

Our Town

S · T · J · A · M · E · S



JUNE
2009

Volume 22
Number 8

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

Best
of
Luck
to the
Class
of



Don't miss Acoustic Long Island's Fourth Annual
Summer Concert
at Deepwells Farm County Park
featuring:



Tim Blane



Liz Longley



Andrew Fortier



Mieka Pauley

And it's all
FREE

Come out and join us on the front lawn of the historic Deepwells Mansion in St. James for an evening of music under the stars. Get there early for a good spot on the lawn - there will be plenty of food, drinks and treats. You'll experience firsthand what Newsday hailed as "Long Island's Podcast Hit." Mark your calendar now for an evening to remember.

Friday July 3rd
7:00 pm to 10:00 pm
Don't forget your lawn chairs and blankets.

Take a minute and visit
www.acousticlongisland.com
to experience the number
one Acoustic Podcast
in iTunes®.

For more details, go to www.acousticlongisland.com or call (631) 862-2020.
Rain date is Sunday, July 5th at 2pm. Alcohol prohibited.



Our Town

S·T·J·A·M·E·S

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OUR TOWN

- ST. JAMES -

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Head of the Harbor, L.I., N.Y.

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offering services not available in said area.

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PLEASE NOTE:

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

THURSDAY, JULY 9, 2009 - 12 NOON.

Distribution takes place on **Wednesday, July 22, 2009.**

Terry's Paw-fection, Inc.

532 Route 25A
St. James, NY 11780
686-5336

by Elizabeth Isabelle

Has your best, four legged friend been looking a little rough around the edge's lately? Is he bored with the same old tired tennis ball and slipper? Head over to Terry's Paw-fection, your one stop for grooming, pet food and supplies. With over 35 years experience and as a member of the National Dog Groomers Association of America, Terry has established one of the finest salons on Long Island, right here in St. James.

Excellence in pet grooming is a matter of pride for Terry. Your pet is Terry's canvass and her work is her artistry. The first time you enter the shop, you will be impressed with how immaculate and organized this establishment is. Your pet will receive two baths, a massage, and conditioner. Special attention is paid to ears, eyes and nails. Each dog is hand scissored and fluff dried. Your pet is thoroughly checked for skin conditions and any other ailments and is sent home with a "report card" of their visit. All of Terry's grooming equipment is



disinfected, your assurance that your pet is being cared for with the highest standards for their complete well-being and your peace of mind.

At Terry's Paw-fection, you will also find a complete line of holistic dog and cat foods, featuring *Wellness*, *Health Extension* and *Innova* brands. These highly regarded products have been formulated to offer your pet optimum benefits to skin and coat, joint and bones, the digestive system and the immune system. There is a product for every stage of your pet's life. There are treats for cats and dogs containing no by-products, artificial flavors, colors or preservatives. Serve up some of these tasty treats to your beloved pet and see the difference natural

pet foods can make in their lives. Terry is always available to answer any questions you might have as to your dog or cats special dietary needs.

Recreational and rest and relaxation delights are also available. Terry has

selected a wonderful array of toys, including floating discs and life preservers for the pet that loves the water and boating!

There are pet harnesses for your car that incorporate the seat belt, pet carriers in fun patterns and designs, feeding dishes, and *Slumber Pet* fleece bedding. These beds are made of warm, thick Berber fleece with a bumper-style cushioning to provide a cozy nesting area for your dog to rest. Best of all, these beds are machine washable and come in a variety of sizes.

Grooming supplies for the home are an important part of maintaining your pet's health, in between visits to the groomer. Medicated shampoos, *Frontline Plus*, flea and tick collars, stain removers, ear wash and dental care kits, along with brushes and combs are always in stock. Check out *Angel Eyes*, the first product specifically developed for both dogs and cats to eliminate tear stains from the inside out!

Stop by and say hello to Terry and meet Lucky, her talking bird that loves to chat. Remember, big or small, Terry grooms them all!



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FREE Summer Concert on Deepwells Lawn on Friday, July 3

Summer's here and it's time for Acoustic Long Island's big outdoor concert at Deepwells. This year it will be held on Friday, July 3, 2009. It's your chance to join thousands of Long Islanders on the lawn of the historic Deepwells Mansion on Rout 25A and enjoy some of today's hottest up-and-coming singer/songwriters. Best of all, the concert is FREE, so bring the whole family and spend some quality time under the stars right here on Long Island. The concert starts at 7 p.m. and ends at 10 p.m. Get there early for good seating as the entire lawn usually fills up by the time the concert starts.

Artists featured will include Tim Blane, Liz Longley, Andrew Fortier and Mieka Pauley. Be sure to bring lawn chairs. And since there will be plenty of food and



drinks available, bring your appetite too. The rain date is Sunday, July 5 at 2 p.m. For more information about the con-

cert or the artists being featured, go to www.acousticlongisland.com or call 862-2020.

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— Mary G.



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AROUND TOWN



Scruples Celebrates 20 Years in St. James

Congratulations and continued success goes out to Scruples – *Head to Toe*, located at 455 Lake Avenue in St. James. Scruples, a full service salon, has been in business at the same location for the past 20 years serving both men and women.

Specializing in expert manicures, pedicures and waxing, Scruples also features a full service hair salon, *HG Creations*, offering precision hair cuts and creative color.

Gift certificates and a 10% senior discount are also available. Pamper yourself and call Scruples at 584-8030 for an appointment today.



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What Keeps You Up At Night?

When the markets turn as volatile and confusing as they have over the past year, even the most patient investors may come to question the wisdom of the investment plan that they've been following.

At Branch Financial Services, we've seen a lot of difficult markets come and go. And we can certainly empathize with people who find the current environment troublesome and disturbing.

We'd like to help.

By appointment, you're welcome to come in and sit with us for a while. We'll ask you to outline your financial goals—what your investment portfolio is intended to do for you. Then we'll review the portfolio for and with you.

If we think your investments continue to be well-suited to your long-term goals—in spite of the current market turmoil—we'll gladly tell you so, and send you on your way. If, on the other hand, we think some of your investments no longer fit with your goals, we'll explain why, in plain English. And, if you like, we'll recommend some alternatives.

To schedule your appointment, call (631) 979-6000, and ask for Jacki.



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Rosebud Boutique Celebrates 16th Anniversary



Rosebud Boutique, located at 459 Lake Avenue in St. James, opened for business in April 1993 16 years ago. The owner, Rosemarie, believes success is being able to supply her customers with unique fashion accessories such as handbags, scarves and jewelry not readily available elsewhere. At Rosebud you can find a complete line of coordinated bridal jewelry, along with some very unique and unusual pieces which are very popular today. Be sure to stop in or call 862-0027.



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ST. JAMES. Great home for price! Spacious 3 BR Colonial, LR, DR and den. 2 car garage, full bsmt. Hardwood floors in every room Quiet dead end street. Updates include: roof, siding, furnace, driveway, garage door. Lovely backyard. Set on a dead end street.

\$419,990.



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

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ST. JAMES. Beautiful expanded Cape. 4 BRs, 2 baths, updated throughout. New granite eat in kitchen, living room, dining room, den with hardwood floors, full finished basement, IG Pool, lots of potential for expanded family. Set in the heart of St. James.

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ST. JAMES. Young Victorian Colonial, 5 BRs, 2 1/2 baths, cathedral ceilings, hardwood floors, full basement, 1/2 acre gorgeous property with in-ground pool. Set on cul-de-sac of young homes. Walk to town.

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

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

\$1,150,000.

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Sarah Arbuckle Gives Locks of Love

Eleven year old Sarah Arbuckle, a fifth grader at St. James Elementary School, donated 10" of her beautiful hair to *LOCKS OF LOVE*, a non-profit organization that provides hairpieces to financially disadvantaged children under age 18 suffering from long-term medical hair loss.

She received her new hairdo at Tru Salon in St. James — and doesn't she look amazing. Her parents, Anne and Les Arbuckle of St. James, are very proud of her.



Sarah Arbuckle before and after.

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Victoria Gives Locks of Love

SHE DID IT! Victoria Walsh, eight years old, patiently grew her hair so she could donate it to *LOCKS OF LOVE*, a non-profit organization that provides hairpieces to financially disadvantaged children under age 18 suffering from long-term medical hair loss. She was inspired by friends who donated their hair and also in memory of her Aunt "Doll," who lost her battle with cancer a few years ago.

Victoria, a third grader at Mills Pond Elementary, had her hair cut and styled at Sivana Salon in St. James. Her parents, Dawn and Brian and her two brothers, Christopher and Brian, are so proud of her compassion and kindness. And her new haircut looks great.



Victoria Walsh before and after.



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A R O U N D T O W N

Argo Fine Foods' Tzatziki is named 2009 sofi™ Silver Finalist

Argo Fine Foods' TZATZIKI yogurt sauce has been selected as a Silver Finalist in the 2009 sofi™ Awards from the National Association for the Specialty Food Trade, Inc. The sofi Awards recognize excellence in specialty foods and beverages in 33 categories and are a coveted industry honor. "sofi" stands for Specialty Outstanding Food Innovation.

The Tzatziki was one of 111 Silver Finalists selected from 1,433 contenders by a national panel of specialty food experts. Gold Winners will be announced June 29 at the Summer Fancy Food Show in New York.

"We are so excited to be recognized among the best in the short time we have been in business," said Christel DeBlasio-Pavlidis, co-founder of Argo Fine Foods, Inc. "I believe this award is an honor for our company; and that we truly represent the authentic taste of Greece in the United States" said Pavlos Pavlidis, co-founder of Argo Fine Foods, Inc. Their journey to the U.S. started in 2004 with the discovery that Christel had breast cancer. Christel, a former U.S. State Department employee, living in Greece and her husband Pavlos, newly married, left



everything behind and traveled with Christel's three children to the U.S. to fight the cancer.

In 2008, Christel, a proud cancer survivor and associate at DeBlasio Capo Design Build in St. James, and Pavlos decided to follow their passion for cooking and their love of Greek cuisine and started Argo Fine Foods, Inc. to bring the authentic tastes of Greece to the market.

Please visit their website at: www.argofinefoods.com or contact: Christel DeBlasio-Pavlidis, co-owner, 631-703-0443, cdeblasio@argofinefoods.com.

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2009 MARKET UPDATE 30 Houses went into Contract in May

Listing Price	Under \$300,000	\$301,000-\$500,000	\$501,000-\$700,000	\$701,000-\$999,000	Over \$1,000,000	To Date
St. James 11780	1	3	1	3		27
Head of Harbor 11780:				1		6
Nissequogue 11780:						6
Smithtown 11787:		8	6	1		62
Nesconset 11767:	1	4		1		31
Total to Date:	17	65	28	18	4	132

Above information as per Multiple Listing Service of Long Island as of 5/31/09

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Lovely Custom Cedar Shingle Colonial. Freshly painted interior, oak floors. Andersen windows, front to back LR w/frplc, banquet formal DR, 4 skylites, 3 BRS, 2.5 baths, 1 car attached & 2 car detached garage. Good for horses. **\$599,000.**



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1,200 +/- sq.ft. Free Standing 1 story bldg, half acre, zoned C.B. Excellent location. Ideal for retail or office use. Great visibility & expansion potential on busy Rte 25A.

Asking **\$699,000.**



ST. JAMES. "DIAMOND VICTORIAN"

Immaculate 4 BR, 2.5 bath Colonial Home featuring 2 story entry foyer, oak floors, great room with fireplace, formal DR. CAC, Andersen windows, full finished basement, new IGP, paver patio, 2 car garage. MORE!

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NISSEQUOGUE. "LI SOUND WATERFRONT"

Panoramic sunsets & waterviews to CT from this diamond Post Modern featuring a new gourmet EIK, antique HW floors, walls of glass & frplc in great rm. FDR. Master suite w/ 2nd frplc, Jacuzzi tub. Mahogany decking, fin. bsmt, elevator. 2 car. So much more!!

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ST. JAMES. "CIRCA 1837"

Original school house & formerly known as "The Monroe House." 3 BR, 2 bath Farm Colonial features FLR, FDR, EIK, large vaulted great room w/frplc, balcony, 10' ceilings, Covered front porch, decking. 1.5 car det. garage. Shy 3/4 acre, north of 25A. Walk to harbor.

Asking **\$549,000.**



ST. JAMES. "WALK TO ALL"

Lovely Hi Ranch features 4 bedrooms, 2 full baths, formal LR & DR, oak floors, updated bath, new gas heat, roof 3 yrs, mostly Andersen windows, 1 car. Walk to LIRR, town & parks.

\$399,000.



ST. JAMES. "OAKFIELD AREA"

Lovely Custom Colonial featuring front to back FLR w/frplc, FDR w/French doors, FR w/brick frplc, EIK, den w/walls of glass overlooking 1 acre treed private prop. Oak flrs thru-out, custom moldings, 4 BRs, 2.5 baths. 2.5 garage. Bsmnt. w/ose.

\$699,000.



HEAD OF THE HARBOR. CUL-DE-SAC LOCATION

Lovely Williamsburgh Colonial has New arch. roof & is freshly painted. Oak floors, LR/frplc, FR/frplc, 4 BRs, 2.5 baths, FDR, EIK, CAC, bsmt, 2 car. Deeded beach & mooring rights. Great location! **\$739,000.**

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TRWS & Refs Req'd



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\$385,000.

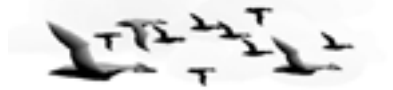
CALL FOR A FREE MARKET ANALYSIS

Stony Brook Harbor Boat Trip

The Four Harbors Audubon Society will host a boat trip on Sunday, June 28, from 5-6:30 p.m. Tour the West Meadow Wetlands on an environmentally friendly pontoon boat. Spot many different species of birds, with lots of bird "experts" on board.

Park at the Three Village Inn in Stony Brook and meet at the Boat Works Dock. Donation: \$25 per person.

For additional information call Sue at 584-9579 or email skrause442@yahoo.com



TAX ASSESSOR VISITS WITH FAIRFIELD CIVICS...



In June the Fairfield Civic Association was honored to have Smithtown Tax Assessor Gregory Hill as guest speaker at their monthly membership meeting. The presentation was informative and insightful with an open dialogue for discussion with the membership. Matters under discussion by Mr. Hill were the economic climate, revenue shortfall, state aid and taxes. He also gave an update on the future of the Star rebate program. Pictured (L-R): Vice President John McNulty, President Richard Hausmann, Recording Secretary May Chasteen and Smithtown Tax Assessor Gregory Hill.

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2101 Montauk Hwy., Bridgehampton
 537-5138

307 Middle Country Rd., Selden
 696-7915

A R O U N D T O W N



**Bake Sale
 at the Smithtown Library**

The Teen Advisory Group at the Smithtown branch of the Library together with the Friends of the Smithtown Library will host an Old-Fashioned Bake Sale on Monday, June 29, from 11 a.m. to 3 p.m. This fundraiser will benefit teen programs such as the *Battle of the Books*.

Donations will be accepted Monday morning for those who would like to participate by baking treats for sale. For those who wish to donate baked goods, please pick up a form at the Reference Desk at the Library, and state what you will be bringing. Some ideas are cupcakes, cookies, pies, cakes, popcorn balls, brownies, etc.

Please remember to attach an ingredients list for allergy sensitive people. If baking is not your talent, come down and help support this effort by buying some delicious treats made by community members.

VOLUNTEERS NEEDED FOR BAKE SALE

If you would like to participate by being a teen volunteer (grades 6 and up), please register at the Reference Desk of the Library. Volunteers will receive community service hours.

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A R O U N D T O W N

Letter Carriers Collect 772,200 Pounds of Food in 17th Annual Food Drive to Feed LI's Hungry

submitted by the
United States Postal Service

On Saturday, May 9, Long Islanders donated more than 772,200 pounds of food to "Help Stamp Out Hunger" on Long Island as part of the annual National Association of Letter Carriers (NALC) Food Drive, bringing the food drive total to more than 17.2 million pounds of food collected since 1995.

The success of the Annual Letter Carrier Food Drive can only be measured by the gratitude and appreciation of the receivers of the generous donations of those who gave and those who volunteered their time. Long Island is a special community of caring individuals. Long Island Letter Carriers, Thank you for your support.

Long Islanders have once again risen to the challenge of helping neighbors in need. We sincerely appreciate their generosity as well as the efforts of many who served as volunteers. A special thanks to our Letter Carriers for their efforts as well as those of all our employees.

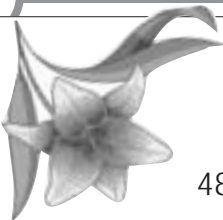
The 772,200 pounds of food will supplement hundreds of thousands of meals to the more than 300,000 residents suffering from hunger, lasting for most of the summer months through a network of 780 nonprofit agencies on Long Island who receive food from both Long Island Cares and Island Harvest.

This food drive was coordinated by the NALC, the U.S. Postal Service, United Way of Long

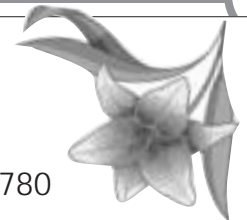
Island, Island Harvest, Long Island Cares, Interfaith Nutrition Network and the Long Island Federation of Labor, AFL-CIO.

About Hunger on Long Island

Approximately 300,000 Long Island residents – 93,000 of them children and 39,000 seniors – turn to soup kitchens, food pantries or shelters for help each year, according to a recent study released by Feeding America. More than two out of every five people who seek help must choose between paying for food and paying their rent, mortgage or utility bills, and more than one out of four must choose between food and medical care. In any given week, emergency food programs on Long Island serve approximately 44,000 people.



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The Branch Funeral Home Kicks Off *Cell Phones for Soldiers* Collection Drive

More than 150,000 troops are serving overseas and are away from their families. Hundreds of Veterans & Family Memorial Care Providers nationwide are calling on all Americans to support these brave men and women by donating your old unused cell phones. The Branch Funeral Home in Smithtown, NY is an exclusive Veterans & Family Memorial Care Provider and has become an official drop off site for *Cell Phones for Soldiers* to help keep troops stay connected with their families.

Local residents can support the collection drive by donating their phones at The Branch Funeral Home located at 190 E. Main St. Smithtown, NY 11787.

"We're proud to show our support for U.S. soldiers, and to



contribute to a worthy cause like *Cell Phones for Soldiers*," says John H. Vigilante owner of The Branch Funeral Home.

Cell Phones for Soldiers was founded by teenagers Robbie and Brittany Bergquist from Norwell, MA. with \$21 of their own money. Since then the registered 501c3 non-profit organi-

zation has raised almost \$1 million in donations and distributed more than 500,000 prepaid calling cards to soldiers serving overseas.

The donated phones are sent to ReCellular, which pays *Cell Phones for Soldiers* for each phone, enough to provide an hour of talk time to soldiers abroad. Approximately half of the phones ReCellular processes are reconditioned and resold to wholesale companies in over 40 countries around the world. Phones and components that cannot be refurbished are dismantled and recycled to reclaim materials.

You can help The Branch Funeral Home in their goal to help provide every U.S. soldier with a way to call home for free.

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Society for Lending Comforts Hosts Chinese Auction

The Society for Lending Comforts will hold a Chinese Auction on Saturday, June 20 from 1-4 p.m. at the Brush Barn, 211 Middle Country Road (located behind the historic Epenetus Smith Tavern) in Smithtown. Refreshments will be served.

A donation of \$10 is requested for a block of 25 tickets; \$8 for each additional block of 25 tickets. All new auction items are

worth between \$20 and \$50 each and include gardening items, beauty products, jewelry, assorted gift certificates, books, pet products, cooking items, clothing and accessories, appliances, gift items, kitchen gadgets and more.

If you can't attend the auction, you can still participate by sending your name, address and telephone number with your \$10 (\$8 additional tickets) donation -

indicate the categories you would like them to put your tickets in. You will be notified if you are a winner.

Proceeds will be used to purchase medical equipment which Lending Comforts loans out free of charge to all residents of Smithtown Township. The Society for Lending Comforts is located at 71 Blydenburgh Avenue in Smithtown.

You Can Make the Life of a Shelter Dog More Comfortable!

Little Shelter, a no-kill animal shelter in Huntington, finds loving homes for thousands of unwanted pets every year. But until a suitable home is found Little Shelter cares for these animals. After a long day of strutting their stuff for potential adopters, their pups and pooches need

something soft and snuggly to lay their weary heads on. Unfortunately they are very low on suitable bedding and desperately need donations!

Please bring your unneeded blankets, quilts and comforters to Little Shelter and help make the lives of the dogs in their care just

that little bit more comfortable.

For more information or to make a donation, please call 368-8770 x206. Little Shelter Animal Rescue is located at 33 Warner Road, Huntington, NY 11743 or visit their website at www.littleshelter.com and give the 'gift for a life' today.

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FREE Family Concert Series at the Library

The Friends of the Smithtown Library proudly announce the fifth series of outdoor summer shows, made possible by a grant secured by Suffolk County Legislator Lynne C. Nowick, on the Village Green of the Smithtown Library main branch.

Events are held Thursday evenings in July and August. Raindates: August 20 and 27.

Bring chairs and enjoy the FREE shows. In case of inclement weather please check the Smithtown Library's award-winning website www.smithlib.org after 3

p.m. the day of the show for additional details. No smoking please.

All residents are welcome to attend.



SCHEDULE OF EVENTS

BILLY JOEL TRIBUTE BAND
Thursday, July 2 • 8 p.m.

Big Shot

This band creates a sound and stage presence as close to an actual Billy Joel performance with all of Joel's greatest hits.

BEACH BOYS TRIBUTE BAND
Thursday, July 9 • 8 p.m.

The Driftwoods

East Coast's original Beach Boys tribute band. Dress in a Beach Boy or surfer shirt to kick off the summer.

OLDIES SHOW
Thursday, July 16 • 8 p.m.

Risky Business

One of the top bands on L.I. takes you back to the music of the 60's through today. Hear the top music from each era.

FOUR SEASONS TRIBUTE BAND
Thursday, July 23 • 8 p.m.

Ragdoll

Enjoy all of their greatest hits including *Sherry*, *Big Girls Don't Cry*, *Ragdoll*, *What a Night*, you get the picture. If you can't get tickets to Jersey Boys, this show is a must for you.

ROD STEWART SHOW
Thursday, July 30 • 8 p.m.

Rick Larrimore

The 'Ultimate' tribute to Rod Stewart. Rick Larrimore brings us Rod Stewart – you will not be able to tell if you're watching Rod or Rick.

continued on page 37

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Strings 'n Things Acoustic Open Mic Nights

The Smithtown Township Arts Council will hold *STRINGS N' THINGS OPEN MIC*, an evening filled to the brim with personality, entertainment, good humor and great music! Performances will be held at the Mills Pond Gallery, from 8 p.m. until 10:30 p.m. on first and third Thursday nights, June 18, July 2, 16, at the Mills Pond House, 660 Route 25A in St. James. Sign ups begin at 7:30 p.m. Come to play or just to hear some great music. Admission is free.

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



Long Island's newest talents.

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

Please check www.stacarts.org for schedule changes due to holidays, or

email

executivedirector@stacarts.org to be added to the email list.

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Phone: 631-862-6575.

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Little Black Book Exhibition at Mills Pond House



The Smithtown Township Arts Council is pleased to announce Little Black Book, being held now through July 10, 2009. The Exhibition seeks to show the thought processes involved in art-making through the evolution of the work, through sketchbooks, photos, models or other examples of preliminary plans. Both the final works and preliminary plans will be exhibited at the Mills Pond House Gallery, 660 Route 25A, St. James, NY.

The Mills Pond House Gallery hours are: Monday through Friday 10 am - 5 pm and Saturday and Sunday 12 pm - 5 pm. For more information, call the Smithtown Township Arts Council at 631-862-6575, or visit www.stacarts.org

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

Ticket prices range from \$16-\$30, group rates available. Call the box office at 724-3700 for

reservations or visit their website at www.smithtownpac.org.

I Love You, You're Perfect, Now Change

MAIN STAGE

through June 28

This celebration of the mating

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

Into the Woods Junior

YOUTH PRODUCTION

through June 28

All seats: \$15

This group of talented youth will take you through this funny and engaging story that reexamines the stories we've all grown up with.

Little Tramp – A Musical Biopic of Charlie Chaplin

SPECIAL EVENT

July 9-12

All seats: \$42.50

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

The Great American Trailer Park Musical

MAIN STAGE

July 18 - August 30

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

Guys and Dolls Junior

YOUTH PRODUCTION

August 1-30

All seats: \$15

Experience the twists and turns of this hilarious, fast-paced story which takes us from Times Square to Havana to the sewers
continued on facing page

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continued
of Manhattan with a bright,
brassy immortal score.

The Farnsworth Invention

MAIN STAGE

September 12-October 4-

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

The Cast of Beatlemania

SPECIAL EVENT

September 5 & 6

All seats: \$35

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

Jekyll And Hyde - The Musical

MAIN STAGE

October 17 - November 15

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

Concerts at the Library

continued from page 30

MOTOWN SHOW

Thursday, August 6 • 8 p.m.

Dr. K's Motown Review

This band takes you on a realistic journey of the Motown sound and makes you want to sing along.

BEATLES SHOW

Thursday, August 13 • 8 p.m.

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A Beatles tribute band performing a complete Beatles show in full costume and make up.

Shows are being hosted by WALK 97.5 FM. For additional information call 265-2072.

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Future Jazz in the Living Room Clinics and Concert

Challenge the world of sheet music and exact chords... If you are looking to expand your creative and imaginative horizons, join this fun and creative evening of Jazz Improvisation at the Mills Pond House, 660 Route 25A in St. James.

Future Jazz in the Living Room clinics will be held on Fridays, July 24, August 21, September 18, November 20, and December 18 at 7:30 p.m. Admission to participate is \$5, FREE for listeners. Bring your own instrument. Beginners welcome... everybody plays.

A Jazz in the Living Room Concert will be held on Friday, January 22, 2010 at 7:30 p.m. at the Mills Pond House, 660 Route 25A in St. James. Admission is \$5 to listen, FREE for Jazz in the Living Room participants/players. This is an evening where the Jazz in the Living Room participants have an opportunity to perform — showing off their newly learned skills to the audience!



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Join the Smithtown Community Chorus

If you love to sing... then the Smithtown Community Chorus invites you to join their group. The group consists of local community members sharing their talents with the community. Their choir is in its 13th year, the fourth with Conductor Carl J. Ferrara. Their goals are to make wonderful music, improve the vocal ability and quality of their singers, and to encourage camaraderie between talented musicians.

This year they will perform Daniel Pinkham's *Wedding Cantata*, choral selections from *Wicked*, Three Long Island Premieres and selected choral songs from the pop/jazz repertoire.

Rehearsals began June 10 at 7:30 pm and are held weekly at Christ the King Church in Commack. All are welcome!

Performance Dates

.....

July 31

Brush Barn in Smithtown

.....

August 19

Citibank Park - National Anthem for the Long Island Ducks

.....

August 22

Christ The King Church in Commack

There is a one-time music registration fee of \$10 for the summer! Come enjoy a season of making great music, new friends, and performance. There is no audition... No experience necessary... just a love of singing!

Upcoming rehearsal dates are

June 17, 24, July 1, 08, 15, 22, 20 August 5, 12.

For more information, call the Smithtown Township Arts Council at 631-862-6575, or the conductor Carl J. Ferrara at 631-379-7066, or e-mail Mr. Ferrara at Rb4uris@yahoo.com.

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Summer Hours: Tuesday-Friday 11-4, Saturday 11-3:00, Closed Sunday & Monday

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Lg. Cheese PIE w/6 garlic knots \$10.50 + Tax Exp. 7/21/09. W/Coupon only. Can't Be Combined	Any HERO w/12oz. can of soda \$5.50 +Tax Exp. 7/21/09. W/Coupon only. Can't Be Combined
--	---

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Choice of: • Penne Vodka • Meatballs
• Penne w/Tomato Sauce • Spaghetti Marinara
• Linguini w/Red or White Clam Sauce

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All Day Wednesday Sicilian Pie \$10.50 + Tax Exp. 7/21/09. W/Coupon only. Can't Be Combined	MOM'S DAY OFF Lg Cheese Pie Baked Ziti 6 Garlic Knots 1.5 Liter Soda \$18.40 + Tax Exp. 7/21/09. W/Coupon only. Can't Be Combined
---	--

Family Dinner **\$44.95** + Tax
1/2 Chicken (5 Choices)
1/2 Pasta (5 Choices) • 1.5 Liter Soda **\$80**
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ARTS & ENTERTAINMENT

What's Happening at the Mills Pond House Gallery

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

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

JUNE

18

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

19

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

JULY

2

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

16

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

24

Jazz in the Living Room Clinic -Jazz improvisation session. 7:30 p.m. \$5 to participate (bring your own instrument); Free to listen.

AUGUST 21

Jazz in the Living Room Clinic -Improvisation session. 7:30 p.m. \$5 to participate (bring your own instrument); Free to listen.

SEPTEMBER 18

Jazz in the Living Room Clinic -Improvisation session. 7:30 p.m. \$5 to participate (bring your own instrument); Free to listen.

NOVEMBER 20

Jazz in the Living Room Clinic -Improvisation session. 7:30 p.m. \$5 to participate (bring your own instrument); Free to listen.

THE WARD MELVILLE HERITAGE ORGANIZATION

presents

UPCOMING EVENTS

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Enjoy a morning, midday or sunset cruise on our 35-passenger pontoon boat through an 88-acre wetlands preserve for a 1 ½ hour tour.

Celebrating P.T. Barnum... the Man

JULY 10 - AUGUST 23 • FEE

Featuring the life of Phineas Taylor Barnum ...

known to most of the world as the "Great American Showman."

Exhibit will feature: authentic Tom Thumb furniture, authentic Jenny Lind memorabilia, circus memorabilia, photographic montage of Barnum as a young man and much more!

Celebrating 100 Years of Service

JULY & AUGUST • FREE!!!

The Stony Brook and Setauket Fire Departments will celebrate their 100th Anniversary in August, 2009. In their honor, The Ward Melville Heritage Organization will host an exhibit of photos, artifacts and memorabilia from the past 100 years, July thru August.

Summer of Science in Stony Brook

JULY 13 - AUGUST 13 • FEE

RECEIVE THREE COLLEGE CREDITS! FOR HIGH SCHOOL JUNIORS & SENIORS!

Experience science right in the heart of an 88-acre wetland preserve. Enjoy informative classes and exciting hands-on fieldwork at our waterside, scientific laboratory. Presented by The Ward Melville Heritage Organization & Stony Brook University.

Summer Concerts on the Green

SUNDAYS, JULY 12 - AUGUST 30 • FREE!!!

Live music series performed in front of the Stony Brook Post Office, 7 - 9 pm.

Horse-Drawn Carriage Rides

EVERY THURSDAY EVENING, INNER COURT • FEE

The ride takes you past Stony Brook Harbor and back. 6 pm to dusk. Begin adjacent to Robinson's Tea Room in Inner Court. In the event of rain or excessive heat, rides cancelled.

Walking Tours of Historic Stony Brook

WEDNESDAYS, 2:50 PM IN JULY & AUGUST • FEE

A blend of history and trivia during a one-hour stroll along Main Street guided by the WMHO Youth Corps. Weather permitting. Meet at Stony Brook Post Office.

PLEASE CALL 631-689-5888 OR VISIT WWW.STONYBROOKVILLAGE.COM FOR RESERVATIONS OR MORE INFO!

E D U C A T I O N A L E N T E R T A I N M E N T

Programs Offered at the Library

The Smithtown Library offers a variety of programs during the upcoming weeks and months. The Main Branch, is located at 1 North Country Road, Smithtown, 265-2072. The Nesconset Branch is located at 127-20 Smithtown Blvd., Nesconset, 265-3994. The Commack Branch is located at 3 Indian Head Road, Commack, 543-0998. The Kings Park

Branch is located at 1 Church Street, Kings Park, 269-9191. Call for Library hours - all branches closed Sundays.

For additional information visit their website at www.smithlib.org.

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

WII FOR ADULTS

NESCONSET

Monday, June 22, 3-4 p.m.

Call for additional dates and times

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

NYS SAFE BOATING COURSE

NESCONSET

Saturdays, June 20, 27

9:15 a.m.-1:15 p.m.

Learn all you need to know how to safely operate your boat of PWC with a certified instructor. Upon completion of this 8-hour course you will receive a

NYS Safe Boating Certificate. Open to adults and children 10 years and up. Registration in person. Fee: \$60.

MOVIES AT THE LIBRARY

SMITHTOWN

Call for dates and times

NESCONSET

Call for dates and times

The Smithtown and Nesconset branches of the Library will screen a popular movie each month. Call the library for dates, times and titles. Register for this program.

ONGOING ADULT PROGRAMS

FREE INDIVIDUAL HEALTH INSURANCE COUNSELING FOR SENIORS

SMITHTOWN

Wednesdays, June 24, July 8, 10
a.m.-1 p.m. by appointment only

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

continued on page 46



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3 COURSE PRIX FIXE LUNCH — \$18

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Offer Expires 7/21/09

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Cannot be combined with other coupons & discounts.
(Price does not include tax)

Up to a maximum of \$100. Must present coupon at time of service. Offer Expires 7/21/09

\$15 Off ANY SYSTEM FLUSH

- Transmission
- Power steering
- Coolant
- Brake fluid

Combine services to save more!



Price does not include tax or waste oil disposal fee on all the services. Cannot be used in combination
with other coupons or discounts. Some models may be extra.

Must present coupon at time of service. Offer Expires 7/21/09

ROTATE TIRES

\$39⁹⁵
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EDUCATIONAL ENTERTAINMENT

Programs Offered at the Library

continued from page 44

Call for additional dates and times.

Appointments are necessary. Call 265-2072 ext. 208 to set up an appointment. Some topics covered will be: Medicare benefits and claims problems, Medigap insurance, long term care options, Medicare prescription Part D, HMO's and Medicaid eligibility. Register no later than the Monday evening prior to the appointment.

ADULT WRITERS' GROUP

SMITHTOWN

Tuesday, 7 p.m.

This series is the perfect opportunity for anyone who has the burning desire to write, but has trouble getting started or would like to receive constructive feedback from fellow writers. The group is scheduled to meet the

first Tuesday of every month. Compare ideas on writing as well as give and receive advice, while having fun in the process. Call for dates and times. No registration is required.

BOOK DISCUSSION GROUPS

SMITHTOWN

NESCONSET

Call for books, dates and times.

CHESS AT NIGHT!

Tuesdays, June 23,
6:30-8:30 p.m.

SMITHTOWN

Call for dates.

Chess for everyone... bring your mind and be ready to learn the ultimate game of mind strategy. Basic instructions and chessboards will be provided... all are welcome. Children under 12 must be accompanied by an adult. The group usually meets

the second and fourth Tuesday of the month. No registration required.

CROCHET & KNITTING

SMITHTOWN

Mondays, June 22, July 14, 29

7-8:30 p.m.

Wednesdays,

11:30 a.m.-1:30 p.m.

Mondays, 7 p.m.

Open to all ages. Call for additional dates. Learn new stitches from your leaders and each other. Beginners welcome. No registration required.

QUILT AT THE LIBRARY

SMITHTOWN

Saturday, 10 a.m.-2 p.m.

In this monthly series you can share and learn about quilting. The group usually meets the first Saturday of the month. Call for continued on facing page

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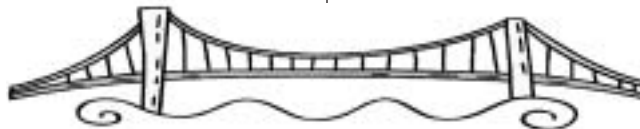
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continued
dates. No registration required.

LIBRARY ART GROUP

SMITHTOWN

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

Work on various art projects in a relaxed and informal atmosphere. Call the Library for supplies needed. No registration is required.

COMPUTER CLASSES FOR ADULTS

SMITHTOWN

Feeling left behind with the new technology? Learn a new skill at the Smithtown Library. Registration is required for each class. Basic computer knowledge is required. Fee: \$20 per class

Computer Kindergarten for Grownups

Thursday, July 9, 2-4 p.m.

This is a user-friendly workshop for first-time computer users.

Computer 1st Grade for Grownups

Thursday, July 16, 2-4 p.m.

Introduction to working with text. Learn how to save, open and create documents.

Computer 2nd Grade for Grownups

Thursday, July 23, 2-4 p.m.

Introduction to the Windows environment including getting help, creating folders and the Microsoft Paint graphics program.

Computer 3rd Grade for Grownups

Thursday, July 30, 2-4 p.m.

Continuation in the Windows environment, using the control panel, pop-up menus, search, creating shortcuts and Windows Explorer.

DEFENSIVE DRIVING CLASSES

The Smithtown Library offers two Defensive Driving classes in conjunction with the New York State Safety Program. After the successful completion of this

course, attendees may receive a discount on their automobile insurance and point deduction from existing violations on their driver's licenses.

There is a fee of \$30 (check or money order only) which is non-refundable. Licensed drivers of all

ages are eligible to participate in this course (under 50). Call for dates and additional info.

An AARP Defensive Driving class will be held at three of the Smithtown Library branches on a rotating basis — SMITHTOWN
continued on following page

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EDUCATIONAL ENTERTAINMENT

Programs Offered at the Library

continued from previous page

(January, April, July, October), COMMACK (February, May, August, November) and NESCONSET (March, June, September, December). There is a fee of \$12 AARP members; \$14 non-AARP members (check or money order only) which is non-refundable for drivers 50+ years.

Call for dates.

Register at the Circulation Desk of the the branch you wish to take the program. Space is very limited, registration is on a first-come first-served basis. Open to Smithtown residents only. A Smithtown Library Card must be presented.

TEEN PROGRAMS

Call the Library for additional information.

Wii Challenge

NESCONSET (young adults)
Saturday, June 27, 12 noon
Girls vs. the Guys.

Wii Night

NESCONSET (young adults)
Tuesday, June 30, 6 p.m.
Play some Wii with friends on the big screen.

Texting Tournament

NESCONSET (young adults)
Monday, June 29, 3 p.m.
Using quotes from popular books and movies, we will decide who has the fastest fingers. No text messages will be sent.

Teen Writers Club

NESCONSET (young adults)
Call for dates and times.
For young adults interested in creative and professional writing.

Book Discussion Group Vampire Book Discussion

NESCONSET (young adults)
Saturday, June 27, 2 p.m.
Enjoy a snack while discussing the current book.

CHILDREN'S PROGRAMS

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

Smithtown

265-2072, ext. 248.

Nesconset

265-3994

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

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

continued on page 50

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Programs Offered at the Library

continued from page 48

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.

Craft It For Dad - Father's Day

NESCONSET (grades K-2)

Friday, June 19, 4:30-5:15 p.m.

Listen to stories and make a crafty gift just for Dad.

Mother Goose Rhymetime

SMITHTOWN (birth-35 months)

10-10:30 a.m.

Call for dates

NESCONSET (birth-2 years)

10:30-11 a.m.

Call for dates

A children's librarian leads you and your child in reciting, singing and reading Mother Goose rhymes, which are the cornerstones of literature and cultural heritage.

One is Fun

NESCONSET (12-23 months)

Call for dates and time.

Enjoy stories, rhymes and songs during this interactive story time with parent/caregiver.

Open Craft Days

SMITHTOWN

June 20, 27, 10 a.m.-4 p.m.

Call for additional dates and times.

Come to the Library during these hours and complete some cool crafts.

Pajama-Rama

NESCONSET (3-5 years)

Thursday, June 18, 7-7:30 p.m.

Put on your pajamas, grab your favorite stuffed friend and join us for an evening story time.

Pajama Story Time

SMITHTOWN (3-6 years w/adult)

Call for dates and times

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

Picture Book Story Time

SMITHTOWN (4-5 years)

Call for dates and times

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

continued on page 82

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Connie Antonetti

E D U C A T I O N A L E N T E R T A I N M E N T

WMHO Educational and Cultural Center Programs

The Ward Melville Heritage Organization will hold the following events at their Educational & Cultural Center, located in Stony Brook Village, Main Street

on the Harbor. Call 689-5888 or visit www.wmho.org or www.stonybrookvillage.com for further information on any of these programs.



Through October 25

Discovery Wetlands Cruises

Board the 35-passenger pontoon boat for a unique 1-1/2 hour cruise through Stony Brook Harbor and surrounding wetlands. A naturalist is on board to guide this exceptional experience in ecology, geology and history. Sunset cruises available. Call 751-2244 or visit

www.stonybrookvillage.com for detailed schedule and rates.



July 10-August 23

Grand Opening July 12

Celebrating P.T. Barnum

WMHO EDUCATIONAL AND CULTURAL CENTER - FEE
Exhibit will feature the life

Phineas Taylor Barnum... known to most of the world as the "Great American Showman." Exhibit will feature authentic Tom Thumb furniture, Jenny Lind and circus memorabilia, photographic montage of Barnum and more.

July 13-August 13

"Summer of Science in Stony Brook" - FEE

Summer marine science program for 10th, 11th and 12th grade. Experience science right in the heart of an 88-acre wetland preserve! Field sampling exercises will include cruises on Long Island Sound aboard a coastal research vessel, as well as trips
continued on page 54



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E D U C A T I O N A L E N T E R T A I N M E N T

WMHO Educational and Cultural Center Programs

continued from page 52
to Crane Neck Point, West Meadow Creek salt marsh and West Meadow Beach coastal spit. Students completing all course requirements can receive 3 undergraduate credits from Stony Brook University, or may take the course without credits.



**Sundays, July 12-August 30
Summer Concerts on the Green**
IN FRONT OF THE STONY BROOK
POST OFFICE, 7-9 P.M. - FREE
A series of live music events
performed outdoors.

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The Stony Brook and Setauket
Fire Departments will celebrate
their 100th anniversary in
August, 2009. The Ward
Melville Heritage Organization
will host an exhibit of photos,
artifacts and memorabilia from
the past 100 years.



**Thursday Evenings
Horse-Drawn Carriage Rides**
6 P.M. TO DUSK - FEE
The ride takes you past Stony
Brook Harbor and back. Begin
adjacent to Robinson's Tea
Room - Inner Court. In the event
of rain or excessive heat, rides
are cancelled.



**Wednesdays in July and August
Walking Tours of Historic
Stony Brook**
2:50 P.M. - FEE
MEET AT STONY BROOK
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ing a one-hour stroll along Main
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ST. JAMES, NY 11780-0717

All entries must be received by
the first of the month – No exceptions.

All winners will be posted in the next issue of
OUR TOWN • ST. JAMES



by Natalie Weinstein,
Allied ASID

Doom and gloom is dead. We survived and soon we will thrive once again. For many of us, this has been the worst year of our lives. Nevertheless, we are still here and the world is still here, as imperfect as ever, despite the fact that we've all suffered life's problems and the throes of the economic downturn, some more than others.

The cowardly lion thought he could be strong if the wizard would give him courage. He and we discovered the wizard was an illusion that you need to find within yourself when the chips are down.

Daily, I meet with people who are facing and dealing with life's challenges. I help them because that's what I'm trained to do as an interior designer. My job and mission is to give them

DESIGN IDEAS: Do Something!

a better life through a better home environment. Now, more than ever, I find I am needed to intelligently plan for and execute a nurturing place in which to recharge and empower.

The question everyone asks me is "What should I do now given today's circumstances?" My answer is always the same. "DO SOMETHING." For if you do nothing you're not only standing still, you're going backwards, as the world passes you by. Your home, your single most important investment, should not be left untended. Its value, perceived or otherwise, is a constant, for it is worth far more to you than money. I know because I've seen positive life changes in people for decades when they embrace their home and create a clean, orderly, well designed safe haven.

Yes, it's a little scary, but whether you're planning to move or stay, if you create a plan and purchase intelligently, you will have appreciated the value of your property, while enabling you to live better. Maybe it's not the time for you to do a major renovation (although there are really great deals out there), but keeping up with repairs, painting and replacing old and worn furniture can be affordable, if you are

smart. On a daily basis my consultations have helped people use their existing space better, without expanding. (Expanding would increase taxes as well as initial costs.)

In a couple of hours with me and a few more hours with my sources, I give folks a plan and save them time and money. Attitudes start to shift, things start to look up and amazingly, it filters into other aspects of life. I call it the "nesting instinct" kicking in. Even those who don't care a whit about decorating begin to feel better. It's in the air. It's in the mind. It's in your home!

So are you doing something? You must start the process so your home can help you. Make a plan, get professional advice, spend your money wisely and you will reap the rewards sooner than you think.

Editor's Note:

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



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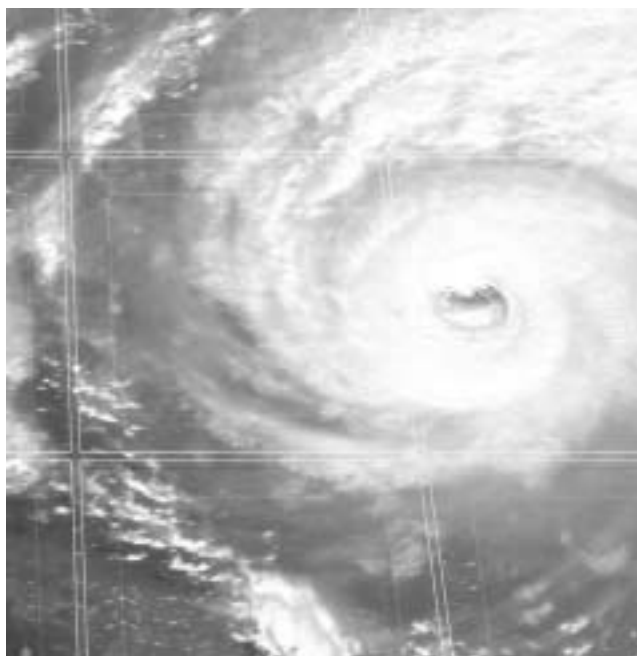
Think PPP When You Think Hurricane Safety

by Jim Winter

Hurricane season is here. A moderate Atlantic hurricane season is predicted for 2009 according to the National Oceanic and Atmospheric Administration.

Many people have survived hurricanes without any harm, and with modern technology it almost seems that the path of a hurricane can be mapped out perfectly. But don't be so sure. All the technology in the world cannot predict what Mother Nature will do.

It's important to pay attention not to just the black line forecasters use for the storm



track but also the area on either side of it. The average error dur-

ing the last 24 hours is about 85 miles, according to the National Hurricane Center in Miami.

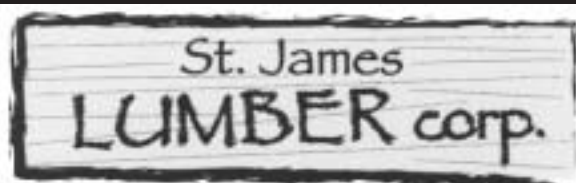
A moment to plan hurricane safety can give you peace of mind and keep your family and home safe. If you want to be hurricane-safe, just follow the three Ps:

Plan

It's always important for a family to have a plan for emergencies, whether it be a fire, earthquake or hurricane. Every family member must know what to do to stay safe.

When a hurricane threatens, decide if your family will move to a safer place
continued on facing page

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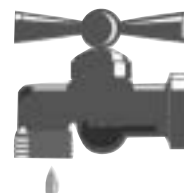


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continued inland, go to a designated shelter or ride out the storm in your home. Make sure you stay in touch with local authorities to know the severity of the hurricane. You should also plan an escape route in case your family needs to evacuate.

Prepare

Your home should have a survival kit prepared for any emergency. It should include non-perishable food items, a first aid kit, a battery-operated radio, a flashlight, fresh batteries and fresh drinking water. Also include other items you might need such as medication, prescription glasses or your insurance information.

To ensure your home is prepared, cover up windows and doors using hurricane shutters. If you don't have shutters, cover up your windows and doors with 3/4-inch plywood. Make sure your garage door is closed and anchored. Remember that serious hurricane damage can occur when wind and debris get into your house through a broken door or window.

Protect

If you decide to ride out the hurricane, protect yourself. If you don't need to evacuate the area, stay indoors away from windows or glass doors. Put as many walls between you and the

storm as possible. If you don't have a basement, go to a closet or a bathroom.

If you need to leave the area, make sure you go directly to the shelter. Take your survival kit and lock all doors and windows before you go. Let your relatives

or friends know where you plan to be.

Those who have a hurricane plan do much better than those who don't. Taking a moment to plan today may help you avoid last-minute panic. It could save your home and your family.

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Editor's Note:

Jim Winter is a State Farm Insurance Agent, located at 320 Lake Avenue in St. James. He has over 30 years experience with State Farm, the last 17 as an agent serving the insurance needs of St. James. Jim's office offers auto, home, life, disability and business insurance as well as financial products. He can be reached at 584-5929.

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NATURALLY SPEAKING: Enjoy These Hot Summer Days

by June A. Liardi

Summer is here now. Vacations, picnics, reunions, camp and boating. We really don't have a vacation from gardening though. Your plants really need you now.

Make sure to keep an eye on your container plantings. They may need water twice a day now. The heat and humidity will dry them out. Add some water-soluble or fish emulsion fertilizer when you water. The nutrients in the soil will leach out each time you water.

You should keep after the weeds also. These unwanted plants will rob vital water from your flowers and vegetables. It will probably be a good idea to work at dusk or dawn during these hot days. Make sure to protect yourself from mosquitoes. You should check for any standing water in your yard. Even the smallest amount can breed hundreds of the pests.

This is about the last time you should pinch back your mums.

Feed them every 2-3 weeks until buds form. You will be rewarded with nice bushy plants this fall.

Keep deadheading your flowers, it really pays off with continued blooms. It is a good excuse to just stroll around the garden at the end of a hot, busy day.

Stay with your zucchini plants. Harvest them when they are small and tender. Use some of the blossoms too, for cooking. You can dip them into batter and fry them. If you don't have any, you can often find them at the farm stand. The owners are usually helpful with recipes also.

This is the time to take cuttings of some flowering plants and herbs to grow inside this winter. Some that room well are geraniums, begonias, lavender, marigolds and oregano. Fresh herbs during the winter are a treat.

As the lettuce and peas in your garden finish, clean them up and amend the soil with compost and manure. You can start to plant your fall garden of

beets, broccoli, carrots, kale, spinach and lettuce. This is also the time to plant seeds of perennials. This will give them a headstart for next year.

You can prevent your lawn from creeping into your garden beds very simply. Just roll up some sheets of newspaper and lay them between the bed and the lawn. Just cover with mulch and you're done. Your lawn mower will just roll right over it too.



After all this yard work you may want to settle down in the shade with a refreshing ice herb
continued on page 64

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Naturally Speaking

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tea. Some good candidates for your tea are lemon balm, lemon grass, any mint, lemon or lime verbena and pineapple sage. Put about 10 fresh lemon or lime verbena leaves, 10 or more mint leaves, a stalk of lemon grass and 2 tbs. of chopped ginger into a heat resistant bowl. Pour 2 cups of boiling water over the herbs and let steep for 20-30 minutes. Refrigerate until cold. You can then add the juice of a lemon or orange and serve over ice with a sprig of fresh mint.

If you have a rainy day and need to occupy the children, they can create a seaside picture. While away at the shore or just during a walk on the beach start collecting. Collect some sand, small shells (look close, there are real small ones), pebbles, driftwood, dried seaweed,

beach grass and feathers. Get some oak tag or cardboard, tacky glue and markers. Using all these materials, have each child create a scene of a favorite spot, a favorite memory or a fantasy place. You could even get a shadow box and frame the creation.



You probably have tomatoes ripe by now. Here is a tasty idea for your next party. Cut some slices of Italian bread and brush both side with olive oil. Sprinkle with pepper and bake at 425° for

5-7 minutes, or until crisp and light brown, turning once. Top with mozzarella cheese, pieces of chopped tomato and snipped fresh basil. Drizzle with olive oil and sprinkle with salt.

To all those Dads out there... have a very happy Father's Day.

Have a happy and safe 4th of July. Celebrate with a red, white and blue dessert of farm fresh raspberries or red currents, luscious homemade whipped cream and plump blueberries, yum. Of course, we'll need to take a walk or swim some laps after that.

Enjoy these, hot, summer days.

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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Make *Home Sweet Home* Your *Home Safe Home*

With schools out for the summer, many families will be spending more time at home. The increased time and activities at home can also increase the chance of being injured, something experienced by one out of every four families, according to

a recent Home Safety Council survey. To help families reduce accidents and injuries at home, families are urged to take stock of their home safety plans during June Home Safety Month.

June is an ideal time for families to spend a few hours togeth-

er to prepare their homes inside and outside for a fun and family-oriented summer. Reviewing potential risks with every member of the family and taking proper precautions through a room-by-room safety audit will increase your knowledge and reduce the risk of serious injury. Surprisingly, the Home Safety Council Safety Survey finds that nearly half (46%) of respondents have not taken any action to prevent the leading causes of home injury.

These easy-to-follow tips can help keep your family members, friends and loved ones safe this summer:



Fire Safety & Escape Planning

- Install smoke alarms in every bedroom and on every level of the home.
- Test smoke alarms at least once a month.
- Change the batteries in smoke alarms at least once a year or when the low-battery signal chirps.
- Never remove batteries from smoke alarms, unless replacing them with fresh ones. Otherwise, it is easy to forget to replace them, leaving you unprotected from fire.
- Keep a fire extinguisher or fire extinguishing spray in your kitchen and near other areas where a fire could occur, such as in a workshop, garage or near the grill.
- Create and practice a home escape plan at least twice a

continued on page 68

 A detailed black and white line drawing of a large, multi-story house with a complex roofline, including gables and a chimney. The house has many windows and a prominent front porch.

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Make Home Sweet Home Your Home Safe Home

continued from page 66
year, making sure everyone is involved – from kids to grandparents.

Poison Prevention

- Install carbon monoxide alarms on every level and outside each sleeping area.
- Never operate fossil-fuel burning appliances, such as a gas grill, indoors or in the garage – even with the garage door open.
- Inspect the pilot lights on natural gas appliances to ensure that the flame is blue. When a flame is mostly yellow in color, it is likely producing carbon monoxide.
- Clean out the lint and debris that may build up in the clothes dryer vent that leads to the outside of the house.
- Never leave an automobile running in a garage, even with the garage door open.

Home Security

- Keep doors and windows locked, and don't forget the garage and shed.

- Make sure locks are functioning properly and that everyone inside the home can open them.
- Keep bushes and shrubs trimmed under windows so burglars can't hide.
- Don't leave equipment, tools, bikes or toys in the yard.
- Cancel mail and newspaper delivery while on vacation.



Backyard & Garage

- Designate the grilling area a "no play zone" keeping kids and pets well away until equipment is completely cool.

- Check grill connections, such as fuel lines, for leaks and never operate the grill closer than three feet from the home, trees, shrubs or other objects.
- Keep children away from pools, ponds or ditches.
- Tie-down outdoor furniture and equipment prior to severe storms to help prevent debris from taking flight.

Conducting a home safety audit can help identify potential danger areas of the home and where to properly place safety and security equipment for maximum protection. It also gives homeowners the opportunity to prepare in advance for emergencies and develop appropriate escape and preparedness plans to reduce the threat of accidents and injuries.

Editor's Note:

This article has been provided by the Home Safety Council and First Alert, manufacturer of home safety products. To learn more about protecting your family from potential home safety hazards, visit www.MySafeHome.org or www.firstalert.com.

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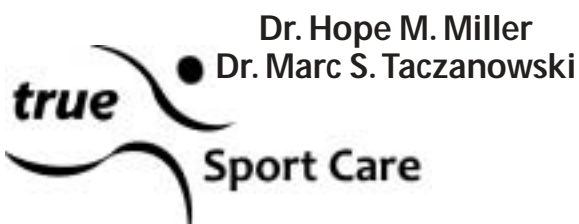
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Dog Bite Prevention Tips

submitted by the
United States Postal Service

For every letter carrier bitten, there are, by comparison, hundreds of children who needlessly suffer the pain and trauma of dog bites. Whatever the reasons, dog bites are a serious problem for the

entire community, not just our letter carriers. Last year, 3,100 letter carriers suffered dog bites. That's an average of 11 dog attacks every delivery day, and that figure does not include the number of threats that did not result in injury. These numbers

pale in comparison with the more than 4.7 million people – mostly children and the elderly – who suffer injuries from dog attacks each year.

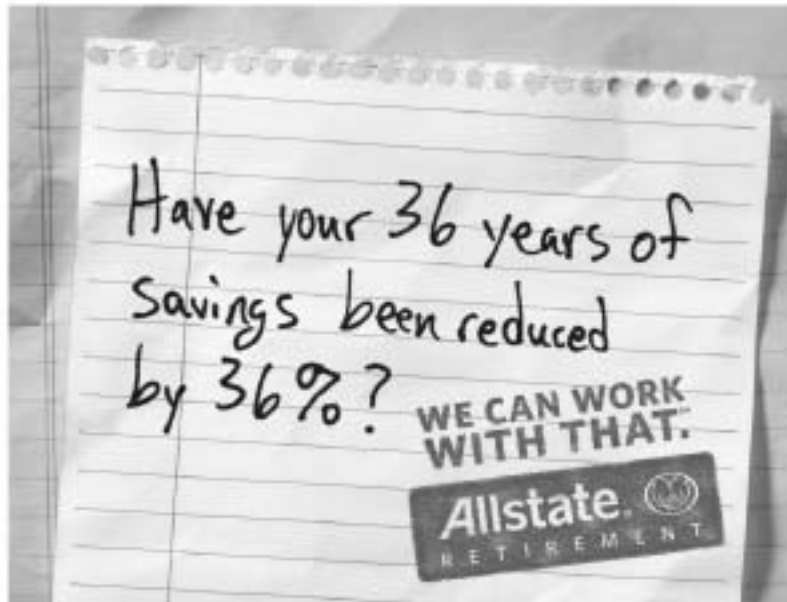
Recent statistics show the annual number of dog attacks exceeds the reported instances of measles, whooping cough, and mumps, combined. In addition, dog bites requiring medical attention in the United States number 500,000 to 800,000 annually. Countless more bites go unreported and untreated. Dog bite victims account for up to 5% of emergency room visits.

The Centers for Disease Control and Prevention estimates that nearly 2% of Americans are bitten by a dog each year, and most of the victims are children.

If a letter carrier needs to interact with you, put your dog into a separate room before opening your front door. Dogs have been known to burst through screen doors or plate-glass windows to get at letter carriers and strangers. Letter carriers are vigilant and dedicated, but we may be forced to stop mail delivery at an address if a letter carrier is threatened by a vicious dog. In some instances, Postal Service employees have sued and collected damages for dog bite injuries. We can't control people's dogs; only dog owners can do that.

While some attribute attacks on letter carriers to dogs' inbred aversion to uniforms, experts say the psychology actually runs much deeper. Every day that a letter carrier comes into a dog's territory, the dog barks and the letter carrier leaves. Day after day the dog sees this action repeated. After a week or two, the dog appears to feel invincible against intruders. Once the dog gets loose, there's a good chance it will attack.

Dog owners should remind their children about the need to keep the family dog secured. We continued on facing page



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continued
also recommend parents ask their children not to take mail directly from letter carriers. A dog may interpret the carrier's handing mail to a child as a threatening gesture.

Clearly, parents must never leave a defenseless infant with a dog and must ensure that older children know the potential danger of dogs. It is also important to note that studies have shown that dogs are three times more likely to be involved in a biting incident if they have not been spayed or neutered. These simple reminders and helpful tips can reduce the hazard of dog-bite attacks. Help us to help you this spring and summer.

Additional information is available through the American Academy of Pediatrics at www.aap.org, the American Veterinary Medical Association at

www.avma.org, The Humane Society of the United States at www.hsus.org, and the Prevent the Bite program at www.preventthebite.org.

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MONEY MATTERS: "Cutting Losses" Can Be More Painful Than You Think

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

Why do stock prices fall? Various factors are involved, but in a nutshell, prices drop when more people want to sell stocks than buy them. Conversely, the more people who buy a particular stock, the faster that stock's price will rise. If you've studied basic economics and the law of supply and demand, you've already got a pretty clear sense of why stock prices move the way they do. And yet, while the process sounds fairly logical, the behavior of many investors isn't — which gives you some good investment opportunities right now.

To understand why so many



investors have acted in a way that may be counter-productive, let's look at consumer behavior in another context. Suppose a hypothetical couple, Mike and Mary Ann, bought a house in St. James five years ago for \$400,000. They liked everything about the house, and it was the

right size to meet their family's needs for many years to come. However, the sharp decline in the housing market has caused Mike and Mary Ann such concern that they decide to sell their house, even though they can only get \$360,000 for it. By selling now, they reason, they can avoid further drops, and when the market stabilizes, they can buy another house in the same neighborhood.

To sum up: Mike and Mary Ann took a \$40,000 loss on a house they didn't even need to sell. In essence, they were betting that the housing market, against all historical evidence, would not recover enough to compensate them for staying put.

continued on page 74

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Money Matters

continued from page 72

Most people would question the rationality of this type of behavior. Yet many of these same people do the same thing when it comes to investments.

Specifically, over the past year and a half, they have sold investments – even quality investments that still met their needs for growth, income or a combination of both. And when they've sold these investments, they've taken losses – sometimes, big losses. Just like Mike and Mary Ann, they thought they must sell now to avoid bigger setbacks later.

Don't make that mistake. If you weren't planning on selling your investments before the market decline, why sell them now, when you'll just be locking in a loss? Many successful investors

hold the same investments for 20, 30 or 40 years – in fact, sometimes they pass these investments on to their children, who also hold them for decades. Are you so sure that your investments, which may indeed have declined 40% or more over the past couple of years, won't recover those losses and climb to new heights in the years ahead?

You may someday need to sell, but do so for the right reasons – a change in your goals, a need to rebalance your portfolio or a fundamental change in the companies in which you've invested. In the meantime, not only should you hold on to the investments that still meet your needs, but you should also consider adding new investments while the price is so low. The

more shares you own, the better your financial position will be when the market turns around.

This type of behavior takes patience, discipline and faith in our markets. But over the past century, the investors who have demonstrated these traits have been well rewarded – and there's no reason you can't attain the same results.

Editor's Note:

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



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PLANNING FOR THE FUTURE: Do You Need a Will?

*submitted by Lawrence Glazer,
CLU, ChFC, LUTCF*

A will is one of the most important documents you can create in your lifetime. Think of a will as the financial blueprint of the distribution of your assets after your death. Your will clearly states who will inherit your assets, when they will inherit your assets, and any conditions that must be met for them to receive your assets. If you die without a valid will, the court does not have your financial blueprint to follow. Therefore, it has no way of knowing how you may have wanted to distribute your assets. The state where you lived steps in and makes the decisions for you, according to the distribution schedule set forth in its intestacy statutes. The state's decisions may or may not conform to your wishes or to what is best for the people closest to you.

Common Misconceptions

Myth: "My assets are so small that a will is not necessary."

Fact: Think again. You are generally worth more than you give yourself credit. Even if some possessions do not hold great monetary value, they could hold an enormous amount of sentimental value – and that's something you can't put a price on. Failing to indicate who receives

these treasures in your will can cause friction between family members that lasts for decades.

Myth: "When I die, my spouse will get all of my assets."

Fact: If you and your spouse own assets jointly, at death your share of the assets will automatically go to your surviving spouse. What happens when your surviving spouse dies? What will your children receive? Does your spouse have the financial skill to manage the family wealth?

Myth: "I can create a will on my own and save the legal costs."

Fact: "Do-it-yourself" wills often do not contain all of the necessary components as required by law. Anyone who might benefit from an invalidation of your will can contest it, and if the courts decide in his or her favor, your estate may have to pay for all legal costs. Remember, the few dollars you save now can cost your loved ones thousands of dollars later.

Myth: "I don't want my final wishes to be set in stone. I'll create a will later in my life."

Fact: The terms of a will can change as often as needed. Legal experts agree that you should reexamine your will periodically to make sure it is up-to-date. A will should receive a "checkup"

whenever there is a substantial change in your life.

How Do You Create a Will?

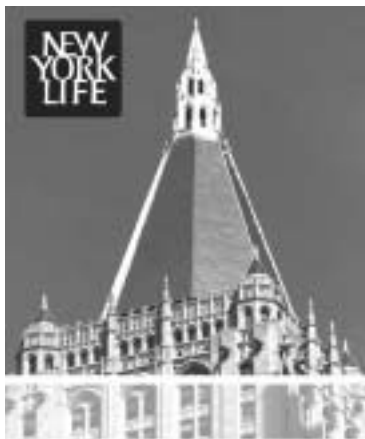
Drafting a will is difficult and is not an endeavor you want to tackle single-handedly. It's important that you call on the services of an estate-planning lawyer. A lawyer might help you:

- Avoid the possible problems of "do-it-yourself" wills
- Save on estate taxes
- Take advantage of estate planning opportunities people often overlook
- Change the terms of your existing will

Life Insurance and Wills

How does life insurance fit into the picture? Life insurance is a vehicle you can use to help make sure your estate is not depleted at death by potential estate taxes and other costs. In most instances, life insurance proceeds are paid income tax-free to your beneficiary(ies). Without life insurance proceeds, a portion of your estate may have to be sold to meet "final" expenses, like estate taxes, funeral costs, and outstanding debts.

continued on page 82



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Yes, You Should Have a Power of Attorney

by John L. Belford, Esq.

A power of attorney gives one or more persons the power to act on your behalf. The power can be general or limited. A limited power of authority authorizes the agent to act in specific transactions such as a specific real estate transaction or a specific bank account. A general power authorizes the donee of the power to sign any document that the donor himself or herself could sign at any time in the future whether the donor is aware of the donee's exercising the power of attorney or not.

A general power should be granted only to a trusted person. It is important to name an alternate donee to the power in case the primary donee becomes incapacitated or is deceased when the power is needed.

Powers of attorney are often signed with a view toward the donor's incapacity. In that case, the donee of the power can manage all of the donor's financial affairs even though the financial instruments are not in his or her name.

If an incapacitated person has not signed a general power of attorney, it is likely that it will be necessary for a court to appoint one (1) or more persons referred to as guardians or conservators to act for the benefit of the incapacitated person. The powers of appointment as a guardian or a conservator take approximately six (6) months to be obtained and the costs incurred would be approximately \$8,000 to \$10,000. The person the court appoints to manage the incapacitated person's affairs

may be a close relative or it may be a stranger, depending on the circumstances as determined by the court.

While not everyone will become incapacitated everyone should execute a power of attorney to avoid delays, expenses and complications for those who do in fact become incapacitated.



Editor's Note:

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



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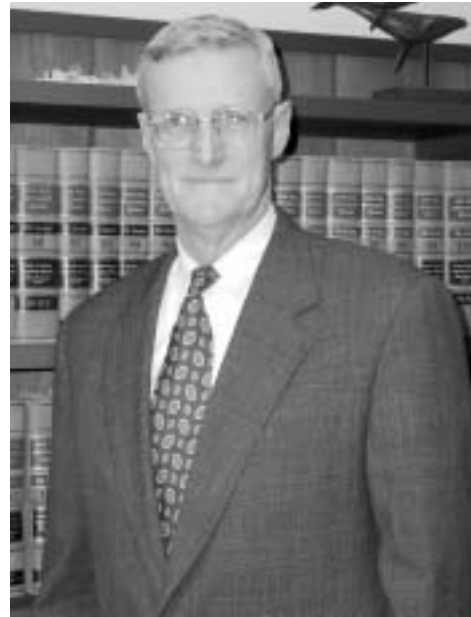
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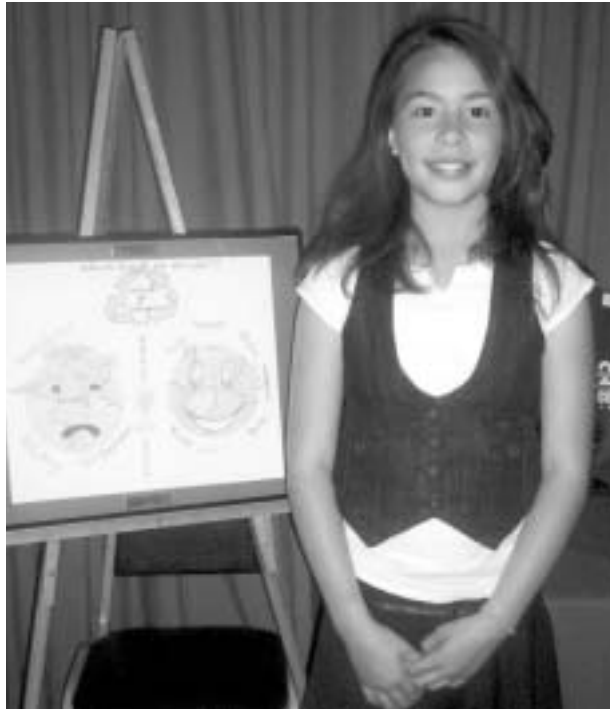
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Katharina Chong, won First Place in the Third Annual Covanta Poster Contest. Over 500 children in the Smithtown/ Huntington area submitted posters. Katharina won a \$500 gift certificate at Borders for her school – St James Elementary. *Well Done!!* Katharina is the daughter of Karen and Roberto Chong of St. James.

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Applications are now being evaluated for the Ten Star All Star Summer Basketball Camp. The Ten Star All Star Summer Basketball Camp is by invitation only. Boys and girls ages 10-19 are eligible to apply.

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Pets and the Summer Heat

The weather hasn't been very predictable lately, but one thing for sure – summer is here.

Along with the warm weather should come concern for the effect the sun has on your pet. On a warm day, the temperature in a parked car can reach 100° in a matter of minutes, even with the windows partially open, so you should never leave your pet unattended for any period of time.

High temperatures can cause your pet to suffer from brain damage or die from heatstroke or suffocation. You should be alert for the signs of heat stress: heavy panting, glazed eyes, rapid pulse, unsteadiness, a staggering gait, vomiting, or a deep red or purple tongue. If your pet becomes overheated you must lower his body temperature immediately, but



safely, by moving him into the shade and applying cool (not cold) water all over his body. Use ice packs or cold towels, but be sure to apply them to your pet's head, neck and chest only. This will gradually lower the body temperature. Let your pet drink small amounts of cool water or lick ice cubes. And of course, take your pet to a veterinarian right away – it could save your pet's life.

If you see an animal in a car exhibiting any signs of heat stress,

call your local animal care and control agency or police department immediately. You can save a pet's life by sending a self-addressed, stamped envelope to "Hot Car," The Humane Society of the U.S. Mid-Atlantic Regional Office, 270 Route 206, Flanders, NJ 07836. You will sent a small supply of "Hot Car" flyers to place on the windshield of any car where an animal is left unattended in warm weather. These will alert the owner to the dangers of leaving their pet in a parked car.

Note:

This information has been provided by the Humane Society of the United States, Mid-Atlantic Regional Office. For further information you may write to them at Bartley Square, Route 206, Flanders, NJ 07836 or call (973) 927-5611, Fax: (973) 927-5617.

Library Programs

continued from page 50

Toddler Time

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Young Writers Group

SMITHTOWN (grades 4-6)

Tuesday, June 23, 4:30 p.m.

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

Do You Need a Will?

continued from page 76

Don't Wait Until It's Too Late

Despite the importance of an estate plan, which includes a will, 80% of Americans still do not have one.¹ Why? Creating a will forces each of us to come face to face with our own mortality – and dealing with death is difficult. But, it will be much more difficult for your loved ones if you don't have a will. Remember, you should seek the

services of a qualified attorney to draft your will. For more information on how life insurance can fit into the picture, please contact life insurance professional.

¹www.abanet.org/genpractice/newsletter/lawtrends/0607/estate/will-sandestates.html, July, 2006.

Editor's Note:

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

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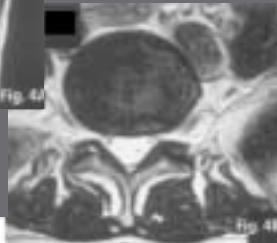
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AFTER SPINAL DECOMPRESSION



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



BEFORE SPINAL DECOMPRESSION



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



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Hip Problems

by Linda M. Bocchichio

Your hip is a weight-bearing joint, and all your weight above the waistline has to be supported by your hips.

Repeating the same activity over and over stresses the hip joint and can cause irritation and inflammation. This can lead to overuse injury such as trochanteric bursitis, tendinitis, muscle strain, or a stress fracture.

A traumatic injury such as falling on the hip, a car accident, or being tackled in a football game, can also cause pain and problems with the hip.

Other conditions, such as arthritis, osteoporosis, infection in the joint, etc., can cause hip problems.

A chiropractor can help by: Manipulation (adjustment) of the affected joints for proper align-

ment. Recommending exercise to build muscle strength and joint stability. Strengthening hip muscles helps to stabilize the joint and reduce the chance of additional injury.

Orthotics can help hip problems by supporting low arches, correcting leg length inequalities, and absorbing shock. At home there are many things a patient can do to help treatment. Exercise regularly. Make sure you get enough calcium and vitamin

D, which helps prevent osteoporosis, a leading cause of hip fracture – this is especially important for women.

Following your chiropractor's recommendations will help reduce the chances of re-injury.

Editor's Note:

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



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The Golden Rule

by Monica Rae McNamara

"Do unto others as you would have them do unto you," does that sound familiar? I sure hope so, it is the Golden Rule that I was taught as a child by my parents. It's a simple and straight forward rule that requires no further explanation. I think it's something that could stand to be reviewed at the very least. We live in such a fast-paced society that most people are focused on getting from one activity to the next, be it work or play. In that rush it can be easy to forget how you are treating others along your path. I like to talk about being healthy in the physical sense but that can not come full circle until you are happy in your spirit/heart/soul.

Living by the Golden Rule will make you happier and the people around you happier. Can you use a little *happy* right now?

Here are a few ways to implement the Golden Rule that can help you can start living healthier in your heart, soul and body:

Be Friendly – It's true you may not like everyone you meet but a smile never hurts anyone. Your smile just may brighten someone's day and smiles always look better than frowns.

Be a Good Listener – People love to talk, myself included. If



you take the time to actually listen to another person, you will be surprised what you may learn.

Don't Be a Critic – Stop wasting time criticizing others. Try to take your negative thoughts and spin them into positive thoughts.

Let Go of Revenge – When you're treated badly forget about lashing out, instead turn the other cheek. By not acknowledging the bad act, you will lessen its impact on you, and perhaps the owner of this bad deed will see the error in his/her ways.

Have Compassion and Empathy – Try to put yourself in someone else's shoes, see their view point. You will gain knowledge and insight into their actions and reactions and maybe even your own.

Practice Random Acts of Kindness – You don't need to be Donald Trump and pay off someone's mortgage, although that would be nice. I experienced a random act of kindness last week. I went out with my kids to get Italian ices on one of those rare sunny days we had recently. I did not discover that I had left my wallet at home until after I had ordered. I advised the clerk that I would be back as I watched my children's smiles melt away upon the realization that the ices would have to wait. Out of no where a stranger handed money to the clerk and said, "It's my treat." There are still lots of kind good-hearted people in the world and you can be one of them! *Thank you again stranger!*

Remember it takes more energy to frown than it does to smile, so put a smile on your face and in your heart.

Editor's Note:

Monica R. McNamara is a long time resident of St. James with a passion for health and fitness. She is an Independent Associate for ISAGENIX International a company dedicated to optimum nutritional health. To learn more about nutritional cleansing and how it can improve your health and jumpstart weight loss, contact Monica at stjamesmonica@yahoo.com or visit www.bodybiz.isagenix.com.

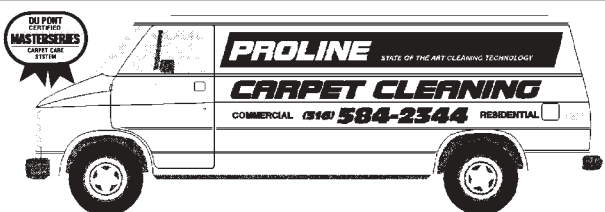
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HEALTH VIEWS:

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

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

Headaches (part III/III)

Chiropractic Care for Headaches

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

A report released in 2001 by researchers at the Duke University Evidence-Based Practice Center in Durham, NC, found that "spinal manipulation resulted in almost immediate improvement for those headaches that originate in the neck, and had significantly fewer side effects and longer-lasting relief of tension-type headache than commonly prescribed medications." These findings support an earlier study published in the *Journal of Manipulative and Physiological Therapeutics* that found spinal manipulative therapy to be very effective for treating tension headaches. This study also found that those who stopped chiropractic treatment after four weeks continued to experience a sustained benefit in contrast to those patients who received pain medication.

Each individual's case is different and requires a thorough evaluation before a proper course of chiropractic care can be determined. However, in most cases of tension headaches, significant improvement is accomplished through manipulation of the upper two cervical vertebrae,

coupled with adjustments to the junction between the cervical and thoracic spine. This is also helpful in most cases of migraine headaches, as long as food and lifestyle triggers are avoided as well.

Headache Trigger Points

Trigger point therapy for headaches tends to involve four muscles: the Splenius muscles, the Suboccipitals, the Sternocleidomastoid (SCM) and the Trapezius. The Splenius muscles are comprised of two individual muscles - the Splenius Capitis and the Splenius Cervicis. Both of these muscles run from the upper back to either the base of the skull (splenius capitis) or the upper cervical vertebrae (splenius cervicis). Trigger points in the Splenius muscles are a common cause of headache pain that travels through the head to the back of the eye, as well as to the top of the head.

The Suboccipitals are actually a group of four small muscles that are responsible for maintaining the proper movement and positioning between the first cervical vertebra and the base of the skull. Trigger points in these muscles will cause pain that feels like it's inside the head, extending from the back of the head to the eye and forehead. Often times it will feel like the whole side of the head hurts, a pain pattern similar to that experienced with a migraine.



The Sternocleidomastoid (SCM) muscle runs from the base of the skull, just behind the ear, down the side of the neck to attach to the top of the sternum (breastbone). Although most people are not aware of the SCM trigger points, their effects are widespread, including referred pain, balance problems and visual disturbances. Referred pain patterns tend to be deep eye pain, headaches over the eye and can even cause earaches. Another unusual characteristic of SCM trigger points is that they can cause dizziness, nausea and unbalance.

The trapezius muscle is the very large, flat muscle in the upper and mid back. A common trigger point located in the very top of the Trapezius muscle refers pain to the temple and back of the head and is sometimes responsible for headache pain. This trigger point is capable of producing satellite trigger points in the muscles in the temple or jaw, which can lead to jaw or tooth pain.

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Gentle Effective Treatment of:

- Back/Leg Pain (*Sciatica, Disc Problems*)
- Neck/Arm Pain (*Numbness, Tingling*)
- Whiplash injuries
- Pinched Nerves
- Scoliosis
- Sports Injuries
- TMJ Disorders
- Headaches



- Worker's Compensation
- No Fault (Auto)
- Union Plans
- Major Medical
- etc...

There is Hope for Addiction

Dear Editor,

My name is Lonnie Cuccaro. I am a successful business owner and wife, but most of all, I am the proud mother of two beautiful daughters. Our family was almost destroyed by the most devastating disease I have yet to see. We watched someone we love, someone who lit up a room by her mere presence, a person that touched the lives of everyone she came in contact with, self-destruct before our eyes.

How do I begin to tell a story that opens wounds that still have not fully healed? I can only hope it will give strength, courage, and hope to someone who may think all is hopeless.

When did my daughter stop seeing what the world saw? When did sadness and low self-worth overwhelm her to the point where she started to harm the one person she should be kindest to: herself?

How do you watch your child slowly die before your eyes while you stand helplessly by? My daughter's life was almost claimed several times by a disease so insidious that it is the most dangerous disease of all – addiction.

Saving my daughter became my obsession. Addiction isolates families from friends and co-workers. Unlike a terminal illness where compassion and support are given freely, this is a dirty little secret that you must suffer alone because of the stigma attached to it. This disease thrives on shame, guilt and lies.

I am compelled to tell this story because we can no longer turn a blind eye to this all-too-common problem. This is not just MY story, it is your neighbor's story, a friend's story, a relative's story, a

co-worker's story. And the problem isn't just with illicit drugs like cocaine and marijuana, it also involves alcohol and prescription drugs.

Although this has been the longest and the hardest struggle of my life, please know there is hope. Do not give up on your loved ones even if they stumble over and over. There is real help out there. My daughter is a perfect example. She has now been sober for nearly one full year and she is happier than she has ever been. She is now working as a counselor at the most amazing drug and alcohol rehabilitation center in this country called Narconon Arrowhead. That is where her life was saved.

I could not have survived this ordeal without the support of the loving family and friends that surrounded me. My family helped me find Narconon by doing the research to find a program that would save my daughter's life.

Contact Narconon Arrowhead, at 1-800-468-6933 or go to their website at www.stopaddiction.com or contact me at: lonniecuccaro@sbcglobal.net.

God bless those of you still struggling, but know that there is help and there is hope.

– Sincerely, Lonnie Cuccaro

Editor's Note:

Narconon, a non-profit public benefit organization that specializes in helping people with drug or alcohol addictions, offers free assessments and referrals to more than 11,000 different treatment facilities. Drug addiction can be overcome. Narconon can help.

Call 1-800-468-6933 or visit www.stopaddiction.com.



Music therapy has been shown to help in the healing process of a variety of ailments or conditions, be they physical or mental. Researchers at the Institute for Music Therapy in Germany, for instance, studied the effects of music therapy when used to treat children with developmental delay. Researchers studied a group of 12 children between 4 and 6.5 years of age with developmental ages between 1 to 3.5 years. They were able to note the effects of musical therapy on the children's development, which showed significant improvements, including better hearing and speech and improved hand-eye coordination in the children after exposure to the therapy. Music therapy has also proven effective in treating depression in older patients. A study by researchers at the Stanford University School of Medicine concluded that music therapy showed great potential as a beneficial intervention for homebound elderly people who have limited access to healthcare professionals.

Summer Times...

Family Fun Times

St. James Chamber of Commerce Invites You To

Summer Family Fun Night

Free Thursday, July 9, 8:00 p.m. **Free**
(rain date July 16)

On The Lawn at Deepwells County Park
(Moriches & Rte. 25A)

Come early with your blankets &
food for a picnic dinner on the lawn



Then Enjoy Our 3D Outdoor Movie at 8:30:

Journey to the Center of the Earth



*3D Glasses will be provided
to the 1st 500 attendees by
the SJ Chamber of Commerce
at 8 PM*



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NO Pets
NO Alcoholic
Beverages

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

Smithtown H.S. Class of 1959 Anniversary Reunion and Homecoming

AUGUST 14, 15, 16, 2009

Over the past year, five former members of the last class to graduate from the old Smithtown Branch High School on New York Avenue in Smithtown, have been diligently making arrangements for their 50th Anniversary Reunion and Homecoming for the Class of 1959.

The Committee that designed the historic three fun-filled day's activities is comprised of Betty (Nelsen) Cravotta, Thea (Jamison) Carroll, Joan (Streib) Diercks, John Van Derlofske and Gene Sampieri. They have been meeting on a regular basis in preparation for the largest post graduate homecoming function for a single class in the history of the New York Avenue High School.

In discussing the three-day anniversary homecoming Mrs. Cravotta, the last Government Organization (GO) treasurer of the high school noted, "We are delighted with the results of our campaign to locate our former classmates. Since this was our 50th year homecoming class

reunion we wanted to insure that we made every effort to locate as many of our former classmates as possible. By doing so, we offered them the opportunity to participate in the one and only 50th class reunion that we will ever have."

According to Mrs. Cravotta, out of a total graduating class of 124 students they were able to locate 123 of their former classmates. The only one that they were unable to find was Joan Cresci. Ms. Cresci formerly resided in Nesconset, however, the class lost track of her after graduation and over the years they were never able to locate her. In closing, Mrs. Cravotta noted that if anyone knows of her present whereabouts that they would love to talk with them.

According to Mrs. Carroll, developing a three-day homecoming program that would entice their fellow classmates to want to return to the Smithtown

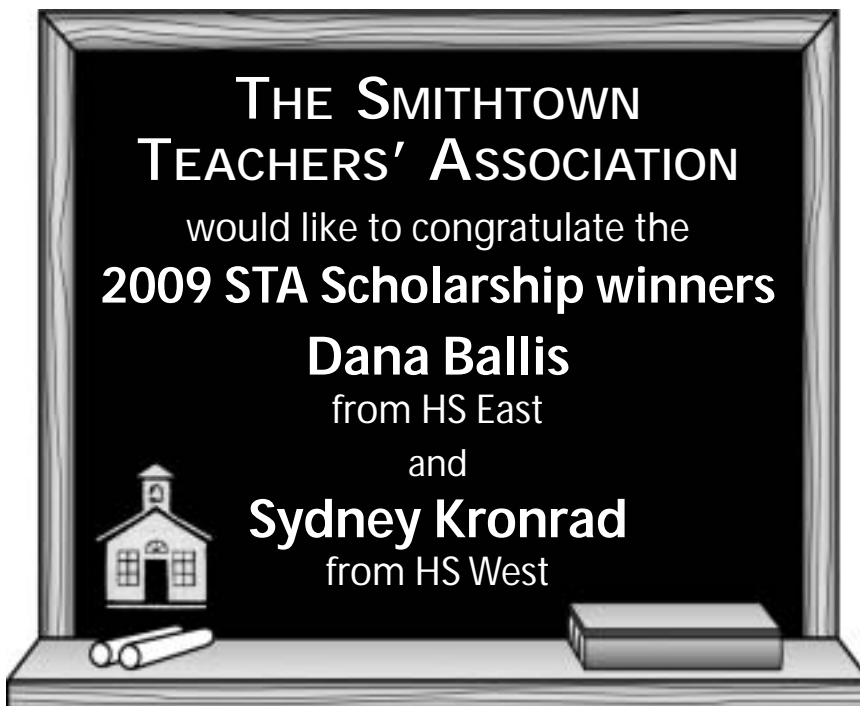
area was a primary prerequisite of the Committee. "We wanted to keep as many of our activities as possible within the same geographic area that we all grew up in as youngsters. For example, thanks to the Smithtown Central School District, who gave us permission to visit our old high school, including the auditorium, we will be able to use the facilities for our opening homecoming reunion ceremonies on Friday night August 14, 2009."

Mrs. Carroll went on to relate that as part of the opening ceremonies Mrs. Joanne (Micciche) Douglass will sing the National Anthem. Mrs. Douglass previously sang the National Anthem at the graduates Baccalaureate ceremonies in 1959. Following the *Star Spangled Banner*, Carole (Krajovic) Bergantine, and the former Senior Class Vice President, will lead the class in the Pledge of Allegiance. From that point on John Van Derlofske, the last senior class president of the high school will act as MC for the evening.

In further discussing the three-day program Joan (Streib) Diercks continued by explaining that their classmates were coming in from as far away as the West Coast to Florida, to Maine. "It's been truly amazing. The reception has been terrific. We have categorized our three-day weekend festivities as our 50th anniversary homecoming and reunion and it truly is just that. In fact, a number of our classmates haven't been back to Smithtown since 1959. Fifty years is indeed a long time to be away from the geographic area you once called your home. We are just thrilled by our classmate's reception. It will indeed be a weekend to remember."

As part of the evening's festivities the Harbormen Chorus, a

continued on following page



CELEBRATIONS

continued

well known Long Island barber-shop chorus, will host the entertainment for the evening. They will provide a Cappella doo-wop and barbershop chorus singing including, quartet melodies for the classmate's enjoyment. In attendance and welcoming back the graduates will be a representative from the Smithtown Central School District, Mr. Robert Creighton, member of the Town Board for the Town of Smithtown and a member from the Smithtown Board of Education.

On Saturday night, August 15, 2009 the Class of 1959 will continue their 50th reunion activities by having their welcome anniversary dinner at the Smithtown Landing Country Club overlooking the beautiful Nissequogue River. Classmates who wish to play a round of golf prior to the dinner will have an opportunity to do so.

"This is the time to pull out that old scrapbook or yearbook and reminisce of days long gone by" stated Gene Sampieri, the high school's last Government Organization president. "We have all changed since those idyllic days of yesteryear and no one will look the same as we did back in 1959. However, the most important aspect of our attendance and graduation from Smithtown High School concerned the many friendships we all shared throughout our high school career and continue to do so some 50 years later. That is something that no one can ever take away from us. It is the most cherished and beautiful aspect of the entire weekend. Seeing and talking to those whom we shared so many memories with from 1955 to 1959 will be one of the most exciting events of our 50th anniversary class reunion. I know I am looking forward to the weekend with great expectations. My only regret is for those who, for health related reasons, can't be with us on this

most historic weekend."

John Van Derlofske continued by stating that as part of the weekend's festivities the class intends to spend the last day of its homecoming reunion down at Shubert's Beach, better known to the Class of 1959 as Little Africa. "We obtained the beach permit as early as early as January 2, 2009 to insure that we were the first to have access to the beach facilities that day. Little Africa was the beach of choice back in the 1950's and most of our classmates have fond memories tied to it. For most of us it will be very much like going down memory lane. This will be especially true for those of our classmates who have not been back to the town since 1959."

In closing, Mr. Van Derlofske noted that any graduate from the Class of 1959 who desires to join their fellow classmates for the 50th anniversary class reunion and homecoming can contact any member of the committee for additional information. "This is our one and only 50th Class Reunion and Homecoming.

There will never be another one like it. We hope that all of our classmates will take advantage of this thrilling opportunity to go back to yesteryear to those days that shaped our lives."

For further information please contact:

THE COMMITTEE

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631-265-8263



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CELEBRATIONS



Preston John Cardi

Harley and Andre Cardi are happy to announce the newest addition to their family. Preston John Cardi made his debut on May 30, 2009 at 8:39 p.m. weighing 7lbs. 7 ozs. and measuring 21.75 inches

Little Preston was welcomed home by his BIG brother Ashton. Proud grandparents are Lila Kuhns, Dr. Louis Cardi, and Ann Cardi.

Congratulations and best wishes to the family from your friends in St. James. Harley and Andre are owners of Oasis Pools in St. James.

NEW ARRIVALS



Madison Elizabeth Fornasier

Peter and Elise Fornasier, of St. James, are proud to announce the birth of their fourth child, Madison Elizabeth. Madison made her debut on May 14, 2009 weighing 8 lbs. 3 oz. and measuring 21 inches long.

She was welcomed home by BIG sisters Kailey and Katrina and BIG brother Matthew. *She is a blessing to us all.*

Congratulations and best wishes to the Fornasier family from your friends and neighbors in St. James.

RECEIVES 1ST HOLY COMMUNION...



Ashley DeGiorgio, of St. James, received her first Holy Communion on Saturday, May 9, 2009 at Sts. Philip and James Church in St. James. The celebration continued with a party at Stonebridge Country Club in Hauppauge. Ashley is 7 years old and attends Mills Pond Elementary School in St. James. *Congratulations from Mommy, Daddy and Alexandra.*

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CELEBRATIONS

Florence and James Maher Celebrate 68th Wedding Anniversary

Florence and James Maher, of St. James, celebrated their 68th wedding anniversary on June 7, 2009. James A. Maher was born in Manhattan, NY on October 6, 1916 and Florence C. Maher was born in the Bronx, NY on December 1, 1917.

Florence and James Maher met on James' 18th birthday when James' sister introduced them at a Knights of Columbus dance. They were married on June 7, 1941 in the Holy Family Church in the Bronx. They had three sons: James, Edward and Kenneth.

James Jr., a graduate of Iona College, received his masters degree from Connecticut College and then went on to get his PhD in Texas. He retired as a principal from Texas, and presently resides in Louisiana.

Edward graduated from Felician College and spent three years in the U.S. Army with 18 months in Vietnam and was awarded the Bronze Star. Edward worked as a drug enforcement agent and died suddenly in 1983.

Kenneth graduated from Iona College and then went on to funeral director's school in New York City. He was ordained a Deacon 21 years ago. Kenneth, who resides in St. James with his wife Betty, an honors graduate of Adelphi, is the owner and operator of the St. James Funeral Home. Kenneth and Betty have three children Aelysche (deceased), Kerry and Kenneth, Jr. Kerry and Kenneth, Jr., both licensed funeral directors, work with their parents at the St. James Funeral Home.

Florence and James reside in a quaint cottage in St. James. They are able to maintain their independence and self worth with the help of Helping Hands Eldercare Service. "Florence and James are a delight," says Susan Marklin, owner of Helping Hands Eldercare Service. "Their determination and zest for life is truly remarkable. Florence's sense of humor and advice about life's lessons is appreciated by all their caregivers. James' intelligence and knowledge of current events is astonishing."

Florence and James attribute their longevity to healthy living, and a wonderful supportive family.

Happy 68th Anniversary to Florence and James, from all your family and friends in St. James.

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



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CELEBRATIONS

Ward / Horsley Engaged

The Ward family would like to share their happiness in announcing the engagement of Megan Ward to Bryce Horsley. Megan is the daughter of Gary and Cathy Ward of St. James and Bryce is the son of Scott and Caryn Horsley of Bellport.

The couple got engaged Christmas week in Cancun, Mexico and a July 2010 wedding is planned.

Megan and Bryce are both graduates of SUNY Oneonta and currently teach at local elementary schools.

Best wishes to the happy couple from their friends and family!



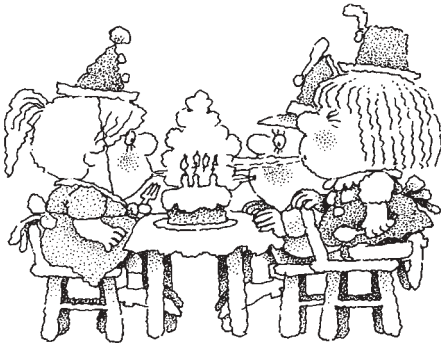
**Bryce Horsley and
Megan Ward**

Creat a Personalized Wedding Web Site

Coordinating your wedding is no easy feat, even if you're a master organizer. One way to make it easier on yourself and guests looking for information is to create a personalized wedding Web site. This way you can post all the pertinent information in one place (such as key dates for fittings, rehearsals, parties, etc.) and not have to field calls from dozens of people. A Web site is also a place to post pictures of the milestones you've completed since becoming engaged. Family and friends can view these pictures and any comments you have posted to learn that much more about the couple who will soon be walking down the aisle. In addition to dates, facts, addresses, and more, link your bridal registry site to your wedding Web site so that guests can quickly view the items for which you've registered. Also, if you don't mind some e-responses, you can enable guests to RSVP for the big event via your Web site, particularly if you know some guests will be lax in mailing backresponse cards.



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the earth or your neighbors!**

CELEBRATIONS

Ricciardella / Polizzi Engaged

John and Maxine Ricciardella of Somers, NY and The Villages, FL, formerly of St. James, are happy to announce the engagement of their daughter, Randi to Joseph Polizzi, son of Joseph and Alice Polizzi of East Setauket, formerly of Smithtown.

Randi is a 1994 graduate of Smithtown High School. She received her Bachelor of Science degree in nursing from Salisbury State University and is currently a recovery room nurse at Memorial Sloan Kettering Cancer Center in Manhattan.

Joseph is a 1993 graduate of Smithtown High School. He received a degree in graphics design and is currently working as a structural designer in NJ.

A July 2009 New York City wedding is planned.

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



**Randi Ricciardella and
Joseph Polizzi**

Offenberg / Murray Engaged

Dianne Offenberg, a long-time former resident of St. James and former owner of DanceWorks, is pleased to announce the engagement of her daughter, Allegra, to Dr. John Murray of Boston.

Allegra works for the Boston Symphony Orchestra and Boston Pops and is completing her masters degree in Arts Management at Boston University. Dr. Murray is a Harvard graduate and works in the Boston area. A 2010 summer wedding is planned.

Dianne Offenberg is now a resident of Connecticut and Cape Cod, Massachusetts.

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



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ABC's and 123's: for children entering 1st grade.

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ALL-IN-ONE: for children entering 2nd grade. In this unique workshop, your child will be exposed to many of the skills necessary to achieve in 2nd. Reading, writing, and math are all covered in this comprehensive workshop.

BECOME A READING DETECTIVE: for children entering 3rd and 4th grade. Foster your child's love of reading through this exciting genre study as students dive into the world of mystery. Through read-aloud and small group study, participants dissect a mystery learning its components and then apply it to their own mystery reading.

DEUCES WILD: for children entering 3rd and 4th grade. This hands-on workshop is packed with dice and card games sure to help your child master the basic math skills needed in 3rd and 4th grade.

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Summer Is a Great Time to Go Green

Summer is synonymous with many things, such as vacations, backyard barbecues and soaking up the sun.

While those have long been summertime traditions, summer can also be a great time to start living a more environmentally conscious lifestyle. And many of these lifestyle adjustments are easy to make, especially during the warmer months of the year.

* Let nature dry your clothes. Clothes dryers need substantial amounts of energy to operate. Homeowners can greatly reduce their carbon footprint, however, by choosing to dry their clothes outdoors on a clothesline during summer months.



Something as simple as drying clothes outside on a clothesline is one way to make a positive impact on the environment during the warmer summer months.

* Install solar lights around your property. Another way to save energy, and money, around the house this summer is to install solar garden lights around the property. Such lights are typically inexpensive, and the daytime sunlight will power them through the night, saving energy and money.

* Cover the pool. Few things are more enjoyable come summertime than taking a dip in the backyard pool. While pools are not typically seen as environmentally friendly, covering the pool can make it much more beneficial to the environment. That's because a cover will keep water from evaporating, meaning you'll fill the pool far less often. And a pool

cover will keep the heat in the pool, reducing your heating costs in the process.

* Change the bulbs. Energy-saving light bulbs inside the house can make your home more comfortable once the temperatures heat up. Energy-saving bulbs emit less heat and also last much longer than their traditional counterparts.

* Change your barbecue routine. Backyard barbecues are a staple of summertime for families across the country. However, these gatherings can often prove unfriendly to the environment. Rather than using paper plates or napkins at your next backyard barbecue, use reusable plastic plates and

cloth napkins. This is far less wasteful and can make a very positive impact on the environment.

* Don't be so quick to turn on the air conditioning. Air conditioners use substantial amounts of energy. In lieu of turning the air on at the first sign of a heat wave, consider installing ceiling fans or simply opening the windows. Many families don't spend much time at home during the daytime hours when temperatures are at their peak anyway, which should make it easier to get through summer without relying so heavily on costly and environmentally unfriendly air conditioning.

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

The Four Seasons

*The last few days have been wet and cold,
Unusual for this time of year.
But then again, Mother Nature's in charge,
And she'll work it all out, never fear.*

*I'm hoping for the sun to shine,
With the white puffy clouds in the sky.
As the birdies chirp and the flowers bloom
And the colors all fill up my eye.*

*I'm a big fan of the four seasons,
But really, summer's the one I like best.
No matter how hot and steamy it is,
I'll take it above all the rest.*

*It never gets too hot for me, because,
I always remember this rule...
No matter what the heat and humidity,
Think of February and you will feel COOL!*

- David F. McKell

On Borrowed Time

*I feel our lives have been loaned to us
For how long we really don't know
But I'm sure when it's pay back time
We'll know when we have to go.*

*We're not told how long we have
To accomplish our goals on Earth
And before we are repossessed
We should live life for all it's worth.*

*So you should cherish each day
Don't pull any crazy stunts
You should make the most of it because
You'll see this day only once.*

- John Taratunio
Fairfield Condos

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MEMORIAL DAY PARADE



The St. James community came together on Monday, May 25, to salute our Armed Forces at the annual Memorial Day Parade. Sgt. John W. Cooke VFW Post 395 led the way, followed by bands, scout troops, police departments, fire department, antique autos and more. Following the parade, ceremonies were conducted at the St. James Elementary School grounds.

photos by William J. Garthe



MEMORIAL DAY PARADE



O B I T U A R I E S

Thomas J. O'Brien

Thomas J. O'Brien, of Mt. Sinai, formerly of Stony Brook, L.I., passed away on May 26, 2009. Retired commissioner of a Catholic high school track association; former collegiate and high school football and basketball official; retired guidance counselor for the Deer Park School District; former Boy Scout leader and Eagle Scout. Cherished husband of Barbara. Loving father of Patricia (Thomas), Kathleen (Joseph), Maureen (Chris), Thomas (Lisa), Jack (Kathryn) and Michael (Suzanne). Beloved Pop-Pop of 20. Devoted brother of Peggy, Richard and Patty.

A Funeral Mass was held on May 30, 2009 at St. James R.C. Church, Setauket. Interment followed in the churchyard. In lieu of flowers, donations can be made to St. Anthony NSCHSAA, 275 Wolf Hill Road; South Huntington, NY 11747 or The Lustgarten Foundation for Pancreatic Cancer Research, 1111 Stewart Avenue, Bethpage, NY 11714.

Anthony Joseph Routi

Anthony Joseph Routi, of St. James, passed away on May 19, 2009 at the age of 72. He was a Veteran of the Air Force and a proud former employee of Grumman having had the opportunity to work on several Lunar Excursion Modules. He is survived by his loving family Tara (Bill), Lisa (Vinny), Vincent and Michele.

A Memorial Mass will be held on Saturday, September 19, 2009 at 2:30 p.m. at Sts. Philip & James R.C. Church in St. James.

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

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ongoing opportunities, community services
and general information

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 on Monday, Wednesday or Friday between the hours of 8 a.m. and 10 a.m. 584-9633.

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.



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 play-groups, 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 on-going 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

NEIGHBORHOOD HOME CARE, INC. seeks homemakers and companions interested in providing non-medical in-home services to the elderly. Positive, compassionate approach a must. Flexible hourly/daily positions available. Please contact us at (631) 741-3350 or email at kmcgh1@optonline.net. You may also forward your resume to PO Box 377, St. James, NY 11780. Please include your phone number and a convenient time when you may be reached. 8/09

TUTORING - ELEMENTARY, SPECIAL EDUCATION, AND READING. Certified teacher available specializing in Wilson Reading Program, elementary reading and elementary math skills. Will work with your schedule. Call Michelle at 584-5532. tfn/mm

TUTOR - NYS Certified (N-6) and local Smithtown teacher is willing to tutor students over the summer. If you're looking for an experienced, kind, and knowledgeable tutor for your child, please feel free to call Lisa at 516-707-0519. tfn/mfx

VIVIAN'S HOUSE CLEANING / OFFICE CLEANING - Free estimates. 10 years experience. Spring cleaning, weekly / bi-weekly and after party clean up. Call 631-433-3566. 7/09

ST. JAMES OFFICE FOR RENT - Professional office suite on 2nd floor - 700 sq. ft. - centrally located (across from 7-Eleven) with a Lake Avenue address. Reception area, 3/4 offices, bathroom. Very reasonable. Call Ruth at 862-9849. tfn

APARTMENT FOR RENT - 2-Bedroom apartment in St. James. Conveniently located near railroad and shopping. Call 631-862-6198. tfn/nw

FOR SALE - Whirlpool Heavy Duty Super Capacity Gas Dryer. Front loader - 7 cycle/4 temp. White. \$150/neg. Call 584-0120. tfn/dm

FLORIDA CONDO FOR SALE - Tamarac Florida, 2 bedroom, 2 bath. Pergo/tile floors, fans, screened deck, hurricane shutters and clubhouse. Overlooks pool and golf course. Low maintenance. Includes cable. Asking \$75,000. Call 444-0003. tfn/forz
PRAYER TO THE BLESSED VIRGIN (NEVER KNOWN TO FAIL) Oh, most beautiful flower of Mt. Carmel, fruitful vine, splendor of heaven, blessed mother of the Son of God, immaculate virgin, assist me in my necessity. Oh star of the sea, help me and show me herein, you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none who can withstand your power. Oh show me herein you are my mother. Oh Mary conceived without sin pray for us who have recourse to thee. (3 times). Oh Holy Mary I place this cause in your hands. (3 times). Holy Spirit, you who solve all problems, light all roads so that I can obtain my goals. You gave me the divine gift to forgive and forget all evil against me, and that in all instances of my life, you are with me. I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must say this prayer 3 consecutive days, the request will be granted. This prayer must be published after the favor has been granted. C.N. 6/09

FOR SALE - 2000 MITSUBISHI MIRAGE - 4 cyl. 1.8L, 98K, 25-27 mpg! Rebuilt trans., replaced engine belts, new alternator. \$2,800 neg. Call 631-455-4636. 6/09/bg

FOR SALE - LOOPLOC POOL COVER - used for only one season. Covers a 16'x34' pool (like new). \$400. Call 585-0013. 6/09

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

HELP WANTED - Bather/Fluffer for pet grooming salon in St. James. Experience preferred. Call 686-5336. tfn/tp

HELP WANTED - Busy Family Medicine office is looking for a part time individual who can multi-task both front and back office duties. Experience preferred, will train on specific medical software. Will train for procedures done in the office. Requires 1-2 evenings per week (2-8 p.m.), Saturday mornings (9 a.m.-1 p.m.), and 1-2 weekdays. Some flexibility expected. Fax resume to 631-584-6098. 6/09/dm

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 & welcomes all visitors. tfn
AMERICAN LEGION HALL FOR RENT - The American Legion, Sherwood Brothers Post 1152 is looking for an organization to rent the American Legion Hall by the year. Reasonable rates, air conditioned, heat, tables, chairs, complete kitchen and good parking. Located at 95 Lake Avenue, St. James. Call Mon., Wed., Fri., between 8-10 a.m. Ask for William Kennedy. 584-9633. tfn

CLASSIFIED ADVERTISING

VENDORS WANTED FOR ST. JAMES DAY – Craft vendors are wanted for the St. James Chamber of Commerce's 22th annual ST. JAMES DAY, Sunday, October 4, 2009 along Lake Avenue. 10-foot spaces are being provided for \$125 per space, after 8/15/09 if available - \$150 (no exceptions) – bring your own table. St. James Day has been a huge success in the past. Call now for further information and to receive an application to reserve your space, 584-8510 and leave, name, address and phone number on machine. Applications are available on the Chamber website at www.stjameschamber.org. There will be entertainment throughout the day. We look forward to seeing you there. 9/09

LOOKING FOR HELP? Place a classified ad in Our Town and reach over 6,500 families and businesses for only \$5 for the first 20 words and .10¢ for each additional word. Call 862-9849 for information or mail a check to: Graphics du jour, Ltd./Our Town, 359 Lake Avenue, St. James, NY 11780.

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5	6	7	8	<input type="checkbox"/>	10	11
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AUGUST

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Set on 2 private acres, this large Colonial features an in ground pool, decking, master, spacious kitchen, updated baths, cac and treed cul-de-sac.

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New construction! 4500 sq. ft. Georgetown brick Colonial featuring 5 BRs, 4.5 baths, breakfast room, fireplace, master suite, full basement, 3 car garage and 2 acres.

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Large center hall Colonial in a private cul-de-sac. Three fireplaces, master suite, great room, breakfast room, guest quarters with separate entrance, finished basement and 3 car garage.

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Completely redone 4 BR home on 2 acres with a heated in ground pool, an open floor plan, state of the art kitchen, den with fireplace, custom woodworking, central air and much more.

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HEAD OF HARBOR – \$549,000

Possible professional use, completely renovated 4 BR with new kitchen with tumble marble, granite, and stainless steel appl's, 2 new baths, basement and garage.

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Charming 3 BR, 2 bath Ranch, fdr, eik with bay eating area, brick fireplace, hardwood floors, full basement, 2 car garage and within walking distance of St. James shopping.

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Brand new 5 BR Colonial on .50 acre with an open floor plan, great room, fireplace, master suite, granite kitchen with stainless steel appl's, full basement with 8' ceilings, 2.5 car garage and cul-de-sac.

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NISSEQUOGUE – \$3,000

Waterfront Rental on Stony Brook Harbor with beach rights. Completely private 16 acre Estate with 8 BRs, 3 fireplaces, library and den.

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NESCONSET – \$649,000

Custom built 5 BR, 3.5 bath Colonial with great room, fireplace, large eat-in-kitchen, formal dining room, huge master suite, vaulted ceilings, cac, full finished walk-out basement and garage.

Take a tour @ www.eldridgegang.com



ST. JAMES – \$499,990-529,990

Custom built Ranch in the Heart of St. James. 3 BRs, master/bath, den with fireplace, formal living and dining rooms, full finished basement, 2 car garage and .50 acre+.

Kathy Davenport 631-862-1100

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418 North Country Road
862-7320

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

TNT Nails
487 Lake Avenue
584-7974

BEVERAGE CENTER

Bulls Eye Wholesale Beverage
395 Middle Country Road
406-7730

BOUTIQUE / ANTIQUES

GIFTS / HOME DECOR
Julie's Home & Garden Accessories
529 Lake Avenue
862-8943

Quaint and Classy
415 North Country Road
686-5525

Rosebud Boutique
459 Lake Avenue
862-0027

BUTCHER

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

CARPET CLEANING

Proline Carpet Cleaning
584-2344

Sunny Road Rug Cleaners
104 Lake Avenue
584-5160

CHIROPRACTOR

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

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

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

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

CLOTHING

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

DANCE SCHOOL

Chorus Line Dance Studio
380 Lake Avenue
584-7575

North Shore Academy of Dance
430-06 North Country Road
899-4340

DRY CLEANERS

Dutch Girl French Style Cleaners
400 Lake Avenue
584-3750

EVENTS / ENTERTAINMENT

Cottages to Castles House and Garden Tour
Friday, September 11, 2009
265-6768

FREE Summer Concert on the front lawn of Deepwells
Friday, July 3, 7-10 p.m.
862-2020

FREE Summer Family Movie Night at Deepwells
Thursday, July 9, 8 p.m.
(raindate 7/16)
Journey to the Center of the Earth in 3D - 862-2020

George's Innovative Inflatables
757-0294

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

EXTERMINATING
Orion Pest Management
559-6633

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

FINANCIAL

Branch Financial Services
Harlan J. Fischer, CFP
50 Route 111, Smithtown
979-6000

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

Ann Mondrone
Preferred Empire Mortgage
396-1410

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

FUNERAL HOME

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

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

HEALTH/ FITNESS

American JiuJitsu
412 Lake Avenue
360-8830

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

Energy Interactive Fitness Center
556 North Country Road
862-1737

Helping Hands Healthcare
804-8248

Isagenix
Monica McNamara
921-0221

Light Awakenings Meditation and Beyond
724-9733

Anne Marie Lisa
Certified Nutritional Counselor
525-1045

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

Dennis O'Brien, M.D. and Bruce Thompson, MD
403 Lake Avenue
862-7062

DIRECTORY OF ADVERTISERS

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

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

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

St. James Medical Services
487 Lake Avenue
584-6014

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

Superior Martial Arts
80-16 Lake Ave. S, Nesconset
862-1400

HOME IMPROVEMENT
Autonomousdesign
22 Stonegate
724-7726

DeBlasio Capo Design Build
273 Lake Avenue
584-5503

Debus Painting & Wallpapering
862-7924

Granite on the Go
682-9760

Handyman HouseCalls
686-5610

JBL Home Improvements
584-0136

Lighthouse Fencing
862-6616

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

Morecraft Construction
584-7010

Precision One Home Improvements
584-7527

St. James Lumber
547 Lake Avenue
584-5140

Vazac Contracting
333 First Avenue - Suite 1
584-7817

Victorian Fence
240-9716

Woodsmith Home Improvements
409 Lake Avenue
686-6891

INSURANCE
Allstate / Holst Agency
428 Lake Avenue
584-4800

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

State Farm / Jim Winter
320 Lake Avenue
584-5929

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

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

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

St. James Jewelry Shoppe
483 Lake Avenue
862-6775

LANDSCAPING / DESIGN / EQUIPMENT
Competition Tree Service
584-5575

Eddie's Power Equipment
553 Lake Avenue
584-6678

Homestead Landscaping
588-5296

RJK Gardens, Inc.
862-7056

Royal Landscape
676-3855

Scotland Landscaping
584-8746

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

PETS
Grooming / Supplies
Terry's Paw-fection
532 North Country Road
686-5336

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

PHOTOGRAPHY
Laurie Studio
862-0031

PLUMBING & HEATING
Falzone & Son Plumbing
862-6612

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

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

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

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

DeBarbieri Associates
406 North Country Road
862-7447

Henrietta Homes & Properties
328 Lake Avenue
862-6999

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

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

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

ReMax / Beyond
556 North Country Road
862-1100

St. James Condo For Sale
360-1624

RESTAURANTS
Deli / Catering / Seafood
Bella Vita City Grill
430-16 North Country Road
862-8060

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

Lotus East
416 North Country Road
862-6030

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

Paradise Cafe
418 North Country Road
584-8153

Patio Pizza
262 Lake Avenue
862-7475

Tommaso's Pizzeria
600 Middle Country Road
382-4025

Villa Sorrento
823 Middle Country Road
265-9865

Voila! The Bistro
244 Lake Avenue
584-5686

SCHOOLS / DAYCARE / CAMPS
Tutoring / SAT / Consulting
Joyce Benson
PSAT/Sat Prep Course
862-9015

Bridge College Consultants
PO Box 685, St. James, NY
516-662-1612

Harbor Country Day School Camp Program
17 Three Sisters Road
584-5555

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

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

Turnaround Tutoring
Summer Enrichment
656-0014

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

SWIMMING POOLS
Installation & Service
Sundance Swimming Pools
862-1900



Daniel
Gale

Sotheby's
INTERNATIONAL REALTY

danielgale.com



Setauket - Pristine Farm Ranch

New to market! 5 bedrooms, 4 baths, main level master suite with new bath. New granite eat-in kitchen, CAC, 3.5-car garage. End of cul-de-sac. .78 acre borders nature preserve. 3VSD #1. MLS# 2189217. \$989,000.



St. James - Open Floor Plan

Beautiful Point-of-Woods 4-bedroom, 2.5-bath Colonial. 3,500 sq. ft. cathedral ceilings, full finished basement, heated in-ground pool with waterfall, landscaped acre, much more. SD #1. MLS# 2175532. \$985,000.



Head of the Harbor - House & Cottage

Warm and inviting circa home on idyllic 4.1 acres of pasture and mature trees, adjacent to 37-acre preserve. Estate also has a spacious 3-bedroom, 2-bath Cottage, 2 detached garages, and a barn. SD #1. MLS# 2145360. \$1,490,000.



Nissequoque - Country Charmer

Updated Yablonski Cape. 2 fireplaces, wood floors, remodeled den, updated heating system & CAC, gourmet kitchen w/cherry wood and GE Monogram appliances. On shy 2-acre parcel. SD #1. MLS# 2149929. \$899,000.



Miller Place - Price Reduced

Exceptional value for this large 5-bedroom Colonial located at North Harbor. Oversized rooms, wood floors, professional landscaping. On 1.93 acres of privacy. A true gem. SD #8. MLS# 2147874. \$839,000.



Smithtown - Price Reduced

Beautiful, spacious 4-bedroom Ranch. All new kitchen, new floors, new bathrooms, 2-car garage, CAC, gas heat, IGS, ceramic and hardwood floors. Diamond+ condition on .35 acre. Must see. SD #1. MLS# 2161072. \$475,000.



Central Islip - Pride of Ownership

Windbrook Homes upper model with outside deck. Light and airy 2-bedroom Condo. All new carpets, freshly painted. Perfect to move right in. SD #13. MLS# 2140658. \$199,000.



Ronkonkoma - Nob Hill

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

RENTALS

• **St. James - Perfect Location**

Lake Avenue storefront office in wonderful location with foot traffic and high visibility. In the heart of St. James. MLS# 2181096. \$1,350 per month.

• **St. James - Commercial Space**

First floor of free-standing building on .48 acre. 2 large garage bays, 14 ft. ceiling, office, half bath. MLS# 2172449. \$1,800 per month.

• **St. James - High Visibility**

Commercial building, great retail office space, 1,500 sq. ft. CAC, generous parking. Available immediately. MLS# 2020597. \$1,850 per month.

Daniel Gale Sotheby's International Realty

St. James Office • 631.584.6600

499 Lake Avenue, St. James, NY 11780

stjames@danielgale.com

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