Driving Park that preceded it 125 ago. (*Head-of-the-Harbor, A Journey Through Time*, "St. James Driving Park" by Richard B. Hawkins and Barbara Van Lieu, published by the Incorporated Village of Head-of-the-Harbor, 2005, pp. 147-149.)

The St. James Driving Park seems to have been in existence sometime before 1873. Lange's pencil sketch was done around 1873, and judging from the mowing stripes on the grass infield of the track, the driving park appears to be well established and maintained by that date. A close inspection of the drawing also reveals that the track had a starter's booth and a grandstand on its west side. There is evidence that the track may have been built as early as 1870. In September of that year, Lemuel Hart "sold a fifty acre 'parcel of cleared land' to Albert Newton" and the parcel was described as "the St. James Driving Park" with all its "appurtenances." The fifty--acre parcel was "bounded on the

The Clubhouse of the Smithtown Riding and Tennis Country Club. This building is the house that can be seen in Edward Lange's 1873 drawing of the St. James Driving Park. This photograph was taken after the house was renovated in 1959 to serve as a clubhouse and wings were added that included a "ballroom" and a "terrace dining room." An Olympic size swimming pool was also added in 1959 to enhance the Country Club's amenities. *Photograph courtesy of the Smithtown Historical Society.*

continued on facing page

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north by the fence along Lemuel Hart's woodland, on the east by Fifty Acre Road, on the south by a private road from Lyman Beecher Smith's house to St. James (now Edgewood Avenue), and on the west by the land of Franklin Arthur and Sarah Fenno, a sister of Judge J. Lawrence Smith." So it appears that in 1870, Albert Newton bought an established racetrack in St. James. (*Head-of-the-Harbor, A Journey Through Time,* "St. James Driving Park," op. cit., pp. 147-149.)

According to a LIRR tourist brochure, by 1877 the St. James Driving Park had become a "popular resort for lovers of the turf." ("*Long Island and Where to Go!!!",* LIRR publication of 1877, cited in *Head-of-the-Harbor, A Journey Through Time*, p. 148.) The Lange drawing shows that on the south end of the driving park property there was a substantial two and a half-story house (large enough to accommodate guests), stables, a large barn, and a line of horse stalls. The Newtons owned the track until 1888 when "a fire destroyed the barn and other buildings on the property" and they sold the property to James Clinch Smith, "Judge J. Lawrence Smith's only surviving son." (*Head-of-the-Harbor, A Journey Through Time*, "St. James Driving Park," op. cit., pp. 147-149.)

When James Clinch Smith acquired the St. James Driving Park in 1888, he was just a young man of 32. His mother and father were living in the Homestead in Smithtown Branch. James Clinch, who had graduated from Columbia Law School in 1878, clerked in his father's law office for a few years and then became a partner in the law firm of Smith and Keene in New York City. His position as a partner in a law firm gave him the wherewithal, the $6,500 that he paid in 1888 when he purchased the property from Albert and Hannah Newton. "Smith leased the property to Robert L. Davis, who managed a track in Port Jefferson. According to the *Brooklyn Daily Eagle* (1889) Davis built a new barn and training stables and restored the track so that it was 'entirely level and very fast … [with] a beautiful circuit of one mile, having two straight quarter stretches and two easy sweeps." This property was an interesting investment for a

continued on following page

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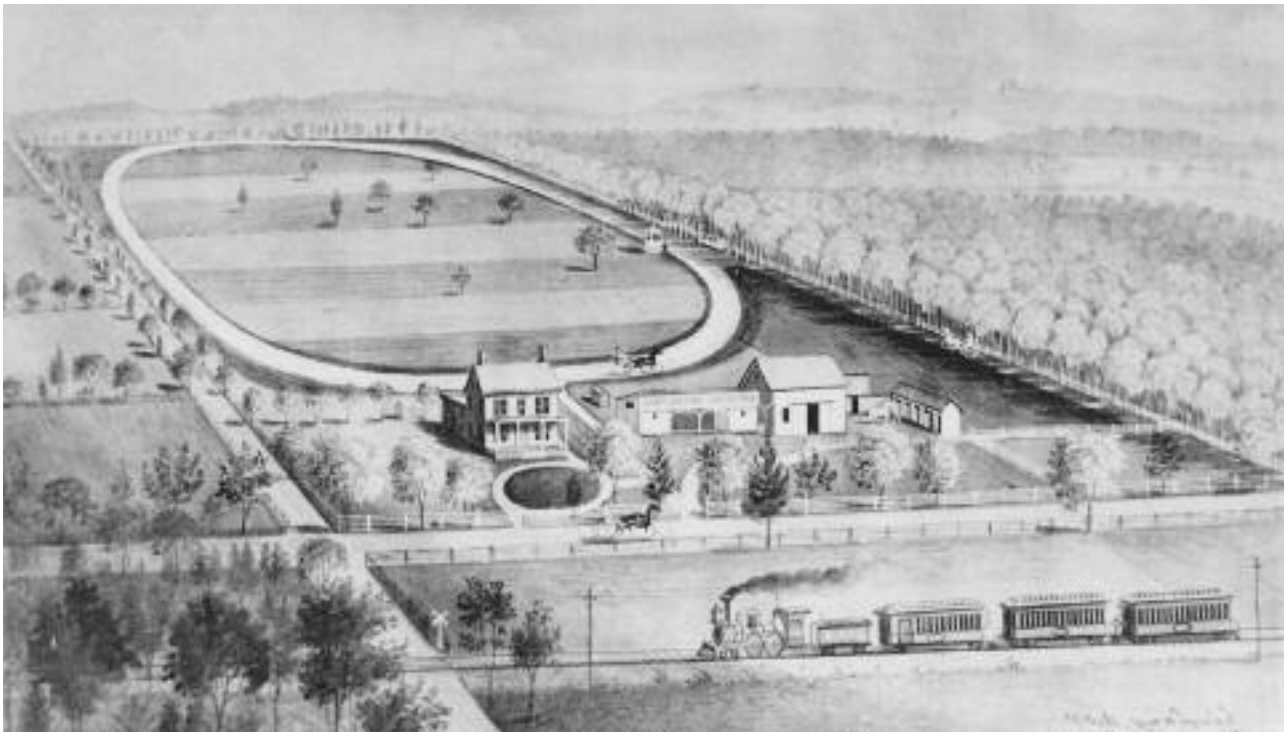

Edward Lange's etching of the St. James Driving Park in 1873. The drawing clearly shows the mile trotting track on the northwest corner of Edgewood Avenue and Fifty Acre Road. It also shows that Fifty Acre Road used to run south across the railroad tracks at a grade level crossing. When the underpass on North Country Road (25A) was constructed, this crossing was eliminated.

Postcard photograph of the Lange etching courtesy of the Smithtown Historical Society.

The St. James Driving Park

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young lawyer living in New York City to make, at this time in his life. So why did he buy this driving park? James Clinch Smith loved horses and he loved to race them. He was an avid sportsman and owning the driving park ensured that he would have a place to race his horses. Apparently he had two fast horses that he stabled with Mr. Davis at the track and would race them on the track whenever he came out to Smithtown Branch. (*Head-of-the-Harbor, A Journey Through Time*, "St. James Driving Park," op. cit., p. 148.)

In 1888, James Clinch Smith was just beginning his career, just getting started in life, and he couldn't have had a lot of money when he purchased the St. James Driving Park. But all of that was about to change, and over the next three years, James Clinch Smith became a fabulously wealthy man. In 1889, his father died and James Clinch inherited his father's estate, his home and lands on Middle Country Road in Smithtown Branch. A year later, his mother died, and her estate, that included millions of dollars she inherited from Alexander Turney Stewart's widow, was left to James Clinch and his five sisters. James Clinch Smith now became one of New York's most eligible bachelors and he was invited everywhere – Newport, polo matches, horse races, and parties at the homes of New York's leading socialites. It wasn't long before a beautiful young heiress from Chicago, Bertha Ludington Barnes, attracted his attention, and they were married at a huge wedding, attended by 2,500 invitees, at Grace Church in Chicago in June of 1895. The newly weds spent their honeymoon at the Homestead in Smithtown Branch, then went on to Newport, and to Europe from there.

All of this activity diverted James Clinch's attention away from the St. James Driving Park, and "in 1896, the forty members of a newly organized Smithtown Outing Club (Prescott Hall Butler, president) began to use the property along with many local businessmen." Prescott Hall Butler was James Clinch's brother-in-law and it's not known if the Smithtown Outing Club leased the track from James Clinch or just used it for trotting races. "Among those who raced their trotting horses there were Orlando Smith, the butcher, and Joseph Jicinsky, superintendent of Edward Kane's vineyard near the gristmill." Presumably, the Smithtown Outing Club used and maintained the track.

The Smithtown Hunt (organized in 1900) and local polo

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HISTORICALLY SPEAKING

The St. James Driving Park

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players made use of the grass infield of the driving park while James Clinch Smith owned the property, but that came to an end when he sold the racetrack in 1905. (*Head-of-the Harbor, A Journey Through Time*, "St. James Driving Park" by Richard B. Hawkins and Barbara Van Lieu, op. cit., pp. 148-149.)

"In 1905, J. Clinch Smith sold the fifty acres of property to" an opera singer named "Ignacio V. Mathieu for a dollar." Why James Clinch sold the property at this time to this man for *one* dollar is a mystery. Nor do we know how Mathieu used the property, but "in 1911, he and his wife Carrie Luella" sold 42.86 acres of their land, "'the race track lot,' to Charles Stewart Butler." By 1911, the racetrack was no longer being used since Charles Butler, Prescott Hall Butler's son, who owned and operated the Branglebrink Dairy, bought the land to use as a pasture for his cows.

In 1917, Charles Butler's older brother, Lawrence Butler, purchased the remaining 8.14 acres of land from Carrie Luella Mathieu, acquiring the house and barns that fronted on Edgewood Avenue. While he owned it, the property became the Smithtown Country Club "and was for many years a comfortable and convenient place to eat or to stay." In 1947, Lawrence Butler sold the property to Mildred Edgar Wood and Irene Metz who made some improvements to the clubhouse, and in 1959, the Smithtown Riding and Tennis Country Club opened its doors. (*Head-of-the-Harbor, A Journey Through Time*, "St. James Driving Park" by Richard B. Hawkins and Barbara Van Lieu, op. cit., p. 149.)

Today, the only reminder that a racetrack ever existed in the area, is the name of a street – Harness Road – which winds through the housing development now occupying the land that once was St. James Driving Park.

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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RENOVATION? A renovation is recommended if your lawn is 50% or more weeds or there is a presence of weak grass varieties such as creeping fescue or bentgrass patches. A renovation replaces deteriorated turf with newer stronger grass varieties. (Recommended grass varieties at Helpful Tips and Before and After pictures at www.emeraldmagic.com) First step in prepping for an effective renovation would be to mow as low as you can go and scalp the lawn area. Another option is to treat the area with a non-selective vegetation control (read and follow all label instructions). This will help eliminate the competition. You are now ready to seed and grow a Brand New...Great Lawn!

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On Stage at Smithtown Performing Arts Center

continued from page 30

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The group captures the classic Springsteen sound, and remains true to the spirit and energy of the music, while delivering them with the passion and conviction of the Boss. Unlike other "tribute" bands who attempt to impersonate or emulate their source in every respect, from looks to clothing to gestures, *TRAMPS LIKE US* concentrates on the music itself.

On Saturday, September 28, 2013 the Sts. Philip and James Knights of Columbus will bring *Tramps* to St. James. The Church auditorium, located at 1 Carow Place, St. James, will never be the same. Doors open at 6 p.m. Concert begins at 7:30 p.m. General admission is $25, limited VIP tickets are $75 which includes dinner under the tent and beverages.

These Knights are noted for their efforts for charitable purposes, working hard for The Sunrise Fund for childhood cancer victims, for Hope House and so many others. Last fall they gathered six tons of food for hurricane victims along the South Shore of Long Island and on Staten Island.

Interested music lovers or those just interested in turning

continued on page 100

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asparagus parmigiano + truffle mashed potato

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On Stage at Staller Center

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

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

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

Upcoming events at Staller Center at SUNY Stony Brook (programs subject to change):

Asylum Theatre In
KIMBERLY AKIMBO
September 19-22, 26-29
Thursday-Saturday, 8 pm;
Sunday, 2 pm
THEATER II - Tickets: $28

Staller Center is pleased to welcome back Asylum Theatre with Kimberly Akimbo. Set in the wilds of suburban New Jersey, Kimberly Akimbo is a funny and heartrending play about a teenager with a rare condition causing her body to age faster than it should.

EMERSON STRING QUARTET
Thursday, October 17, 8 pm
RECITAL HALL - $46

The Emerson String Quartet stands apart in the history of string quartets with an unparalleled list of achievements over three decades: more than 30 acclaimed recordings, nine Grammy's, three Gramophone Awards, the Avery Fisher Prize, Musical America's "Ensemble of the Year," and collaborations with many of the greatest artists of our time.

DAVID SEDARIS
Sunday, October 20, 7 pm
MAIN STAGE - $40

With sardonic wit and incisive social critiques, David Sedaris has become one of America's pre-eminent humor writers. He will read from his work in an evening that promises to be both hilarious and original. In his new book of essays, Let's Explore Diabetes with Owls, the

continued on facing page

continued
humorist turns a wry eye on his adopted home in rural England, his childhood, and the annoying people he comes across in airport lounges.

THE ADDAMS FAMILY
Sunday, October 27, 7 pm
MAIN STAGE - $46

The Broadway musical comedy based on the bizarre and beloved family of characters created by legendary cartoonist Charles Addams – THE ADDAMS FAMILY features an original story about the fateful night the family hosts a dinner for Wednesday Addam's "normal" boyfriend and his parents. Come meet the family. We'll leave the lights off for you.

KAMIKAZE FIREFLIES
Sunday, November 3, 4 pm
MAIN STAGE - $15
Not Just for Kids

The whimsical and witty stunts of the KamiKaze FireFlies will keep you and your family laughing from beginning to end. With gravity-defying juggling, cube spinning, stilt-walking and other daring acts, the two vaudeville-style performers delight all age groups.

MIDORI
Sunday, November 10, 7 pm
MAIN STAGE - $46

Violin sensation Midori returns to the Staller Center with sonatas by Mozart, Strauss, Franck and Hindemith. Midori will perform with piano accompaniment.

MARK MORRIS DANCE
Saturday, November 16, 8 pm
MAIN STAGE - $40

Affectionately known as America's dance company, the renowned Mark Morris Dance Group is acclaimed for its craftsmanship, ingenuity, humor and eclectic live music accompaniments as well as its ability to make classical music visible through dance.

STARRY NIGHTS
Wednesday, November 20, 8 pm
RECITAL HALL - $34

Starry Nights' artistic director, Colin Carr, gathers some of Stony Brook's leading artists-in-residence for an inspired, eclectic concert. Note the abundance of "fours" in this highly original Starry Nights program. Four cellists play the Bach Chaconne. Four clarinetists play one of Latin America's pre-eminent composer's work. And Beethoven isn't forgotten. The program will

continued on following page

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On Stage at Staller Center

continued from page 37
include: Jorge Montilla Four for Four. Four Latin-style dances for clarinet quartet. Conradin Kreutzer Das tote Fagott for bassoon, baritone and piano, Bach Chaconne arranged for four cellos, Beethoven Septet in E flat major.

AUDRA McDONALD
Saturday, November 23, 8 pm
MAIN STAGE - $46

Broadway legend Audra McDonald returns to the concert stage after winning a record-tying fifth Tony Award for her unforgettable performance in The Gershwins' *Porgy and Bess* and completing four seasons on the hit ABC television series "Private Practice." Joined by a jazz ensemble, the two-time Grammy Award-winning singer will perform an intimate evening of favorite show tunes, classic songs from the movies, and original pieces written especially for her.

Salzburg Marionette Theater
THE SOUND OF MUSIC
Sunday, December 8, 7 pm
MAIN STAGE - $34

The hills come alive when Austria's treasured marionette theater comes to Staller Center as part of the company's 100th Anniversary season. They bring with them their most famous production just in time for the holidays! The beautiful score of the Rodgers and Hammerstein classic is brought to life with skilled puppeteers and a spectacular set, creating a mesmerizing spectacle for all ages.

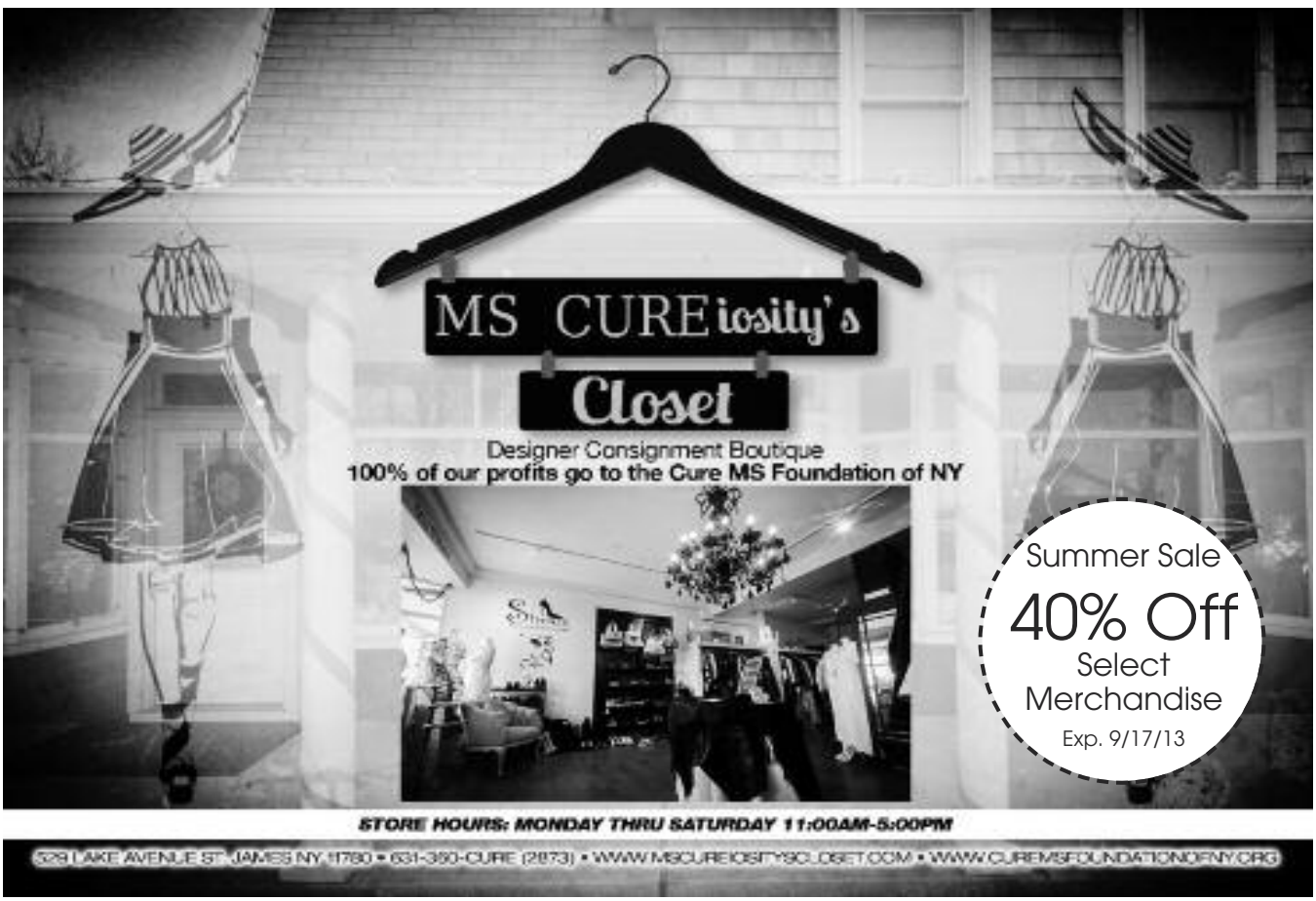
Big Band Holidays *featuring*
JAZZ AT LINCOLN CENTER ORCHESTRA with WYNTON MARSALIS & CÉCILE McLORIN SALVANT
Sunday, December 15, 7 pm
MAIN STAGE - $46

Wynton Marsalis and The Lincoln Center Jazz Orchestra present a Big Band Holidays concert with choice instrumental arrangements from such key Swing Era masters as Duke Ellington, Count Basie, Benny Goodman and Tommy Dorsey.

GUITAR PASSIONS
Saturday, February 8, 2014, 8 pm
RECITAL HALL - $40

Three master guitarists – Sharon Isbin, guitar; Stanley Jordan, jazz guitar; Romero Lubambo, Brazilian guitar – meet to perform an exquisite evening of Latin music, Brazilian music and jazz. Enjoy an intimate setting for a very special

continued on page 40



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On Stage at Staller Center

continued from page 38
guitar concert.

KRASNOYARSK NATIONAL DANCE COMPANY OF SIBERIA
Saturday, February 22, 8 pm
Main Stage - $34

The National Dance Company of Siberia, with over 50 dancers and musicians, has captivated audiences around the world. These wonderfully trained professionals will transport you to another world with their virtuoso performances, leaving a deep impression of an exotically different evening of dance.

JANE MONHEIT
Saturday, March 1, 8 pm
Recital Hall - $40

Long Island native Jane Monheit returns to the Staller Center with songs from her new album *The Heart of the Matter*. A leading light in both the jazz and cabaret worlds since emerging as a finalist in the Thelonious Monk Institute's 1998 vocal competition, the Grammy-nominated vocalist has recorded nine studio albums.

GALA 2014 – Bill Cosby
Saturday, March 8, 8 pm
Main Stage - $75

One of the most beloved and respected comedians of all time, Bill Cosby brings his famous wit and hilarious outlook on life and family to the Staller Center stage. A true pioneer in comedy, Bill Cosby's appeal transcends age, gender and cultural boundaries for the perfect event for the entire family. Join us for a once in a lifetime night at Staller. Become a Gala Benefit Supporter (VIP Seats & Reception)

STARRY NIGHTS
Wednesday, March 12, 8 pm
Recital Hall - $34

The stars of the classical music world come out for a night of beautiful chamber music. Enjoy a glorious all-Mozart program to greet the spring. World-renowned artists-in-residence come together for an intimate evening in this all-string program.

ALEX THE JESTER
Sunday, March 16, 4 pm
Recital Hall - $15
Not Just for Kids

Take a trip back in time with Alex the Jester, a court jester complete with floppy hat, curly shoes and laughs galore. This Medieval tradition of foolery and side-splitting fun is recreated in Staller Center's intimate Recital

continued on page 42

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On Stage at Staller Center

continued from page 40
Hall. Filled with hilarious surprises of the imagination, the show has travelled the world over, receiving rave reviews along the way. A show for all ages.

DANCE THEATRE OF HARLEM
Saturday, March 22, 8 pm
MAIN STAGE - $40

After experiencing a major rebirth, Dance Theatre of Harlem returns to Staller Center. Founded in 1969 the company has grown into a multi-cultural dance institution with an extraordinary legacy of providing opportunities for creative expression and artistic excellence.

EMERSON STRING QUARTET with Carol Wincenc, Guest Artist, Flute
Monday, March 24, 8 pm
RECITAL HALL - $46

The Emerson Quartet returns to Staller Center in its second concert of the season joined by flutist and Stony Brook Artist-in-Residence, Carol Wincenc. Eugene Drucker, Philip Setzer, violins; Lawrence Dutton, viola; and Paul Watkins, cello, make up the Quartet. As Quartet-in-Residence at Stony Brook University in the Department of Music, the members of the Emerson serve as faculty and mentors.

TAO: *PHOENIX RISING*
Saturday, April 5, 8 pm
MAIN STAGE - $40

In TAO's new production, athletic performers in contemporary costumes perform explosive Taiko drumming with innovative choreography and a dose of humor. TAO has proven that modern entertainment based on the traditional art of Japanese drumming has massive international appeal.

JON BATISTE
Saturday, April 12, 8 pm
RECITAL HALL - $34

Jazz fills the Recital Hall when Jon Batiste and Stay Human, a modern jazz ensemble noted for its world-class music, high energy and uplifting spirit, takes the stage.

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.

SID THE SCIENCE KID
Sunday, May 4, 4pm
MAIN STAGE - $15
Not Just for Kids

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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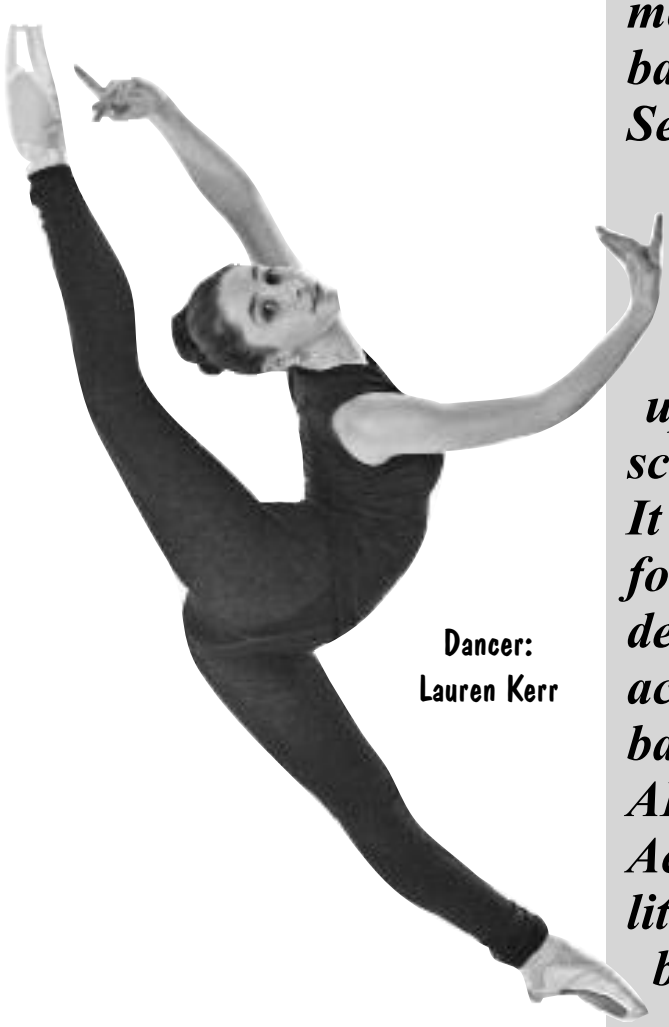

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Nesconset 11767		2	3		

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SMITHTOWN "WALKING DISTANCE"

5 BR, 2 full bath Brick Cape. LR with fireplace, EIK, formal dining room, enclosed heated breezeway, screened porch. Oak floors, thermopane windows. Full basement w/ose. 2 car garage. .32 acre. Walk to town, park and pond. **$340,000.**

SMITHTOWN "PARKLIKE .59 ACRE"

Great home for large family. Oversized rooms thru-out this 5 BR, 2.5 bath Colonial. Formal LR and formal DR, den, eat-in-kitchen with stainless appliances. Fireplace. Full basement, 2 car garage. CAC, hardwood floors. Cul-de-sac. **$524,900.**

ST. JAMES "GREAT FAMILY HOME"

Offers 5 BRs and 3 baths on dead end street. Updated baths, LR with gas fireplace, EIK with gas cooking. Hardwood floors. Andersen tilt windows, OHW heat, 330 oil tank. Walk to stores & Church. **$499,900.**

STONY BROOK "55+ COMMUNITY"

Lovely Condo features LR w/vaulted ceiling, EIK, 1 bedroom, full bath, 2 skylights. Covered patio, garage. Updated thermopane windows, Convenient to shopping, backs to walking paths. Community IGP. Pet friendly. **$199,000.**

NESCONSET "CUL-DE-SAC LOCATION"

Diamond Colonial features 2 story EF, 9' ceils on 1st floor, FLR & FDR, LR w/vaulted ceiling, FR w/gas frplc, Master BR w/tray ceiling, 2 walk-in closets & private bath. CAC, CVAC, alarm. Full bsmnt/ose, 2 car gar. Fenced rear yard w/semi IGP, paver patio, more!! **$659,000.**

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ST. JAMES "NEW SUBDIVISION"

Under construction. 1/2 acre, cul-de-sac. Custom quality built 3,410 sq. ft. Colonial. 5 BRS, 3 full baths. FLR & FDR. Den, EIK. 9' ceils on 1st floor, CAC, oak floors, Andersen thermos, arch roof, full basement, 2 car garage. IGS. **$799,000.**

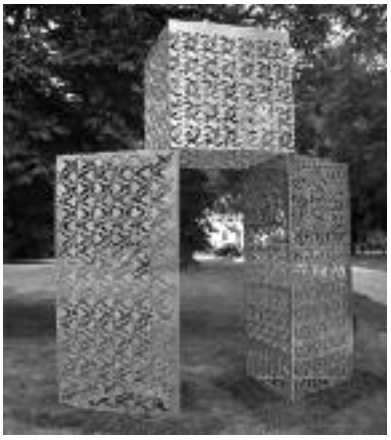
Other lots avail. Build to suit.

CALL FOR A FREE MARKET ANALYSIS

What's Happening at the Mills Pond House Gallery

The Mills Pond House Gallery, located at 660 Route 25A, St. James, is dedicated to exhibiting the work of local, regional, and national artists and is open to the public Monday through Friday, 10 a.m. to 5 p.m. and Saturday and Sunday from 12 noon to 4 p.m. Admission is free. For additional information call the Smithtown Township Arts Council at 862-6575 or visit their website at www.stacarts.org

The Smithtown Township Arts Council is an independent, not-for-profit, community arts organization. ***Exhibit Sponsorships*** *are available for many exhibits, concerts and workshops. If you are interested in sponsoring one of their innovative exhibitions or programs, call 862-6575.*



AUGUST
-30
Outdoor Sculpture Garden
Steve Zaluski's sculpture "Missing Persons" on the lawn of the Mills Pond House. Mr. Zaluski created this sculpture "as a memorial to all those people who have disappeared without a trace… may their souls be at peace."

OCTOBER
19
Opening Reception ***Childhood Memories.***.. a juried art exhibition, 2-4 p.m.

19-November 23
Childhood Memories - a juried art exhibition. Artists explore childhood memories… the early rituals, the rites of passage, the innocence of early life experiences that celebrate the passionate world of childhood.

NOVEMBER
-23
Childhood Memories - a juried art exhibition. Artists explore childhood memories… the early rituals, the rites of passage, the innocence of early life experiences that celebrate the passionate world of childhood.

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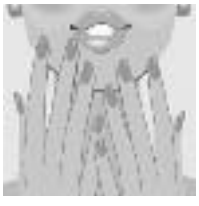

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AUGUST
Through September 8
Let's Go to the Beach - Museum Visitor's Center

Through December 21
Coney Island and Jones Beach: Empires by the Sea
Take a fun-filled ride through the history of each of New Yorkers' favorite seaside playgrounds. The exhibition includes a dazzling array of objects, rare photographs, paintings, prints and film clips.

Tuesday, September 10
10 a.m.-12 noon
Senior Tuesday
Drop in between 10 a.m. and noon to see a self-guided tour of ***Coney Island and Jones Beach: Empires by the Sea***. FREE for seniors 62 and older. Art Museum.

Sunday, September 15, 2 p.m.
Beauties on the Beach: Fifty Years of Fun in the Sun, 1920-1970
Learn about how beach fashion has changed over time with fashion historian Sally Kinsey. The talk will be a retrospective of American aquatic sportswear from 1920-1970. Ms. Kinsey will also discuss the beachwear on display in the exhibit *Coney Island and Jones Beach: Empires by the Sea*. Afterwards, enjoy a special guided tour of the museum's amazing costume collection... see what is behind closed doors.

Saturday, September 28,
10 a.m.-5 p.m.
Smithsonian Museum Day
In the spirit of the Smithsonian's free admission policy, enjoy FREE admission all day at the Long Island Museum, a Smithsonian Affiliate since 2006.

Sunday, September 29, 2 p.m.
Jones Beach: Inside the Photos
Join Joseph Szabo for a discussion about his photo book Jones Beach, featuring more than 80 photographs throughout the past

continued on facing page

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Smithtown Historical Society Happenings

Since 1955 the Smithtown Historical Society has worked to ensure that the history of Smithtown Township and our Long Island heritage are preserved and interpreted for the education and enjoyment of current and future generations.

Their mission is carried out through collection, conservation and preservation, research, exhibitions, publications, educational programs, support of regional heritage organizations, living history events, community library and archives.

The Historical Society maintains six houses and eight outbuildings at three locations: Obadiah Smith House, Caleb Smith House and their 22-acre Village of the Branch Historic District Site.

The Smithtown Historical Society, holds a number of events during the year. For further information about any of their programs call 265-6768.

Ongoing
-November 16, 2013
Tuesdays and Thursdays,
12-4 p.m.
Saturdays, 10 a.m.-2p.m.
Caleb Smith House
5 North Country Road,
Smithtown

Admission: FREE

Exhibit Showing: Smithtown ABC's:

This Smithtown Historical Society exhibit focuses on the history of school and schooling in the Smithtown area since the 1700s. Highlights include mid-19th century children's clothing, student assignment books, writing samples from the 18th century and many more artifacts and photographs that reveal how learning and going to school have changed for youngsters over the past 300 years.

Long Island Museum Calendar

continued from page 48

decades. Among the sea of people, Szabo's camera reveals moments of both quiet introspection and unashamed exuberance to create a stunning collection.

VALUABLE COUPON
$2.00 OFF LARGE OR SICILIAN PIE (PICK-UP ONLY)
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VALUABLE COUPON

EDUCATIONAL ENTERTAINMENT

Programs Offered at the Library

The Smithtown Library offers a variety of programs during the upcoming weeks and months. The Main Branch, is located at 1 North Country Road, Smithtown, 265-2072. The Nesconset Branch (Administration Business Office) is located at 148 Smithtown Blvd., Nesconset, 265-3994. The Commack Branch is located at 3 Indian Head Road, Commack, 543-0998. The Kings Park Branch is located at 1 Church Street, Kings Park, 269-9191. Call for Library hours.

For more information visit the library website at www.smithlib.org.

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

NEIGHBORS HELPING NEIGHBORS

The Smithtown Township Emergency Food Pantry and Long Island Cares are gratefully accepting donations of (*non-expired items*): juice, juice boxes, canned fruit, fruit cups, baked beans, jelly, peanut butter, packaged mac & cheese, tuna, canned chicken, crackers, cookies, applesauce, shampoo, conditioner, toothpaste, toilet paper and other non-perishable items. Donations can be brought to the Nesconset and Commack branches of the Library.

NEW MOVIE MATINEES

NESCONSET
Call for dates, times and movies.
SMITHTOWN
Friday, August 23, 2-3:40 p.m.
The Sapphires
Rated: PG-13, Runtime: 100 min.
Friday, August 30, 2-3:45 p.m.
The Emperor
Rated: PG-13, Runtime: 105 min.

BOOK DISCUSSION GROUPS

Please register for these programs

Tea-rrific Reads Book Discussion
NESCONSET
Tuesday, August 27
2:15 p.m. or 7:15 p.m.
The Shoemaker's Wife
by Adriana Trigiani
Call for additional books and dates.

Historical Non-fiction Book Discussion Group
SMITHTOWN
Thursday, September 26,
continueud on page 52

Students for Students

HELPING THOSE IN NEED

For Students and Families in Need

If you are a student or family who might be going through financial hardship, STUDENTS FOR STUDENTS is still offering FREE school supplies for those students/families.

Please contact Will Outcault at 740-4446.

All calls are discreet and supplies are delivered directly to your house, (supplies are limited).
This is a student run and operated charity, so please don't hesitate to ask if you require supplies.

Want to Donate?

STUDENTS FOR STUDENTS is a charity organization to help distribute supplies to students who are less fortunate.
If you would like to donate school supplies to the organization

please call 740-4446.

Please help give these students the chance they deserve to get a nice head start to the school year.
Some items needed are: folders, composition notebooks, glue sticks, pens and pencils, paper, backpacks, and scissors.

Child Advocacy & Parent Empowerment Services

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

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

Introducing "Branch Out!"

Denise Squillante,
B.A., R.Y.T.

Please Note: This is not a Group Therapy Program

A unique program designed specifically for teens (ages 15-18) who struggle with regulating emotions, maintaining attention to tasks, and/or handling stressful situations. This new program will combine MBSR (Mindfulness Based Stress Reduction) practices, Distress Tolerance & Emotion Regulation skills instruction (modified from the Dialectical Behavior Therapy approach), and various meditation techniques. What makes this new and exciting program unique is that all the above skills will be taught in combination with the practice of YOGA in an integrated fashion! Deanna of CAPES: Child Advocacy & Parent Empowerment Services, who is both an adolescent social worker and special educator & Denise of Mind Body Adventures & Embrace Abundance, who is a certified teen yoga instructor, will collaboratively teach each and every session. Participating teens will meet once weekly throughout the 2013-2014 school year. Through this hands-on experiential process utilizing research-based modalities, one can reap the benefits of improved mental clarity, skillful decision-making, greater focused concentration, and overall wellbeing while creating a healthy and more flexible body! If you and your adolescent are interested, please call now to register as there is a 10 participant limit and slots will be filled on a first come first served basis.

WHO:	Co-lead by Deanna Walsh-Bender & Denise Squillante
WHEN:	Tuesdays from 3:30-5:00 beginning October 8, 2013
WHERE:	Embrace Abundance Yoga Studio at Prism Wellness 420 Lake Avenue, St. James, New York 11780
HOW:	Register by calling Deanna at CAPES – 631-686-6021
FEE:	$55 per 1.5-hour session whereby $220 is paid in advance on a monthly basis

The Saint James School House
542 N. Country Rd., Suite 2, Saint James, NY 11780
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"Serving the needs of Long Island's children, adolescents & young adults along with their families who love them & the professionals who serve them."

EDUCATIONAL ENTERTAINMENT

Programs Offered at the Library

continued from page 50

10:30 a.m. or 2:30 p.m.
Loot: The Battle Over the Stolen Treasures of the Ancient World
by Sharon Waxman
Call for additional books, dates and times.

New This Summer
DISCOUNT CODE FOR SPLISH SPLASH WATER PARK

Skip the ticket line and get a discounted admission this summer to 'Splish Splash' Water Park. For the discount code, contact the Children's Department at the Main Building at 265-2072 ex.240. This discount is available exclusively for Smithtown Library patrons, valid only through September 2, 2013. This discount does not apply to the parking fee, lockers or H20-Go Pass. 'Splish Splash' is located at 2549 Splish Splash Drive, Calverton, NY 11933.

eBOOKS: DOWNLOADING BOOKS TO YOUR iPHONE, iPAD OR iPAD MINI

NESCONSET
Thursday, August 22, 2:30 p.m.

Learn how to borrow and download books from the Livebrary.com free download service. You may bring your own iPhone (3GS or higher), iPad or iPad mini, iTunes username and password and Library card to the workshop, or you can watch the lecture without owning a device if you just want to learn more.

eBOOKS: INTERMEDIATE TIPS FOR iPHONE, iPAD OR iPAD MINI USERS

NESCONSET
Thursday, August 22, 3:30 p.m.

Wondering how to use all the features available to you with your iPhone, iPad or iPad mini? Join us for this workshop where we will discuss how to use the features of your e-reader to maximize your reading experience. Topics will include how to change the size of the font, how to bookmark and more. This is a lecture rather than a hands-on workshop.

TEDDY KUMPEL IN CONCERT

SMITHTOWN
Saturday, August 24, 2-3:30 p.m.

Teddy Kumpel has become an important part of the music scene in NYC where he has appeared in many different venues. He has his own remarkable voice as a guitarist and singer. Teddy will be bringing Shawn Pelton, the house drummer from "Saturday Night Live" to accompany him. This will be a great

continued on page 54

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Programs Offered at the Library

continued from page 52
musical afternoon as we listen to these two fine musicians.

CELEBRATE THE SAN GENNARO FEAST

SMITHTOWN
Wednesday, September 18, 6:30-8:30 p.m.
Fee: $5

Rob Scott will be cooking and demonstrating this delicious feast for us. He will start out with a shrimp, spinach and cappellini pancake and will also do a crostini with mascarpone, grilled scallion and tomato and balsamic glaze.

MAH JONGG LESSONS WITH ALEX POLLACK

NESCONSET
Fridays, September 20, 27, October 4, 11,18, 25, November 1, 8, 12-2 p.m.
Fee: $50 includes $7 fee for National Mah Jongg League Game Rules Card

Alex Pollack will teach this series of eight lessons.

TEN STEPS TO GETTING PUBLISHED: *My Hard-to-Believe Journey in the Literary Marketplace*

SMITHTOWN
Wednesday, September 25, 7 p.m.

Do you have a book in you? Join Gus Alfieri, Ph.D. as he discusses his road to publication of *Lapchick: The Life of a Legendary Player and Coach in the Glory Days of Basketball*. Navigating the literary marketplace can be very daunting if you go it alone. Gus will share his strategies for overcoming publication roadblocks and fulfilling your dream of being a published author.

THE DENICE GIVEN BAND IN CONCERT

NESCONSET
Saturday, September 28, 2 p.m.

The Denice Given Band will be rocking the Library with classic rock sounds. Repertoire spans the 50s and 60s all the way to the 90s. The band even plays some standards from the 40s. Come on in and enjoy this great music, make your request, sing along with the band and have a great time.

FAMILY FIELD TRIP TO DISCOVERY TIMES SQUARE: THE ART OF THE BRICK AND SHIPWRECK! EXHIBITIONS

NESCONSET
(Families w/children under 12)
Saturday, October 26, 11:30 a.m.

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Programs Offered at the Library

continued from page 54

Registration begins Tuesday, September 3.
Fee: The discounted rate for Smithtown Library card holders: $23/students (5-21 yrs); $27/ adults (22-64 yrs); seniors 65+/$25. Children under 4/free. Payment is due at the time of registration. The last day to register is Thursday, October 3. Those under the age of 18 must be accompanied by a parent or guardian. Transportation is not provided.

Looking for adventure? Find it at Discovery Times Square! Meet at this interactive museum to view two exciting exhibits at a discounted rate! *The Art of the Brick*, an exhibition by artist Nathan Sawaya, is a critically acclaimed collection of intriguing and inspiring works of art made exclusively from one of the most recognizable toys in the world, LEGO Bricks! *SHIPWRECK!* will capture your imagination and take you on an incredible journey through thousands of years of maritime history. Experience hurricane force winds, pick up treasure with a robotic arm and explore mysteries of the deep!

ONGOING ADULT PROGRAMS

ART GROUP

SMITHTOWN
Tuesdays, August 27, 12-2:30 p.m.
Call for additional dates.

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

ADULT GAME DAY

SMITHTOWN
Fridays, August 23, 30, 12-1:30 p.m.
NESCONSET
Monday, August 26, 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.*

continued on page 58

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SUPREME COURT OF THE UNITED STATES

UNITED STATES COURT OF MILITARY APPEALS

Programs Offered at the Library

continued from page 56

AARP DEFENSIVE DRIVING CLASSES

SMITHTOWN
3rd Thursday, 10 a.m.-5 p.m.
September 19, October 17
NESCONSET
Saturdays, 9 a.m.-4 p.m.
October 5, December 7
KINGS PARK
Tuesdays, 10 a.m.-5 p.m.
September 10, November 12, January 14

The Smithtown Library will host AARP Defensive Driving. General information is also available on the AARP website: 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 $17 for AARP members with a membership card or $19 for non-members (check made out to "AARP"). Phone, online and in-person registration is ongoing.

BOOK A LIBRARIAN
A SERVICE FOR PERSONALIZED INSTRUCTION
SMITHTOWN

Any Smithtown Library cardholder can make an appointment with a librarian for one-on-one training in various library and computer topics. The library is offering 30-minute sessions in the following areas:

- Using the Library Catalog
- Introduction to Library Databases
- RefUSA: A Business & Residential Directory
- Mango Languages Database
- Introduction to the Internet
- Downloadable e-books and/or audiobooks
- Introduction to computer programs including Word, Publisher and Power Point
- Introduction to Facebook, Twitter, You Tube, Pinterest, Blogger/Wordpress, Etsy, RSS feeds

For more information or to make an appointment, please call the Smithtown Branch at 265-2072 and speak to Chris Bell in the Reference Department, ext. 220.

TEEN PROGRAMS
ENTERING GRADES 6-12

The Smithtown Library at 1 North Country Road, Smithtown and the Nesconset Branch, located at 148 Smithtown Blvd., Nesconset, 265-3994 is offering 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)
Smithtown (1-hour sessions)
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.

TEEN MOVIE: *OBLIVION*
SMITHTOWN
Wednesday, August 28, 3 p.m.

In the distant future a drone repairman (Tom Cruise) becomes humanity's last hope for survival when he witnesses a spacecraft fall from the sky. *Rated: PG-13; 124 minutes*.

continued on page 60

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Programs Offered at the Library

continued from page 58

CHILDREN'S PROGRAMS

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

Smithtown
265-2072, ext. 248.
Nesconset
265-3994

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

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

For School Age Children

A variety of literature-based programs which include a wide range of activities are offered throughout the school year. Each children's department provides specialized programs, unique to each branch. Contact your local children's librarian for details or visit the library website at www.smithlib.org.

SEEKING LEGO DONATIONS!

The Children's Department at the Main Building is interested in starting a Lego Club for our 2-5 grade patrons. If you have any Lego blocks that your children have outgrown, would you please consider donating them to the Children's Department to get this program off to a great start? *Let's get building*!

LEGO Club
NESCONSET (Grades 2-3)
Wednesdays, August 21, 28, 4:30-5:15 p.m.

LEGO Jr.
NESCONSET (Grades K-1)
Friday, August 30, 3-3:45 p.m.

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

FAMILY GAME DAY

SMITHTOWN
(Families w/children under 12)
Friday, August 23, 2:30-3:30 p.m.

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

CAMPING IN!

NESCONSET (3-5 years w/adult)
Friday, August 23, 3-3:30 p.m.

Enjoy storytime in a tent and camp in at the Library! Campfire songs, awesome stories and a good time to be had!

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Programs Offered at the Library

continued from page 60

ARTIST TRADING CARDS SWAP
SMITHTOWN (Grades 3-5)
Thursdays, August 29, September 5
3-4:00 p.m.

Join this growing international trend and meet other emerging artists in your community. Each session we host a hands-on workshop where we teach a new illustration technique based on picture books in our collection. Over the course of the semester, children will build a portfolio of Artist Trading Cards they've either created themselves or traded with other artists in the program. Art making topics include relief printmaking, suminagashi, pointillism, watercolor resist, monotype and collage. *Registration includes all materials.*

LADYBUG GIRL AND BUMBLEBEE BOY STORYTIME AND CRAFT

SMITHTOWN (Grades K-2)
Saturday, August 31,
10-10:45 a.m.

Come dressed in your best Ladybug Girl and Bumblebee Boy costumes for this special craft and storytime.

ONGOING PROGRAMS

Art Starts
SMITHTOWN (2-4 years w/adult)
Call for dates and times

Different crafts each week that encourage children's eye-hand coordination and gross and fine motor skills development as they explore a variety of materials; includes storytime. Dress to make a mess!

Fun for 4s and 5s
SMITHTOWN (4-5 years)
Wednesdays, August 21, 28,
2:30 p.m.
NESCONSET (4-5 years)
Thursdays, August 22, 29,
11 a.m.
Call for additional dates and times

A traditional storytime for children who can sit independently.

Little Book Buddies
SMITHTOWN (Grades K-2)
Wednesdays, August 21, 28,
4 p.m.

Book Buddies is a program in which a child (entering grades K-2) is paired with a teen (entering grades 6-12) for a rewarding reading experience! Older children receive community service credit for participation.

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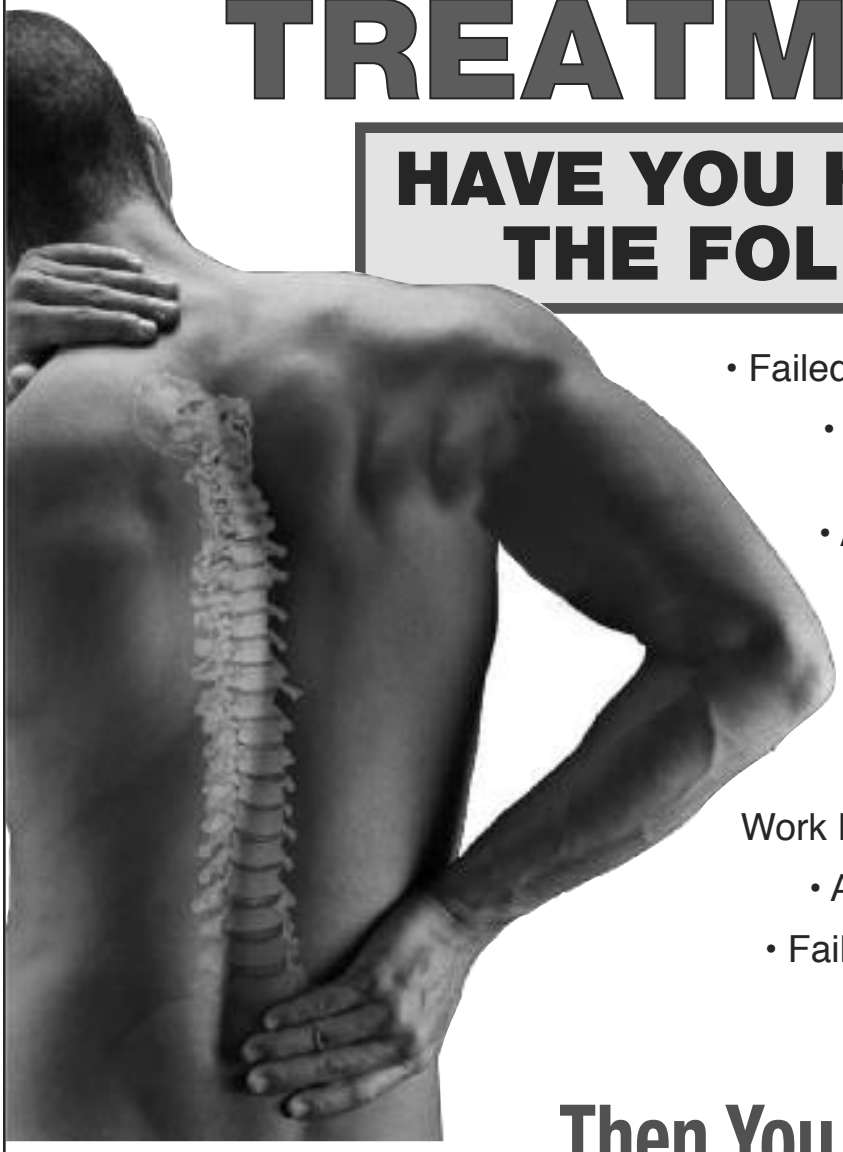

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SOLD

Smithtown, NY

Beautifully renovated Carriage house offers the perfect blend of old world charm and modern convenience. This c1900 home on a private ½-acre in lovely Village of the Branch boasts 3 large bedrooms, 2.5 baths, 2 fireplaces, CAC, 2-car garage, wood floors. Borders greenbelt. Smithtown SD #1. MLS# 2532658. LP $499,000.

SOLD

Port Jefferson Station, NY – Picture Perfect

Immaculate Hi Ranch. 4-bedroom, 2-bath, newly renovated kitchen and bath, 2-zone gas heat, wood floors, 2-car garage, new walkway and front steps. Level ⅓-acre in a quiet neighborhood, close to golf, Stony Brook University, hospitals, shopping and the Village of Port Jefferson. Comsewogue SD #3. MLS# 2533275. LP $349,000.

SOLD

St. James, NY

Charming 3-bedroom, 3-bath brick Cape beautifully set on landscaped .37-acre. Wood floors, fireplace, custom moldings, CAC. Full, finished basement with wet bar. 1-car garage. Low taxes. Smithtown SD #1. MLS# 2498652. $329,000.

St. James, NY – New to Market

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# 2600610. $709,000.

Smithtown, NY – Move In Condition

5-bedroom, 2-bath Hi Ranch on ½-acre on quiet cul de sac adjacent to Nature Preserve. Renovations include kitchen with granite countertops and stainless steel appliances, architectural roof, siding, windows, baths with floor to ceiling ceramic tiles. CAC, gas heat, wood floors, in-ground pool with brick patio. Smithtown SD #1. MLS# 2547352. $449,999.

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Head of the Harbor, NY – Impressive Home

Meticulous Post Modern Colonial on 1.45 acres of manicured lawns and mature trees. Beautiful appointments, open floor plan, custom kitchen, 2 fireplaces, screened porch. Move in condition. Three Village SD #1. MLS# 2581102. $1,100,000.

Nissequogue, NY – Timeless Elegance

Stately 6-bedroom Georgian Colonial on 2 acres of majestic trees and verdant lawns. It boasts a grand staircase, elegant formal rooms, 4 fireplaces, spacious kitchen and in ground pool. Unique setting provides peace and tranquility. Smithtown SD #1. MLS# 2586383. $1,149,000.

Smithtown, NY – River Front Paradise

Victorian home renovated and expanded in 1997. Serene 3.3 acres on private road with 275 ft. on Nissequogue River. Home features kitchen with granite and SS appliances, 2 fireplaces, wood floors, mahogany front porch and travertine patio. Peace and tranquility await you. Smithtown SD #1. MLS# 2588874. $899,000.

Nissequogue, NY – LI Sound Vacant Land

Panoramic views of Long Island and Connecticut await you from this level, shy 3-acre parcel in this six home subdivision. 4 parcels have been sold. This is the last waterfront lot remaining and the ideal location to design and build your own unique home in an elegant estate setting. Smithtown SD #1. MLS# 2567048. $1,250,000.

Smithtown, NY – New To Market

Classic charm best describes this Colonial home with white picket fence surrounded by mature evergreens. It has an inviting enclosed front porch, spacious living room with fireplace, formal dining room with window seat, brick patio and detached 2-car garage. Smithtown SD #1. MLS# 2596463. $439,000.

Nissequogue, NY – Level ½-Acre

Build your dream home on this level ½-acre of property in the Village of Nissequogue. Property is part of a beach association and the Long Island Sound community. Beach is at the end of the block. You will feel like you are on vacation all year long. Smithtown SD #1. MLS# 2562920. $319,000.

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DESIGN IDEAS:
The Story of the Empty Nester

by Natalie Weinstein, Allied ASID

When I notified my "grown and gone" sons that we were planning to renovate, the reaction from both of them, after over 10 years out of the nest, was: "What? My room isn't going to be there anymore?" I promptly responded that I'd give them more than enough time to take anything that was still meaningful to them. (Were they kidding?)

As a loving Mom, I hoped they weren't planning on coming home, which today may very well be the case, but as a designer, I understood what they were feeling. Family life and their growing up years revolved around our home. Their rooms were their sanctuary, a place where they could focus and feel good about themselves. They didn't want to let go of a little bit of their childhood. But enough is enough, as most empty nesters will attest, who have bunk beds in one room, kid's mica furniture in another, shelves and closets filled with stuff you can't bear to throw out and they don't really need or want.

So in a world of "need more closets and enlarge to get more or better space," let's look for a moment at the space we already have and what to do with it. Unused bedrooms should be the first thing to which you turn your attention:

- Empty and organize the closets. The folks who are still living at home should get first dibs at them, but leave a little space for company.
- To avoid a good deal of guilt, turn your kid's rooms into guest rooms for them when they visit and keep some family photos and favorite books on hand. If you have no guilt, designate a general guest room.
- Consider your wish list (exercise space, sewing, painting, scrap booking, photography, or home office) and turn it into reality by having these rooms do double duty.
- Murphy beds (designed to come out of the wall), sofa beds and new mattresses can be incorporated into any room while bedroom furniture can be replaced by desks, function specific armoires, (ie: home office, scrap booking) and storage space that fits your "now" needs.
- A new coat of paint and some new broadloom should give you a clean start. (If you're lucky, maybe you'll even find a hardwood floor under that shag carpet)
- Replace old furniture with functional and timeless pieces, whose quality don't have to be excellent, but will be fine for the amount of time it will be used.
- If you are a "baby boomer" and your babies are having babies, you need to think collapsible cribs, play areas and "kid proofing" in your newly designed space.

Designed by Natalie Weinstein; photographed by Jack Ader/Images for Presentation

Whatever you do, do something! Leaving kid's rooms in a time warp means you're not ready for change and without change, we're not living life to its fullest.

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, for full service interior design. Join www.nataliesclub.com for FREE and get professional design advice, along with FREE seminars, tips, learning products and more with discounts from the same sources our design firm uses every day for our own design clients. Natalie's mission is to create home environments that nurture and empower. 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*

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NATURALLY SPEAKING:
Get Ready... Autumn is Just Around the Corner

by June A. Liardi

With September just around the corner and vacations over, the children will soon be in school and the days, hopefully, will get cooler.

Weeding, as usual is necessary, especially now as seeds begin to mature and want to drop and be ready to grow next spring.

You can sow a crop of lettuce, spinach and radishes for the last time this year. Also, put in broccoli, cabbage and collards, sugar snap or snow peas and enjoy right up until frost. You can sow seeds for spring blooms too, like cosmos, cleome, calendula, nicotiana, poppies and snap dragons. Think about sowing a cover crop of winter rye in your vegetable beds when they are

done. This will enrich the soil over the winter.

Then thinking ahead to spring, plant some pansies that will look good now and in the spring. Plant garlic cloves now and you will be enjoying fresh heads of garlic next summer. Plant rhubarb now – perhaps you can look forward to making a strawberry/rhubarb pie in early summer. And of course, put those spring-flowering bulbs in now. You will thank yourself when they are all in bloom come April.

Dig up your chives, oregano and rosemary to grow inside in a sunny window. Sow some parsley seeds too. You will have fresh herbs for all your winter cooking.

Autumn is the right time to prepare your beds for spring by adding soil conditioners such as builders sand, peat moss, composted manure, limestone, ground wood or saw dust, leaf mold and compost. Fall is the ideal time to make a compost pile since there are such large quantities of organic wastes (such as spent garden plants, weeds and leaves,etc.). All you really need is a sunny, 3'x3'x3' spot – start heaping on the kitchen fruit and vegetable scraps, coffee and tea grounds, egg shells, weeds, spent annual plants, grass clippings and all those racked-up leaves. Make sure the pile gets moisture and

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Autumn is Just Around the Corner

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turn it over from time to time. Add a bucket or two of your garden soil on top when you first start the pile. I have a small greenhouse which I keep warm all winter with a little space heater. This winter I am trying something that I heard about. A compost pile generates quite a lot of heat, so I have a small compost pile started in the greenhouse to see it if will generate enough heat to take care of, or at least supplement, the space heater. I will let you know how it worked out come spring-time. Wish my plants luck.

Get your houseplants ready for their move back into the house. Trim off any dead or damaged branches or leaves. Gently hose off the plant and the pot then spray all stems, leaves, top and bottom, the soil and pot with some insecticidal soap. Cultivate the soil then add a layer of fresh potting soil. You may want to spray with the soap again, or just let the plant dry in a shady spot for a few days. Your plant will then be ready for its move back inside.

Let your child pick out a houseplant to put in his/her room. A flowering plant would be fun for them to watch, or better still, a citrus plant. They can watch how the plant flowers and then produces the fruit. Show them how to properly care for the plant. It is never too early to appreciate nature.

Another way to get close to nature during the winter months is by feeding the birds. Place a bird feeder right outside your child's window or outside the kitchen window. Your child will love to watch all the different types of birds that visit. They can try to identify each one and research what type of seed or food each type prefers. Watch how each has its own way of flying too. Make sure you want to commit to feeding them, for over the cold winter months they will come to rely on that feeder; and do not forget the fresh water.

Hope you enjoy this beautiful time of year.

"Delicious autumn! My Soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns."
– George Eliot

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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POSTAL CORNER

New Stamp Issues

MADE IN AMERICA - BUILDING A NATION

THE MADE IN AMERICA ~ BUILDING A NATION issuance, which honors the workers who were essential to the growth of the modern United States, is available at the St. James Post Office. There are five different panes. Each one contains the same 12 stamps, but is anchored by a different selvage photograph. In the top row are an airplane maker, a derrick man on the Empire State Building, a millinery apprentice, and a man on a hoisting ball on the Empire State Building. In the middle row are a linotyper in a publishing house, welder on the Empire State Building, a coal miner, and riveters on the Empire State Building. In the bottom row are a powerhouse mechanic, a railroad track walker, a textile worker, and a man guiding a beam on the Empire State Building. Eleven of the 12 stamp images were taken by photographer Lewis Hine, a chronicler of early 20th century industry. The coal miner image is from the Kansas State Historical Society. Three of the selvage photos were taken by Hine. They include two Empire State Building iron workers and a

General Electric worker measuring the bearings in a casting. The fourth selvage photo-graph is the same image of the coal miner that appears in the stamp pane. The final selvage photograph taken by Margaret Bourke-White, depicts a female welder.

ALTHEA GIBSON - BLACK HERITAGE SERIES

The U.S. Postal Service honors tennis great *Althea Gibson* (1927-2003) with the 36th stamp in its *BLACK HERITAGE* series. The first black player to win one of the four major singles tournaments, Gibson twice captured Wimbledon and the U.S. Championships (now known as the U.S. Open) and became the top-ranked player in the world. The stamp will go on sale nationwide and will be available at the St. James Post Office on August 23, 2013.

Priority Mail Express and Priority Mail – *Better Than Ever*

submitted by St. James Postmaster Victoria Wilson

Simpler, plus more now, there are even more great reasons to ship with Priority Mail service. Effective July 28, 2013, insurance is included with most domestic Priority Mail shipments. Depending on the postage payment method used, customers will receive up to $50 or $100 of insurance coverage against loss, damage or missing contents. Customers will also receive day-specific delivery estimates that are based on their packages' destinations. Labels, retail receipts, and the Track & Confirm site at usps.com will let customers know if their packages are scheduled to reach their destinations in one, two, or three days.

Express Mail is getting a new name – *PRIORITY MAIL EXPRESS* – and still includes the same money-back service guarantee and insurance up to $100. Express Mail International will be renamed Priority Mail Express International and the Express Mail Corporate Account will be called USPS Corporate Account.

And, of course, when customers ship with Priority Mail Express and Priority Mail, they also get USPS tracking and free package pickup, as well as flat rate and online postage payment options. "All these features add up to great value in shipping. The choice is simple for our customers – pick Priority Mail Express and Priority Mail."

New packaging was introduced on July 28, although postal locations will deplete current supplies before switching to the redesigned versions. "We're meeting customer needs and staying competitive in the shipping marketplace. We want to be America's shipper of choice."

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MONEY MATTERS:
Tips for Setting – and Pursuing – Financial Goals

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

You can get lucky by finding a parking meter with time left on it. You can "luck out" by having nice weather on your vacation. You can even be lucky at love. But when it comes to financial matters, you're better off not counting on Lady Luck – and focusing instead on setting and pursuing goals. Here are some suggestions for establishing and pursuing your financial objectives:

- **Be specific**. You probably have a lot of ideas about what you want to do, but if you're going to turn these wishes into reality, you need to get specific. So, for example, instead of telling yourself that you want

to retire early, set a goal of retiring at, say, 62. You can then use this target number to help guide your overall investment strategy. To illustrate: You can determine that you need to invest a certain amount of money each year, and earn a certain rate of return, to be able to retire at 62. You can also estimate about how much money you can afford to withdraw from your investment accounts each year to sustain a retirement that begins at 62.

- **Prioritize your goals**. Of course, you want to achieve all your financial goals – and you can have a better chance of doing so if you rank these goals in terms of both importance and timing. For example, you may want to send your kids to college, purchase a vacation home and still be able to retire at age 62. How should you allocate your resources to each of these goals? Should you invest more at any given time for a specific goal? What

continued on page 76

Markets Change. Are You Prepared?

When you stop and look back at what's happened in the markets, it's easy to realize how quickly things can change. That's why we should schedule some time to discuss how the market can impact your financial goals. We can also conduct a free portfolio review to help you decide if you should make changes to your investments and whether you're on track to reach your goals.

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Money Matters

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types of investments are best for each of these goals? Prioritizing your goals can help you answer these and other questions – and help direct your overall investment strategy.

- **Be prepared to change your goals.** Over time, your family and financial circumstances can change considerably – which means you shouldn't be surprised, or alarmed, if you have to change your goals accordingly. And you'll find it easier to maintain this flexibility if you've worked diligently to create an investment portfolio with sufficient resources to allow you to change direction, as needed.

- **Review your progress regularly**. If you're going to eventually achieve your goals, you absolutely need to measure your progress along the way. Are your investments performing the way you had anticipated? Are your goals becoming more expensive than you had initially envisioned? To achieve these goals, are you taking on too much – or too little – risk? To answer these types of questions, it's a good idea to review your overall progress at least once a year and then make whatever adjustments may be necessary.

As you can see, it will take considerable effort to set, review and (hopefully) achieve your goals. And it can be somewhat complex, too, so you may want to work with a financial professional – someone who takes time to talk with you about your goals, understands your risk tolerance and family situation, and has the training and experience necessary to help you work toward your objectives.

But in any case, think hard about your goals and how you might accomplish them. And don't delay in taking action – because goals are generally easier to attain if you have time on your side.

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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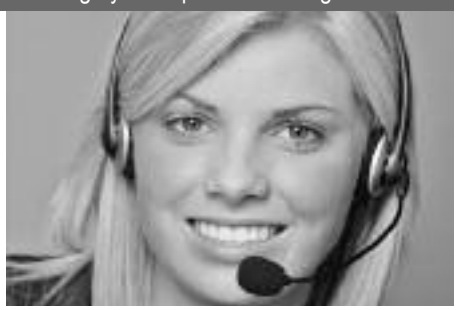

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ST. JAMES. Beautiful historic 3 BR, 3 bath home set on .68 acre. This home has plenty of charm with high ceilings, HW floors, and the amenities of a younger home with master bedroom suite, large den, cac and full bsmt. The carriage house has room for 6 cars, stand up attic, in addition to a 2 car garage. Great for car collector. **$599,990.**

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MASSAPEQUA. Located in Massapequa Shores. Beautiful spacious home set mid block on quiet street. Updated EIK and bathrooms. Lower level totally remodeled with LR, BR and gorgeous bathroom. Set on nicely landscaped property. South of Merrick Rd., absolutely no storm damage. **$449,990.**

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Callie
A 4 year old females/spayed Cattle Dog would prefer a home with older children 10 and up. Callie would also prefer a home with no other dogs or cats.

Myrtle
Myrtle is a 2 year old spayed/female Border Collie mix. Myrtle is sweet, smart and a bit nervous. She would prefer a calm, quiet home with older children 12 and up and a home with no other pets.

Armstrong
Domestic Short Hair male/neutered. Armstrong is a lovable 1-1/2 year old handsome black & white tuxedo cat with special needs. He would make a wonderful addition to any home. Armstrong can be a little shy at first, but once he gets to know you he will purr up a storm!! Meow!

See all their pets at www.smithtownanimalshelter.petfinder.org

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

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Happy Tails and a BIG Thank You

I just want to thank the Smithtown Animal Shelter's staff for taking such great care of my neighbor's dog Betsy. She was given up unexpectedly and they gave Betsy the love and support she needed while waiting to find the right home for her.

I was impressed by their interview process. They don't just give the dogs to whomever walks in, in fact, I have seen them turn people away from adopting Betsy because they did not qualify. For that I am grateful. And because of this, Betsy was adopted by the right family who can fulfill her needs and give her have the happy life she deserves.

Betsy was only there for a month and a day before she met her new family.That is impressive to me. I am so proud to be a resident of Smithtown, and to have such a caring, loving shelter with such an incredible staff in my town. Thank you George, Monica and the rest of the staff for treating these animals like they were their own.

Since Betsy's departure from the Shelter, I have signed up as a volunteer to walk other dogs who need a little love before they are adopted. And I see every animal there get the same love and respect they deserve.

Sweet "Betsy" was adopted by a nice family. This is Betsy in her new home living it up and relaxing by her in-ground pool.

Thank you Smithtown Animal Shelter staff, God Bless you all, and keep up the great work you do for our furry friends.

– Kathleen Flanagan

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Little Shelter Animal Rescue and Adoption Center is a non-profit no-kill animal shelter that has been dedicated to saving abandoned dogs and cats and placing them into loving homes since 1927. Everything they are able to do is a direct result of the generosity of individuals like YOU!

Little Shelter is critically low on towels, blankets, sheets and beds. If you are able to donate any (even used, as long as they're clean) they would greatly appreciate it.

Not only is their pantry low on blankets and towels, Little Shelter's Food Pantry is also in desperate need. Little Shelter's Food Pantry is the heartbeat or their Animal Soup Kitchen (A.S.K.) program and they have an urgent need for donations of dry and soft dog and cat food. To learn more about how your donations help this life-saving program visit www.littleshelter.com.

All donations can be dropped off at Little Shelter, 33 Warner Road, Huntington NY 11743. For additional information call 631-368-8770.

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EMERGENCY APPOINTMENTS TAKEN

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.

Healthy Tips for Back to School

With summer coming to a close and the beginning of school only a few weeks away, now is the time to consider some back to school health tips to prepare for the upcoming school year. Getting into a routine can be challenging but starting good habits can have a positive impact on a child's well-being. Things to consider when creating a healthy daily routine should include eating breakfast, getting adequate physical activity, adequate rest and not overloading the spine on a daily basis with a poorly fitted backpack.

Kids who eat breakfast tend to do better in school. Since breakfast is the first meal it is important to refuel the body for the start of the day. Skipping breakfast will lead to a harder time concentrating, solving problems and memory recall. Those that do skip breakfast also tend to consume more calories overall throughout the day that could lead to obesity and diabetes which has been on the rise. Encouraging kids to eat one of their five daily servings of fruits and vegetables is a good start.

With being engrossed in technology, kids can easily spend too much time looking at televisions, video games, computers and smartphones and not get adequate physical activity. According to the American Academy of Pediatrics elementary students shouldn't have more than 1 hour of screen time a day, and middle school students shouldn't have more than 2 hours per day. This recommendation is for recreational screen time which includes watching TV, playing computer games and searching on the net for entertainment purposes and does not include the time spent doing homework on the computer. Encourage children to be more physically active during day light hours.

According to the National Sleep Foundation, preschoolers (age 3-5 yrs) need 11 to 13 hrs of sleep, School aged children (age 5-10 yrs) need 10 to 11 hrs of sleep and Teens (10-17) need 8.5 to 9.25 hrs of sleep. When a child doesn't get enough sleep they will have trouble focusing and getting along with their parents, teachers and other classmates. Help your child get a good night sleep with enforcing a consistent bedtime and making sure their room is quiet and comfortable by keeping TVs, computers and electronic games out of their room.

Backpack related injuries are quite common and backpack safety has been a growing concern. Choosing the correct backpack and using them correctly can significantly help reduce these injuries. Choose a backpack with adjustable padded shoulder straps, light weight and has multiple compartments to distribute the weight. The backpack should fit between your waist and shoulder blades and should not exceed 5 to 10% of the child's body weight. The backpack is too heavy if the child is leaning forward to support the weight. Both straps should always be used to distribute the weight evenly.

Creating good habits can lead to a successful and productive school year!

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Each day started with free play where campers could do any number of activities, including painting, exploring the sand or water tables, and building things out of blocks or home-made playdough. All were encouraged to enjoy music and movement, story time and cooking activities.

After each child had the chance to work on the project of the day, it was time to head outside for a picnic-style snack. During outdoor play, shrieks of joy could be heard on the recently spruced up playground, by the small splash pool or around the sprinkler. The children had such a great time they were reluctant to leave when it was time to go home!

As we enjoy the last weeks of summer, preparations are underway for another wonderful year at Smithtown Cooperative Nursery School, a nonprofit non-sectarian nursery school open to all, located at 490 North Country Road in St. James. If you are seeking a unique Mommy and Me program or small classes for children ages 2-4 that focus on active learning, discovery and exploration, please call (631) 584-6767 or visit www.smithtownnurseryschool.com for more information.

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SPORTS

The Smithtown Arsenal National Champs are pictured (L-R) top row: Chris Hettler, Chris Abruzzo, Antonio Scanni, Matt Aprile, Jake Pogrob, Matt Hellerman; middle row: Alejandro Ruiz, Beau Hornberger, Jake Giuffrida, Moosah Khanat, Casey Abelein, Joe LoMonaco, Garrett Sweeney; bottom row: Harrison Weillbacher, Doug Toledo, Steve Dovi, Noah Varonier, Thomas Butzke, Steven Braccioforte, Matt McDonnell. Trainer Tom Lips and Coach Chris Sweeney led the team to victory.

MISSION ACCOMPLISHED!

Smithtown Arsenal #1 in the State, Region and Nation!

The Smithtown Arsenal are the 2013 US National Champions! In unequivocal fashion the Smithtown Arsenal marched forward to win the greatest prize a U16 soccer team can imagine – a National title.

From their State Cup win of rival Manhattan SC back in June this Arsenal team has been determined to complete this improbable mission. By buzzing through the toughest competition in the Regionals tournament in Rhode Island the Arsenal found themselves on a National stage against the best teams in the USA. The Smithtown team, made up of local players, battled all odds with tenacious defense and opportunistic goal scoring.

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Registration is now underway for the 33rd Annual Stop World Hunger Tennis Tournament. The tournament is open to tennis players who have not qualified to play in this year's U.S. Open Tennis Tournament. Intermediate (3.0-3.5), advanced intermediate (3.5-4.0), and advanced (4.0-4.5+) players from more than 40 Long Island communities are expected to participate.

The purpose of the tennis tournament is to provide an enjoyable recreational activity, while helping those in desperate need. All entry fees and donations are forwarded to Catholic Relief Services to assist in their efforts to feed hungry children throughout the world. Assistance is provided where the need is greatest regardless of race, religion, and/or nationality.

Events consist of men's singles, women's singles, men's doubles, women's doubles and mixed doubles. The cost is $6 for singles and $10 for doubles. Participants schedule their own matches at mutually convenient times and sites. All matches are to be played between September 14 and November 16. The deadline for registration is Friday, September 6, 2013. Awards will be presented at a special Holiday Tennis Party.

For applications and/or more information, call Matt at 631-789-3618. Or, if you prefer, write to: Stop World Hunger Tennis, 53 Elm Place, Amityville, NY 11701.

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Ask Ron Villano...

Ron Villano, M.S., LMHC, ASAC, CCH is a leading expert in working 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!

Dear Ron,

I am a 30 year old woman who has recently moved to Long Island, and I am finding myself smoking more than I have did in the past. I used to only smoke socially, when out with friends or at an outdoor event. It seems like now that I don't know anyone here, I have been feeling the urge to smoke more than usual. I find myself sneaking cigarettes from my husband and smoking out of my bedroom window about twice a day. I know that it can't be an addiction but I am also worried about what I've been doing. Is this even a problem enough to want to get help? I don't think there's anything wrong with me that I would need to fix in therapy. I heard it's not that bad if I only smoke only two or three a day.

–Part time Smoker

Dear Part Time Smoker

If you are questioning your behavior at all, perhaps it is something you may want to look at with the help of a professional. Now is the time to allow yourself to benefit from talking to a therapist, so you can get these concerns off of your chest and gain new insights into the reasons behind your increase in smoking. You also said that you have recently moved to a new area. Perhaps the move sparked some anxieties, worries or concerns which you can begin to sort out in counseling. The role of a therapist is not always to drive deep into your life – sometimes all you need is to talk to a professional who can guide and help processes your thoughts and current situation. In addition, another avenue you may want to consider is to quit smoking

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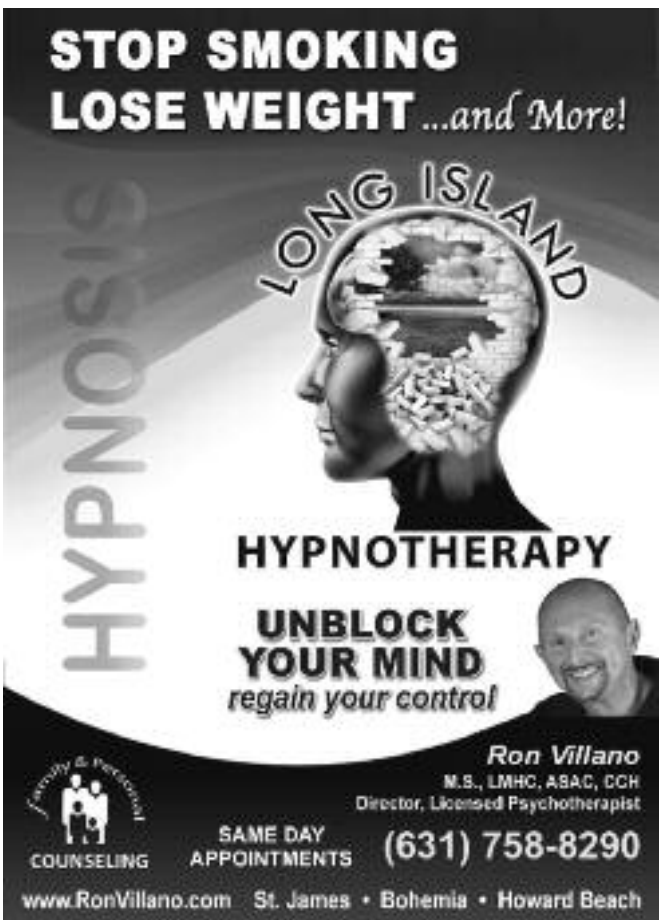

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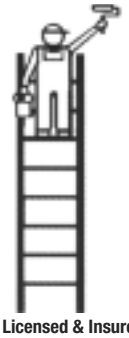

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HEALTH NOTES

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through hypnosis. Hypnosis is a state of "alert relaxation" where you would learn how to extinguish your desire to smoke. There has been a lot of success with this type of treatment, and you will gain some amazing relaxation skills which will also benefit you in other parts of your life. Bottom line – change often can make the mind a bit confused and a bit overwhelmed. Professional help can help you sort it out before it gets too out of hand.

Dear Ron,

I am almost 60 years old. I have always been a happy person my entire life. Friends would come to my house when they wanted to feel good and have a nice time. I was always the "life of the party," you could say. Recently I have begun to feel my age. Not just physically, but mentally as well. I am not remembering things as well as I used to and I certainly don't think as quick on my feet as I used to. I used to be able to spend an hour at the gym each day. Now I find myself making excuses for skipping a few days at a time and when I do go, I am not nearly as motivated as I used to be. Not to mention, my physical appearance started to change just this year, as I saw in a picture that a friend of mine took at a wedding we attended. I guess you can say my age is catching up to me. I do not want this to begin to take away my quality of life – what can I do?

–Getting Older

Dear Getting Older,

No matter what your age is, there comes a time when you begin to take a little bit of inventory about the days in the past and the times ahead. And while it affects everyone at a different age, the result is often the same. Mood shifts, decrease in motivation, and noticing the visual signs of aging – these are all indications that your thinking is going through some changes. Realizations about relationships, goals and dreams yet to be achieved and what will happen in the future may begin to dull your livelihood if you don't keep an eye on yourself. Reach out to close family and friends or qualified professionals to begin exploring yourself. Expressing your concerns by talking, keeping a journal, and/or reading good self-help books will help guide

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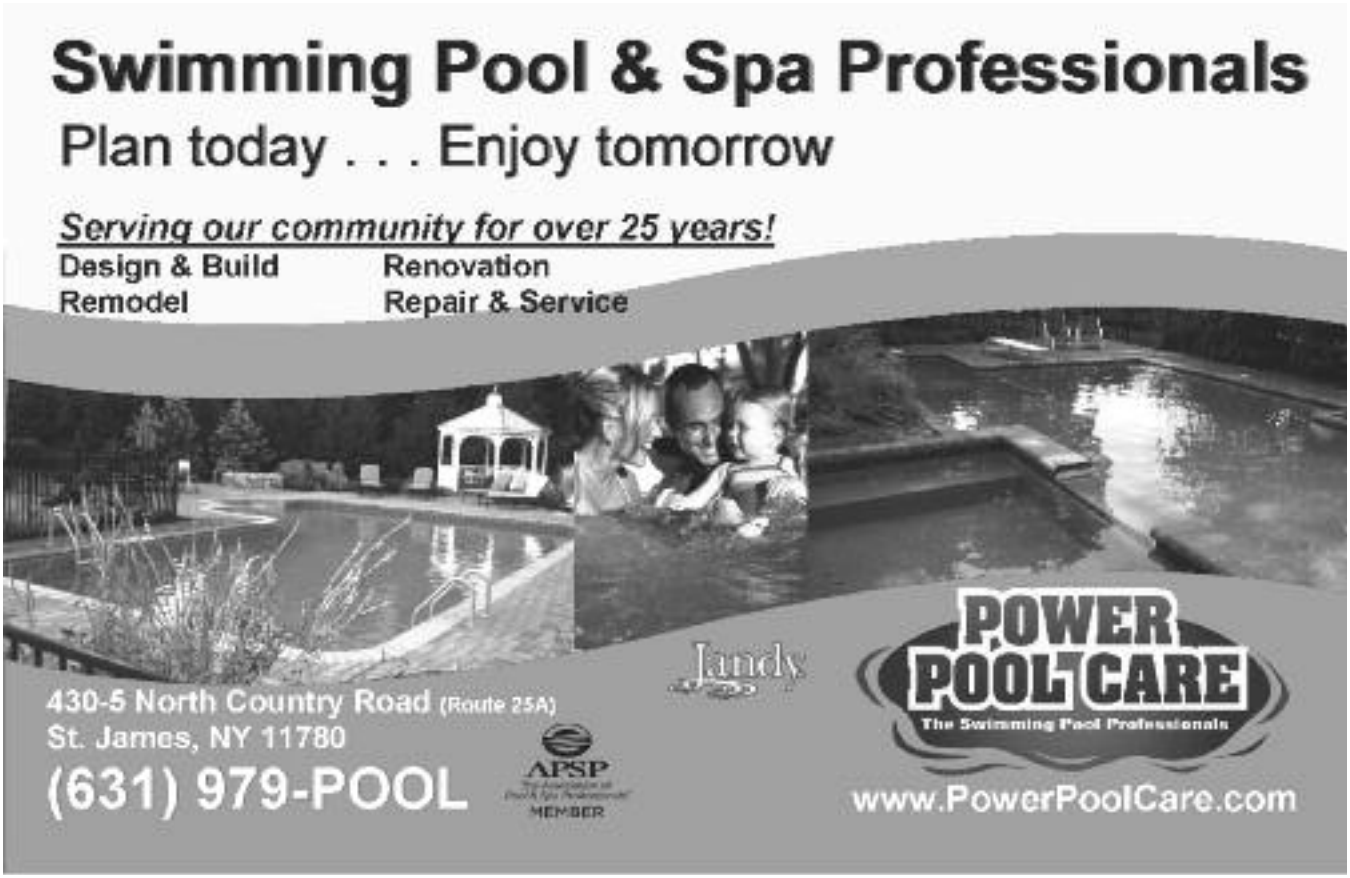

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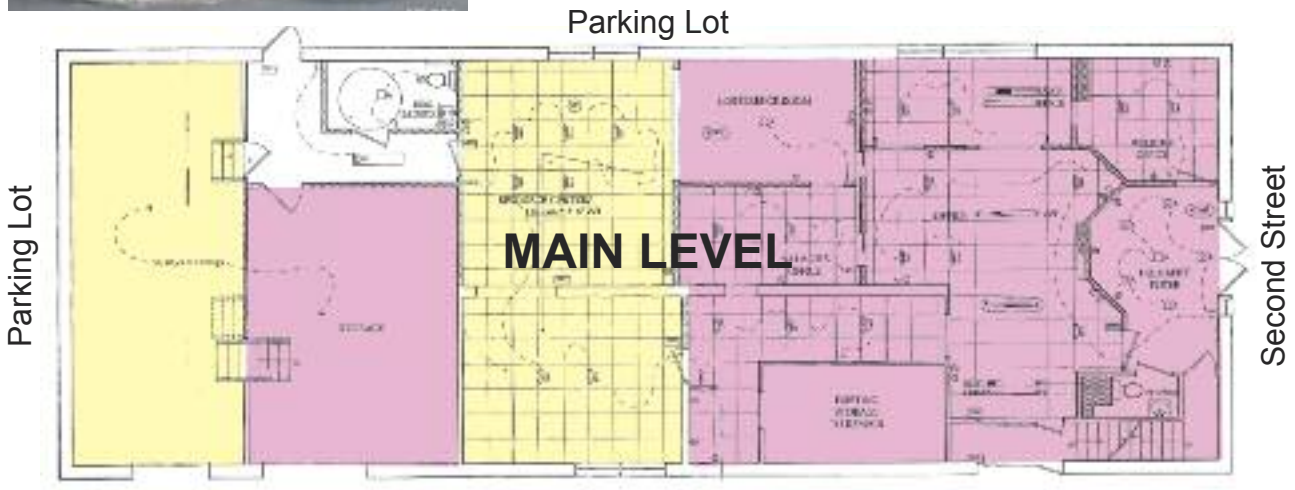

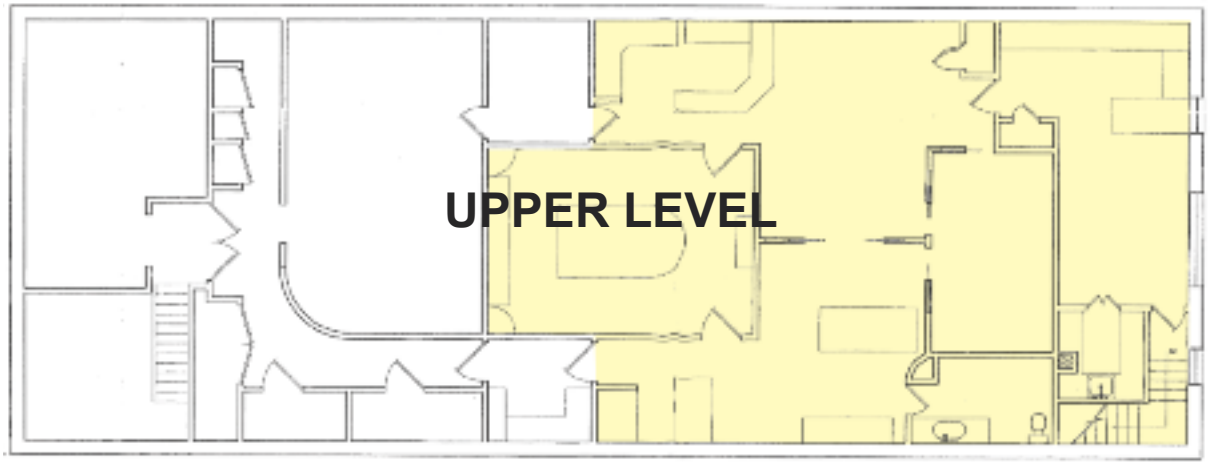

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Foot Health for Runners

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

Feet come in all different shapes and sizes and are prone to many problems, especially when running is involved.

Essential Functions of the Foot

- Feet provide your base – they play an important role in balance and support.
- Feet absorb shock – their flexibility helps to minimize impact when the foot hits the ground.
- Feet propel you forward – in addition to its role as a flexible "shock absorber," the foot stiffens at a certain point in the running cycle to help move you forward.

Common Foot Problems

Physical therapists often see foot problems related to the way in which a runner's foot is built:

- A very flat foot typically has too much mobility and not enough support. Individuals with flat feet (low arches) are often more at risk for pain in the tendons on the inside of the ankle, pain on the inside of the knee, or pain in the arch of the foot near the heel (plantar fasciitis).
- A foot that is too stiff usually has a high arch and is likely to be poor at absorbing forces from running. Pain in the arch and heel (heel spurs and plantar fasciitis) can result from poor shock absorption. If the foot is poor at absorbing shock then that shock often affects the individual's low back, knees or hips.

Common Solutions

Proper shoe choice is important for the most efficient foot function:

- Individuals with poor shock absorption (stiff feet with high arches) typically need more cushion in their shoes.
- Those who have highly flexible feet (usually low arches) often require a stiffer shoe with more support and control.
- People who have more severe problems may be candidates for orthotics (shoe inserts

designed to support weak or ineffective muscles or joints and to provide necessary mobility)– either purchased over-the-counter or customized.

Other Reasons for Foot Pain

There are a variety of things you can do to reduce the risk of running-related foot pain:

- Start slowly and increase your runs in increments – both in distance and speed.
- Address pain and discomfort as soon as it appears – with ice, rest or by modifying your training program. Ignoring symptoms is a sure way to develop a permanent or recurring problem.
- Choose your running surface carefully. Hard surfaces, uneven terrain, and too many hills can lead to problems. Again, build up to them slowly if these surfaces are part of your running goal.
- Consider other types of endurance exercises to give your feet a rest and to provide a better balance to your fitness routine.
- Keep an eye on skin issues such as redness or blisters.

Note: 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 co-owner of Greco Physical Therapy and St. James 1st Tee Fitness & Performance. For more information on physical therapy for the treatment running injuries, golf fitness training programs and general injury rehabilitation, contact him at 631-686-6600.

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HEALTH NOTES

Improve Your Health While You Work, or the Hazards of Sitting!

by Dr. Linda M. Bocchichio

Minor changes in your work environment can improve your health. People who do manual labor and heavy lifting are not the only ones who suffer bodily aches and pains. The stress of a sedentary job can cause a multitude of problems in office workers.

Sitting too long or too awkwardly can lead to pain from excessive stress and strain. Many of us have accepted these aches, stresses and pains as *normal*. They may be very common complaints, but normal they are not!

To change your work environment and improve your health, you must first realize the *hazards*.

Poor lighting, incorrectly adjusted chairs, VDT computer and typewriter keyboards, can be the cause of eyestrain, neck, back, shoulder or arm problems. Common problems can have simple solutions. For instance, back pain can be reduced by sitting in your chair with a proper posture. That is, buttocks at the back of the chair, an erect posture and the backrest adjusted to the contour of your back and hips.Frequent short breaks with stretching or walking and relaxed deep breathing in your chair can stimulate muscles and increase oxygen flow. Wrist pain, hand and finger numbness or tingling can often be a result of poor positioning at the keyboard. Try to keep your elbows close to your body and your wrists parallel to the keyboard.

Headaches can be decreased by proper lighting and proper posture. Neck pain can be decreased by taking frequent breaks stretching and by changing your work station so you can avoid head tilting or rotating.

To decrease fatigue, increase your exercises. Stretching and walking during your breaks is essential.

By making minor changes in your environment and lifestyle you can make major health changes!

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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AT THE BEAUTY BAR

Benefits of RF and LED Treatments

by Leeann Tomasky, LMT

Radio Frequency Technology has been used in medical science in various forms and devices for over 75 years. In 2004 RF was approved for cosmetic treatments – contouring and toning the tissue of the face and body. Today I will be discussing specifically non ablative RF treatment devices. Non ablative is a term meaning the device will not destroy any skin layers as it penetrates to the underlying tissue. This is a-non invasive technology that maintains the integrity of the skin while increasing fluid movement under the surface. Wave lengths of energy are emitted to produce an endothermic effect (heat). RF technology is a viable alternative to surgery for mild tissue laxity of the face and body. RF is safe to use on all skin types. People with pacemakers or other electronic devices should consult a physician before treatments.

The emissions of non ionizing electromagnetic waves is applied to the face and body with the intent of connective tissue being restored and strengthened. This energy is converted by the dermis to promote collagen formation and encourage fibroblast migration. Collagen fibrous septa are stimulated resulting in contraction of subcutaneous tissue and tissue attached to the underlying muscle.

RF combined with LED (light treatments) has shown great success in preventing further progression of skin laxity. LED has been shown to accelerate wound healing in soft tissue increasing energy in cells. Skin absorbs the light and uses its energy to stimulate cellular regeneration. The technician is able to treat various skin and body irregularities such as: wrinkles, toning, acne, micro circulation, photo rejuvenation and increased cell nutrition.

Treatments are done by applying a circular motion on top of the skin with a probe. A conductor gel or barrier cream is used to provide slip to the probe. The procedure is painless and there is no down time. Slight redness may occur but usually will dissipate with in 20 minutes, and can easily be covered by an application of mineral make up. Clients can return back to work immediately. Although effects are cumulative and get better with each treatment, results can be seen in one treatment with improvement continually seen with in 48 hours. Depending on your skin analyzes treatments may be done every 4-12 weeks.

Editor's Note: *Leeann Tomasky, LMT, is a licensed Esthetician with Back Into Balance Skin Care, located at 487 Lake Avenue in St. James. With over seven years experience she has worked beside dermatologists and in holistic wellness centers. She is thrilled to be able to share her positive experiences with RF and Light Therapy Treatments. Back Into Balance Skin Care is one of only two facilities to offer RF treatments on Long Island. For additional information or to schedule an appointment call 631-561-1875.*

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Joey and Madison Unverzagt

Happy Birthday

The Unverzagt family of St. James are celebrating two very special birthdays in August. Joey turned 9 on August 12, 2013 and Madison will turn 4 on August 23, 2013. They are very lucky to be so close and are happy to share their special day with each other and all their family and friends.

Joey and Madison's parents wish both a very special and healthy year ahead –"*We Love You*" – Mom, Dad, Mikey and Jac.

We join with the Unverzagt family, friends and neighbors in wishing both Joey and Madison a very happy birthday.

Imbriano / Michel Exchange Marriage Vows

John Imbriano, of A&D Gold Silver in St. James, is happy to announce the marriage of his daughter Danielle Marie Imbriano to James Michel. Danielle and James exchanged marriage vows on June 8, 2013 at St. Patrick's R.C. Church in Smithtown. A reception followed at The Vineyards on the North Fork.

Congratulations and best wishes to the happy couple and their family.

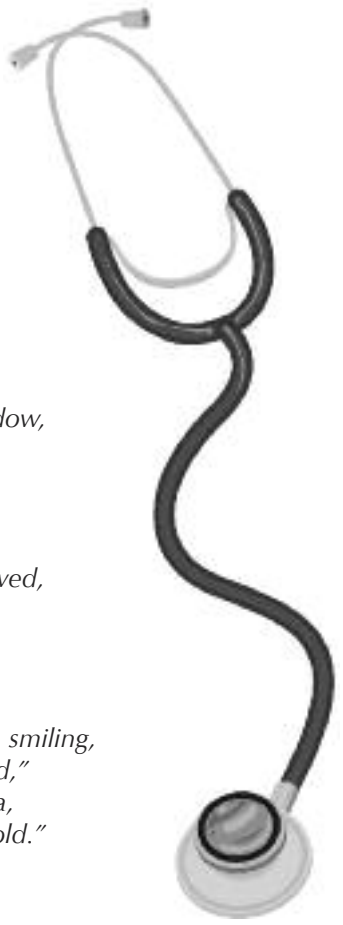
New Arrival

Samantha Heinrich and Joshua Bryant, are proud to announce the birth of their son Quinn Robert Bryant. Quinn made his debut on May 10, 2013,weighing 8 lbs. 4.5 oz.

Congratulations and best wishes to the happy couple from your friends in St. James.

Cold Remedy

by David F. McKell



A man went to a doctor
And said he had a cold,
It had hung on for days
And was making him feel old.

The doctor shook his head
and offered this advice,
"Go home and take a hot bath,
And when you're feeling nice"
"Stand in front of an open window,
In nothing but your skin.
Do this for about a half hour,
Give or take a 'min'."

The man jumped up and bellowed,
"I can't believe what I heard."
"If I do that I'll get pneumonia,
And I'll be one sick bird."

"Au contraire," said the doctor; smiling,
"Just put your objection on hold,"
"You see, I can cure pneumonia,
But I can't cure the common cold."

Doctors

by John Taratunio, Fairfield Condos

Doctors, Doctors, Doctors
What would we do without doctors
We have Docs for this
Docs for that
Docs if we're skinny
Docs if we're fat.

I went to the doctor
Because I had a pain
He sent me to a specialist
With a funny name.

There's Docs for your head
Docs for your teeth
Docs for your eyes
Docs for your feet.

They'll check you over
Then give you a pill
Make sure you're well
Then give you a bill.

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MS CUREiosity's Closet/
Cure MS Foundation
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OBITUARIES

Catherine (Kitty) M. Farrell

Catherine (Kitty) M. Farrell, of St. James, LI, passed away on July 26, 2013. Beloved wife of Edward. Loving mother of Edward, Thomas and Stephen. Dear grandma of six and great grandma of five.

Mrs. Farrell reposed at the St. James Funeral Home's South Chapel. A Funeral Mass was held on July 30, 2013 at Sts. Philip & James R.C. Church, St. James. Interment took place at St. James Episcopal Church Cemetery.

Mrs. Farrell's funeral arrangements were professionally supervised, while the Farrell 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.

James Edward Maher

James Edward Maher, 96, a resident of Head of the Harbor, St. James, (formerly of Parkchester), passed peacefully going into our Lord's embrace on July 21, 2013. Former Supervisor for U.S. Postal Ansonia Station, NYC, NY. Cherished "Bud" and love of the late Florence C. (nee Ayers). Adored father of Deacon Ken and Betty Maher, James and the late Deacon Edward C. Maher. Beloved Poppa of Kerry (Richie), Kenny Jr., Edward Jr., Christopher, James and the late Aelysche. Adored "GG" of Avery.

Mr. Maher reposed at the St. James Funeral Home's South Chapel. A Funeral Mass was held on July 29, 2013 at Sts. Philip & James R.C. Church in St. James. Interment followed at St. James Episcopal Cemetery. In lieu of flowers, donations to Aelysche Marie Maher Memorial Fund is appreciated.

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

Anne M. Mannion

Anne M. Mannion, of Stony Brook, NY, passed away peacefully on July 16, 2013 at the age of 77. Associate Professor "Emerita" of History at Fordham University (Lincoln Center) for 53 years. Member of Alpha Sigma Nu (Jesuit Honor Society). Preceded in death by husband, Lawrence. Survived by brothers James Convery (Amy) and Michael Convery (Lynn) and five nieces and nephews.

Mrs. Mannion reposed at the St. James Funeral Home's South Chapel. A Mass of Christian Burial was held on July 26, 2013 at Sts. Philip & James R.C. Church in St. James. Memorials preferred to Fordham College at Lincoln Center.

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

Peppi Marchello

Peppi Marchello passed away suddenly on July 10, 2013. Founder of The Good Rats. Beloved husband of Catherine. Loving father of Gene, Kristin, Spencer and Stefan. Dear grandpa of eight. Devoted son of Yolanda. Cherished brother of Mickey and Vivian.

Mr. Marchello reposed at the St. James Funeral Home's South Chapel. A Funeral Mass was held on July 15, 2013 at Sts. Philip & James R.C. Church in St. James.

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

Charles G. Papazissimos

Charles G. Papazissimos, of Stony Brook, L.I., succumbed from a long battle of cancer on August 3, 2013. Cherished husband of Brenda. Loving father of Allison and Jenna. Beloved son of Zenon (Jim) and Anne. Beloved son-in-law of Thomas and Mary Ellen Waszkiewicz. Devoted brother of James (Ann), George and Anne (Doug).

Mr. Papazissimos reposed at the St. James Funeral Home's South Chapel. A Funeral Mass was held on August 9, 2013 at Sts. Philip & James R.C. Church, St. James. Committal was private. In lieu of flowers, donations to MMRF, 383 Main Avenue; 5th Floor, Norwalk, Conn. 06851 is appreciated.

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

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OBITUARIES

Walter A. Arroyo

Walter A. Arroyo, of Nesconset, NY, passed away on July 25, 2013 at the age of 87. Loving father of Blanca (Lou) Garza, Wilma (Carmine) Barone and Walter (Ivette) Arroyo. Cherished grandfather of Louis, Amanda, Lisa (Danny), Kristina, Angelica, Erica and Alex. Loving great grandfather of Niko and Christian. He is survived by many other family members and friends.

A Funeral Mass was celebrated at St. Patrick's R.C. Church in Smithtown, NY. Interment followed at Pinelawn Memorial Park Cemetery.

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

Walter A. Arroyo

THE FINISH LINE

School Supplies for Homeless Children

continued from page XX

to help them be ready to start the new school year." Schools supplies may be dropped off at Legislator Nowick's District Office at 59 Landing Avenue in Smithtown from Monday through Thursday between 9 a.m. and 4 p.m. until August 22. For more information, please call 854-3900.

Benefit Concert

continued from page 34

out for a good cause can join the Knights for Dinner Under The Tent followed by the Tramps' concert or can just come by to see the show.

Interested? call the church at 584-5454 or Ron Doda at 786-6818. You can also check the Knights of Columbus website at www.KofCsspi.com and the Tramps website at www.Tramps-LikeUs.com

Library Programs

continued from page 62

Mother Goose Rhymetime
(birth-35 months w/adult)
NESCONSET
Call for dates and times
SMITHTOWN
Saturday, August 24, 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
SMITHTOWN
(3-6 years old w/adult)
Thursday, August 22, 7-7:30 p.m.
Call for additional dates and times
(No registration required)

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

Terrific Threes
SMITHTOWN
(36-47 months w/adult)
Thursdays, August 22, 29, 10 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)
Wednesdays, August 21, 28
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)
Tuesday, August 27, 10 a.m.
Call for additional dates and times

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

Ask Ron Villano

continued from page 89

you through. Many times, all it takes is a shift in thinking and release of worry and concern for you to find your way back as the life of the party once again.

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 and www.RonVillano.com to listen to his featured interviews.*

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D I D Y O U K N O W ?

Labor Day Celebrations Have Evolved

More than 100 years after Labor Day was first celebrated, debate remains as to who is responsible for the holiday. Regardless of the holiday's origins, the way it is celebrated today is vastly different from how it was at its inception.

The first Labor Day was celebrated on September 5, 1882, in New York City, and the holiday may have been inspired by a Canadian labor dispute that took place in Toronto in 1872. That dispute fueled a workers' strike.

Records that show Peter J. McGuire, the then general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, was the first person to suggest a day to honor workers. However, there are other people who feel Matthew Maguire, a machinist, and later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882. Soon after the Central Labor Union in New York adopted a Labor Day proposal and began plans for a demonstration and picnic.

In 1884, the first Monday in September was designated as Labor Day. The Central Labor Union encouraged similar organizations in other cities to follow New York's example and hold their own holidays for workers on the same date. By 1885, Labor Day was celebrated in cities across the country. However, it was not yet considered an official, federal holiday, and many people fought to secure legislation. Such legislation began on the state level, where New York became the first state to introduce a bill recognizing Labor Day. But in February of 1887, Oregon became the first state to pass a law recognizing Labor Day. Following Oregon's lead, Colorado, Massachusetts, New York, and New Jersey officially recognized Labor Day. Many other states soon followed suit, and Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the U.S. territories.

The first Labor Day festivities included speeches and picnics, and many of the first workers honored were carpenters, machine and factory workers and other industry workers. Today, the holiday celebrates many blue collar workers, including firefighters, police officers, bakers, teachers, and pharmacists. However, Labor Day has transformed into an end-of-summer hurrah more so than a holiday to pay homage to workers. Rather than parades, many people flock to the seaside to soak up a few more of the sun's rays before saying goodbye to the summer.

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RAIN DATE FRIDAY, AUGUST 30

On the lawn at Deepwells Farm County Park

(Moriches & Rte. 25A)

Free

Come early with your blankets & food for a picnic dinner on the lawn... Then enjoy the movie at dusk.

Free

PLEASE

NO Pets

NO Alcoholic Beverages

SUFFOLK COUNTY PARKS

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A.A. MEETINGS

Alcoholics Anonymous holds more than 400 open meetings each week in Suffolk County. The only requirement for membership is a desire to stop drinking. All are welcome.

A.A. meets every Monday and Wednesday, at the St. James Methodist Church, off Route 25A and Moriches Road, in St. James. On Mondays a Big Book meeting is held at 6:30 p.m. and a 12-Step meeting is held at 7:30 p.m. On Wednesdays a Beginners meeting and a Topic meeting is held at 7:30 p.m.

Meetings are held each Thursday at 7 p.m. at Temple Isaiah, 1401 Stony Brook Road, Stony Brook.; each Friday at 9 p.m. at the United Methodist Church, 792 Hawkins Avenue in Lake Ronkonkoma; 3rd Wednesday of each month at 7:30 p.m. Grace Baptist Church, Hallock Rd., Lake Grove, and each Tuesday and Thursday at 10 a.m. at Islip Town Beach Pavilion, Rosevale Ave. All meetings are free.

If you have further questions or would like a list of other open meetings as well as closed meetings, call 669-1124, 24 hours, 7 days.

AMVET POST #55 MEETS IN ST. JAMES

AMVET Post #55 meets the second Saturday of each month at the St. James VFW, which is located next to King Kullen on Lake Avenue. The meetings begin at 9:30 a.m. AMVET membership is open to all men and women who have served honorably in the U.S. Armed Forces, Reserves or National Guard including those men and women who are currently serving our country. Each AMVET post conducts its own local programs and participates in AMVET-related state and national organization activities.

For additional information about AMVET Post #55 in St. James, contact Don Cantwell at 265-0180, and attend the meetings on the second Saturday of each month.

AMERICAN LEGION HALL FOR RENT

Tables, chairs, kitchen, bar, heat/AC; Reasonable Rates. Sherwood Brothers Post 95, Lake Avenue, St. James. Call Wednesday or Friday in the morning and ask for Tom Swensen. 584-9633 or 584-7746.

CRISIS HOTLINE

RESPONSE of Suffolk County, Inc. provides a suicide prevention/crisis intervention hotline, every day, 24-hours-a-day.

Call anytime if you are feeling sad or desperate, if you are concerned about someone who is, or if you just want to talk with someone who understands and cares. Talking helps.

Call: **751-7500** ***ANYTIME***

CRISIS ONLINE HOTLINE

Response of Suffolk County, a 24-hour crisis intervention hotline, now has a new ONLINE crisis counseling service, called Hear2Help. Hear2Help counselors can be reached online Monday through Friday afternoons from 3-9 p.m. Log on at responsehotline.org

2 FLAG DROP OFF BOXES IN ST. JAMES

Through the generosity of the St. James Postmaster, reconditioned mail-drop boxes have been painted and placed at two separate locations in St. James. One can be found on the side of the American Legion, Sherwood Bros. Hall at 95 Lake Avenue, St. James, and another at the side of VFW Post 395, at the south end of the King Kullen parking lot for the desposal Flags which are no longer suitable for use. The flags will be properly disposed of with an appropriate ceremony.

FOSTER PARENTS NEEDED

Share your heart and home with children in need. Become a Suffolk County foster parent. Foster parents receive stipends, are reimbursed for expenses, can be single parents, can work, receive free training, are supported by caring caseworkers, help to reunite families, and may be able to adopt children who can't go home.

All orientation meetings are held in the Social Services Building at 3455 Veteran's Memorial Highway in Ronkonkoma. Please call the Suffolk County Department of Social Services at 853-KIDS for more information and to sign up for one of their upcoming orientation meetings.

JEWISH STUDY GROUPS

"FREE" *Study Group* for community seniors is offered at Temple Beth Chai, 870 Townline Road, Hauppauge, on Monday mornings at 10-11:30 a.m. Call the temple office for further information at 724-5807.

Lunch & Learn at Temple Beth Chai, 870 Townline Road, Hauppauge, will meet on the second Shabbat morning of every month. No Hebrew or background knowledge required. Shabbat services begin at 9:30 a.m., with *Lunch & Learn* following. This program is "FREE" and open to the community. For directions call the temple office at 724-5807.

JEWISH WAR VETERANS MEETINGS

The Three Village Post of the Jewish War Veterans is seeking new members. They meet monthly on Sundays at 9:30 a.m. at the North Shore Jewish Center, Norwood Avenue at Old Town Road, Port Jefferson Station. Call 751-6421 or 928-1127.

JEWISH WORSHIP SERVICES

Temple Beth Chai, 870 Townline Road, Hauppauge, a Conservative/Egalitarian Synagogue welcomes the community for Sabbath services on Friday evenings at 8 p.m. and Saturday mornings at 9:30 a.m. Call the temple office at 724-5807 for directions.

F.Y.I.

ongoing opportunities, community services and general information

SENIORS WHO CAN'T GET TO THE LIBRARY... A *VAN-TASTIC* SOLUTION

Through a cooperative effort between The Smithtown Library and the Town of Smithtown's Senior Citizens Department, transportation is provided for library visits on regularly scheduled dates or on demand when possible.

On days of planned visits, a van from the Smithtown Senior Citizens Center will take you to any Smithtown Library Building. If you need to go to the library when a visit is not planned, call the Senior Citizen Center's Transportation Department to inquire about scheduling an individual visit. To arrange to be picked up for a planned visit or to request an individual visit, call the Senior Citizen Center's Transportation Department at 265-8811. One week's notice must be given for a pick up. There is a $1 charge each way for transportation ($2 round trip).

MEALS ON WHEELS VOLUNTEER DRIVERS NEEDED

The Town of Smithtown, Senior Citizen's Department is in need of Volunteer Drivers for its Meals on Wheels Programs. Drivers deliver hot meals to the homebound in the Smithtown Township. Mileage reimbursement is available. If you are available between the hours of 11 a.m. and 1 p.m. one day a week, or once a month, please call Center manager, Laura Swoboda at 360-7616 for further information.

MOMS Club

The MOMS Club of Smithtown holds its General Membership meeting on the first Thursday of the month at 10 a.m. We are a chapter of MOMS Club International and are a support group for the stay-at-home mom and the mom who works part time. We have playgroups, park dates, field trips, and Mom's Night Out. Our chapter serves the Smithtown Township. New members and their children are ALWAYS welcome. For more information please contact Debbie at 631-467-3723. www.momsclub.org

NARCONON

At Narconon the goal is recovering the loved one you lost to drugs or alcohol addiction. The Narconon program was founded in 1966 and is based on the humanitarian works of L. Ron Hubbard. In more than 120 centers around the world, Narconon programs restore drug and alcohol abusers and addicts to a clean and sober lifestyle. Call 800-468-6933 or log on to www.stopaddiction.com to receive your free copy of *Guide to Addiction Recovery for a Lifetime* or to speak to a counselor immediately for free counseling, assessments and referrals.

PARKINSON PHYSICAL THERAPY PROGRAM

A physical therapy program is available to Parkinson patients at the Smithtown Parkinson Therapy Center. The Center conducts an ongoing program of exercise and physical therapy, specifically tailored to the needs of each individual patient and administered by a volunteer staff doctor, a physical therapist, nurses and trained volunteer aids. The Center operates on a not-for-profit basis with only a minimal monthly charge to cover expenses. For more information or if you are interested in volunteering, call 265-6621.

RECOVERY MEETINGS

Recovery, Inc., a nonprofit community mental health organization, offers self-help for nervous symptoms, fears, anxiety, depression, stress, anger, etc. Meetings are held on Tuesdays, at 7:30 p.m. at St. James Episcopal Church, 490 North Country Road, St. James.

For additional information call 724-5190.

SUFFOLK VOCATIONAL CENTER - FREE TRAINING

If you are widowed, separated, divorced or in the process of obtaining a separation or divorce, a single parent or a single parent receiving ADC/TANF you might qualify for FREE training. Registration is in progress for the F-E-G-S Suffolk Vocational Center/Displaced Homemaker program *New Directions*, *Computer Skills Training* and *Brush Up* programs. Enrollment is ongoing for programs. The *New Directions* program offers morning workshops. The *Computer Training* and *Brush-Up* programs include computer literacy classes in Microsoft Word and Excel as well as personal skills instruction. Call 598-0108 - early enrollment is a must.

VOLUNTEERS NEEDED

RESPONSE of Suffolk County, Inc. a 24-hour crisis intervention hot line needs open, caring people to volunteer 4 hours a week as telephone counselors. Training is provided. Call 751-7500 anytime.

Smithtown Parkinson Therapy Center, Route 25, Smithtown is always in need of volunteers to ensure the desired goals it strives for. No experience is needed for just two hours a day, on Monday, Wednesday or Friday, from 9:30 to 11 a.m. Volunteers are trained by the professional staff. The center welcomes present and/or future students of physical therapy as volunteers. Anyone with the desire to become a "Help" or a "Hope" should call 265-6621.

VFW POST #395

John W. Cooke Veterans of Foreign Wars Post 395 meets at 8 p.m. on the first Tuesday of each month at their Post next to King Kullen on Lake Avenue in St. James. VFW membership is open to all veterans who have served honorably in foreign conflicts in U.S. Armed forces. For further information, call 862-7965.

CLASSIFIED ADVERTISING

FOR SALE – BARITONE HORN (Besson 1000 series) 4 valve Euphorium Silver, 2 mouth pieces, 6 years old. $850. Call 862-9298. 8/13

COLLEGE APPLICATION PROCESS MADE EASY – Need help navigating the college application process? Call experienced guidance counselor Amy Mannarino at 631-686-5441. 11/13

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OFFICE ADMINISTRATOR - Local financial services firm seeks responsible person for administrative and client-service duties. Excellent communication skills required. Must be personable, a self-starter, well-organized, and accurate with details. Please respond by resume to 888-240-3271 or email to lisa.alfano@edwardjones.com. For additional information call 862-2020. 8/13

DRIVER WANTED - PT/FT for limo company. Reliable, neat appearance - Experience a plus. Call 631-521-0423. 8/13

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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. 8/13

PIANO LESSONS – Beginner piano lessons for children. Flexible hours. $20 for 30 minutes at my home in St. James. Call Christina (18 years old) at 516-754-2537. 8/13/mfx

BABYSITTER 18 years old. Many references, 4 years experience. Flexible hours. Call Christina of St. James at 516-754-2537. 8/13/mfx

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 8/13/sjss

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. 8/13

GET THE MOST OUT FOR 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 for more information. Call Ken at (631) 585-8805 or email ken@lauriestudio.com. 8/13

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.

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.

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 for more information.

VENDORS WANTED FOR ST. JAMES DAY – Craft vendors are wanted for the St. James Chamber of Commerce's 26th annual ST. JAMES DAY, Sunday, October 6, 2013 along Lake Avenue. 10-foot spaces are being provided for $150 per space – 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. There will be entertainment throughout the day. We look forward to seeing you there. 9/13

For advertising information please call 631-862-9849

OUR TOWN
Deadline & Publication Dates

▭ = COPY & AD DEADLINE

◯ = PUBLICATION DATE

In the SEPTEMBER Edition advertise for:

- Back-to-School
- St. James Day Specials
- Fall Yard Care

SEPTEMBER

S	M	T	W	T	F	S
1	2	3	4	[5]	6	7
8	9	10	11	12	13	14
15	16	17	(18)	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	(16)	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER

S	M	T	W	T	F	S
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3	4	5	6	[7]	8	9
10	11	12	13	14	15	16
17	18	19	(20)	21	22	23
24	25	26	27	28	29	30

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