Our Town
S·T· J·A·M·E·S

MARCH
2007
Volume 20
Number 5

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

PUBLISHED MONTHLY

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– ST. JAMES –

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PLEASE NOTE:

Advertising & Editorial Deadline for the **MARCH** edition of OUR TOWN • ST. JAMES
is **THURSDAY, APRIL 5, 2007 - 12 NOON.**
Distribution takes place on Wednesday, April 18, 2007.

Zannikos residence before (above) and after (right).

Michael Macrina Architect, P.C.

409 Lake Avenue, Suite C, St. James, NY 11780
631-686-6586

by Debra Vessa-Cleary

If you're thinking of expanding your home this spring, or perhaps adding a porch or a cabana, Michael Macrina's architectural services can help you come up with a design plan to fit your budget. An architect for over eleven years, Michael provides all phases of the architectural process from accurate structural assessment and analysis to final design and construction plans. Some of his impressive designs have included transforming a cape cod into a farmhouse and a ranch into a picturesque, two-story Victorian.

"I listen carefully to what my clients want to achieve, and to be certain that I understand their needs and requirements before I begin any project," says Michael. "I work within their budget and let them know, up front, what can be accomplished within that budget. I also provide zoning analysis and can file permit applications. I love my clients' excitement when a job is completed knowing the end result was exactly what they envisioned."

Michael is a St. James resident and a graduate of the New York Institute of Technology. His designs can be found throughout Long Island from Nassau County to the Hamptons. He offers services that include designing sunrooms, family rooms, and kitchen layouts that he says, "work in providing fluidity in the kitchen for lifestyle convenience as well as for aesthetics." He also enjoys designing new construction as well as transforming older houses into homes that satisfy today's needs while adding architectural value. Clients can also take advantage of his "construction administration" service, which allows him to visit the construction site to assure proper adherence to architectural plans.

Michael is a New York State licensed architect and a member of the American Institute of Architects and the U.S. Green Building Council. He can be reached at 631-686-6585 or by e-mail at MMacrina@optonline.net.

Editor's note: *Debra Vessa-Cleary is a freelance writer who lives in St. James.*

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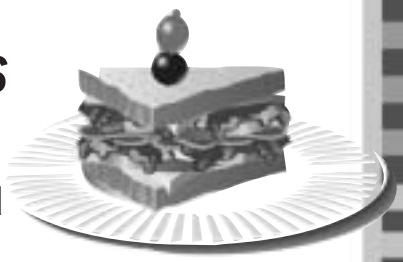

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Have Breakfast With the Easter Bunny on Sunday, April 1

The St. James Fire Department Drill Team invites you, your family, and friends to have breakfast with the Easter Bunny on Sunday, April 1 from 7 a.m.-1 p.m. at the St. James Fire Department, located on Route 25A and Lake Avenue in St. James.

Besides meeting the Easter Bunny, a complete pancake breakfast will be prepared by the fire department's own Chef Tansey. Enjoy this hearty family style breakfast along with meeting and taking pictures with the Easter Bunny… *DON'T FORGET YOUR CAMERA*.

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

A Warm Welcome to Mommy's Tyme

Please welcome Mommy's Tyme, On-The-Spot Child Care, to St. James. Need tyme for errands and appointments? Last minutes plans? Located at 541 Lake Avenue, just across the street from St. James Elementary, it is the perfect place to drop off your children for a little "Mommy Tyme."

Mommy's Tyme offers occasional or full time, before and after school care. Also offered is their "Open Play" time where children can come and meet new friends, while enjoying the center, with a parent.

The center, an extraordinary tiny village, is designed with a child's wonder and imagination in mind.

Services are priced to meet your schedule, with a flexible fee option ranging from 1 hour to larger blocks of time. The center is open six days per week, as well as select weekday and weekend evenings for special events such as "Parents Tyme."

Reservations are accepted but walk-ins are welcome. With very reasonable rates you should stop by and see for yourself what Mommy's Tyme has to offer. For additional information call 813-2193 or visit their website at www.mommystyme.com.

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New Rector at St. James Episcopal Church

The Wardens and Vestry are pleased to announce the selection of The Reverend Dr. Raewynne J. Whiteley as the 16th Rector of St. James Episcopal Church, located at 490 North Country Road in St. James.

Born, raised and ordained in Australia, Dr. Whiteley came to the U.S. in 1998. The Reverend has a Ph.D. from Princeton Theological Seminary and was the Vicar at Trinity Episcopal "Old Swedes" Church in Sweedsboro, NJ, before coming to St. James.

Dr. Whiteley moved to Long Island in December 2006, and assumed the rectorship of St. James Episcopal Church on January 8, 2007.

An excellent writer as well as preacher, Raewynne is the co-editor of *Get Up Off Your Knees: Preaching the U2 Catalogue* (a compendium of sermons drawing on the music of U2) and is working on a second book to be published within the next year, *Steeped in the Holy: Preaching as a Spiritual Practice*.

We join with the congregation at St. James Episcopal Church in welcoming the Reverend Dr. Raewynne J. Whiteley to St. James.

To contact the church call 584-5560 or email stjamesc@optonline.net

Mark Your Calendar for The Viking Auction

The Viking Auction, presented by the St. James Sons of Norway Loyal Lodge No. 252, will be held on Friday, April 20 at 7 p.m. at the Sons of Norway Hall, located on the corner of 7th Street and 4th Avenue in St. James.

Admission is $6 at the door and $3 for extra cards. Refreshments will be served. For additional information, please call 862-8185.

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Princess Tea at Deepwells

On March 3, the Deepwells Farm Historical Society hosted a fabulous *PRINCESS TEA*, at the Deepwells Mansion in St. James. *Princesses*, mothers, grandmothers, aunts and friends indulged in culinary delights, created two craft projects – a tiara and a sparkling wand – and were so excited about their parting gifts donated by Arthur Krantz of *We Care For Kids*. Chairperson Arline Goldstein, Lorrie Minicozzi and Debbie Posner are grateful to "crafty" volunteers, Joan Ferrara, Helene Krantz, Emily McKenna, Chloe Starr, and Marie Wiese, who were indispensible.

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Rachel Evans and Cassie Schweizer Donate to Locks of Love

Seven-year-old Rachel Evans, a second grader at Mills Pond Elementary School, and resident of St. James, donated 10 inches of her 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.

At 4 years old, Rachel started to grow her hair out just to donate it to this worthy cause. Rachel had her cut at Pat's Place Salon in St. James – and doesn't it look great.

Pictured is Rachel before after.

Cassie Schweizer, a fourth grader at Mills Pond Elementary School, and lifelong resident of St. James, donated 12 inches of her hair to Locks of Love.

Cassie had her haircut free of charge at T. Carlton's Salon by Amanda, who did a great job.

Pictured is Cassie before and after.

Most of the children helped by Locks of Love have lost their hair due to a medical condition called *alopecia areata*, which has no known cause or cure. The prostheses provided help to restore their self-esteem and their confidence, enabling them to face the world and their peers.

If you would like to donate hair or for more information about Locks of Love, visit their website at www.locksoflove.org

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A R O U N D T O W N

Kelli McLaughlin

Kelli McLaughlin to Represent U.S. in World Championship Step Dancing Competition

Eleven year old Kelli McLaughlin, of St. James, will be representing the United States in the World Championship Irish Step Dancing Competition on April 1, 2007 in Glasgow, Scotland.

Kelli, along with 11 other dancers from the Mulvihill-Lynch School of Irish Dance, qualified for this prestigious competition in November. Best of luck to Kelli and all the dancers.

PINEWOOD DERBY WINNERS: Congratulations to Dominic Pizzulli (right) and Christopher Gaug (left) from Wolf Den 8, Pack 228 of St. James, for winning 1st and 2nd place in the 2007 Pinewood Derby. They are pictured here with their trophies

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To our dear and valued clients,

As so many of you are already aware, we are diligently working on our "New Space" and are planning to relocate our current salon and spa to 725 Route 347 in Smithtown, which is only a mile-and-a-half from our current location. We are so excited about this move, and want to take a moment to give a heartfelt thank you to all of you that have sent us your well wishes and blessings– we are truly grateful! And, to inform those of you who may not have been aware of our new and exciting adventure, our target re-location date is set for March, but you will be informed of our progress along the way via email. When we do move, the calls will be transferred to our new location, and our greeting will announce that you have reached the "New Space." We will not be closed for any period of time. It will be a very smooth transition!

We have been progressing since our first 5 station salon in 1992, and have proudly evolved over the past 15 years to a true staple in Long Island's fashion industry. The hamlet of St. James has been very good to us and we sincerely thank you all for how well received we have been. We have expanded at our current location to the very best of our ability, and now it is time for us, our staff and our clients to enjoy a fresh new floor plan– an exciting "New Space" that will truly exceed even your highest expectations!

We are looking forward to having our facility in a free standing building, having our salon and spa in one location with ample parking, a private patio, beautiful gardens, and many unique amenities for you to enjoy!

With that said...

Please view our website at www.tcarltons.com to join our email list, view our Gift Certificate specials, and click on the link to our Spavelous Rewards Card, a new program for all of our clients that are not currently enrolled in a goldcard or club spalon plan. It's another way for us to thank you, to our very loyal clients for your patronage and support! Together, with you, we are T.Carltons!!!

Wishing you Endless Wellness,

Thomas & Christine Carlton

and the staff of T.Carlton's

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IN THE NEWS

Maureen Dunn Accepts Limited Partnership

Maureen Dunn, an Edward Jones senior branch office administrator in St. James, has accepted a limited partnership offering in The Jones Financial Cos., the holding company for the St. Louis-based financial services firm.

Edward Jones currently employs more than 30,000 associates in all 50 states and through its affiliates in Canada and the United Kingdom.

"I am honored to be offered this limited partnership. I've always enjoyed my job – it's both challenging and rewarding – but being invited to become an owner in the company is really exciting," Dunn said.

James D. Weddle, the firm's managing partner, added, "Edward Jones is owned entirely by its associates. We believe one of the best ways to reward outstanding associates is to offer them an opportunity to share in the ownership of the company they help build. I'm pleased to say that Maureen has most definitely earned this limited partnership offering."

Dunn, a native of Manhattan, NY, joined Edward Jones in 1998. She resides in St. James.

Cat Food Needed at Little Shelter

Please help provide for impoverished pets!

Little Shelter is in desperate need of large bags of dry cat food! Our supply is completely depleted and we need more to distribute to impoverished families who are part of our ASK program next weekend.

We will accept any brand, but do prefer bags 20 lbs. or larger. We will also gratefully accept dry dog food, and canned dog and cat food.

You can bring your donations to us during the hours of 1-7 p.m. weekdays and 12 noon- 5 p.m. on weekends.

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ST. JAMES - $499,000
This well constructed home has been finished with a magnificent new kitchen, 2 new baths, new windows, new heating & electric, beautiful brick patio and more.

NISSEQUOGUE- $1,475,000
Tucked in a beach community is this 4 bedroom home boasting views of Stony Brook Harbor & L.I. Sound. A large open floor plan & decks offer ample space for entertaining.

NISSEQUOGUE - $2,900,000
Turn the corner behind this magnificent home & discover the breathtaking views of L.I. Sound as well as the perfect & varying sunsets, night after amazing night.

ST. JAMES - $449,000
Spacious end unit in Fairfield Community with master bedroom on 1st floor, updated kitchen, new windows, garage & many community activities.

ST. JAMES - $715,000
Beautiful Hillside Amherst Ranch with updated kitchen, almost new windows, new burner, IGS, h/w floors and private, parklike property that borders preserve.

HEAD OF HARBOR-$899,000
Best Value in Village! Expansive Ranch set on a 2 acre treed parcel with a gunite pool, vaulted family room, elegant living & dining room & a spacious kitchen.

NISSEQUOGUE - $1,059,000
Sprawling Ranch on gorgeous level 2 acres with maximum privacy, 45' gunite pool, open floor plan, CAC, 2 fireplaces, set on a cul-de-sac.

HEAD OF HARBOR-$1,339,000
Spacious home on private lane offers an open floor plan, new heating system, granite counters, f/p, L-shaped pool, plus one of the best pieces of property in the area.

ST. JAMES - $299,900
Fairfield, 55+. Totally updated, brand new kitchen, ceramic floor, brand new carpeting and paint. Spacious bedroom with walk-in closet, updated full bath.

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Mercedes-Benz of Smithtown Recognized as *Best Of The Best* Dealer

Mercedes-Benz USA announced that Mercedes-Benz of Smithtown, 630 Middle Country Road, St. James, has received the prestigious Mercedes-Benz *Best of the Best* dealer recognition award based on its performance in 2006. The award is presented annually to the top 20% of Mercedes-Benz dealers nationwide who demonstrate superior performance in various areas of their business including customer service, sales and management. Only 71 dealers nationwide are being honored for their success as independent entrepreneurs who routinely exceed the expectations of Mercedes-Benz owners.

The *Best of The Best* award is presented to Mercedes-Benz dealers who are the highest performers based on a combination of measurement criteria, including: sales and service satisfaction; loyalty; new vehicle sales; certified pre-owned vehicle sales; leadership and management; parts operations; and market penetration.

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Kick Off Day for Senior Games

Come on down to the Long Island Senior Games Kick Off Day on Saturday, April 14, from 12 noon to 3 p.m. at Sunrise Senior Living, 30 Route 111 in Smithtown.

All ages are welcome. Bring the kids, bring the grandparents.

Free admittance and free games. Come try your hand at darts, crazy bocce, frisbee toss, rolling bocce and more.

Food and refreshments will be available for purchase.

Chances will be available to win free registration for the Long Island Senior Games to be held May 16-June 3.

For additional information, call Florence Warren at 584-6536.

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St. James Elementary Hosts Walk-a-Thon to Benefit Sunrise Fund at Stony Brook University Hospital

Students at the St. James Elementary School will host the 5th Annual Walk-a-Thon on Sunday, May 6, 2007 as part of a "*Children Helping Children*" campaign to benefit the Sunrise Fund at Stony Brook University Hospital. The Sunrise Fund (www.sunrisefund.org) supports the Pediatric Oncology program at Stony Brook University Hospital. Come give a voice to the children who are not heard.

Hundreds of children, parents, community members, and staff from Stony Brook University Hospital are expected to participate in the two-mile walk, which begins at the school on Lake Avenue in St. James. The walk begins at 9 a.m.

Registration is $15 for individuals and $20 for a family, or free with a completed sponsor sheet. Registration takes place at 8 a.m. the day of the event. To obtain a sponsor sheet and additional information, please call (631) 382-4455.

In the event of rain, the walk will be held in the St. James Elementary School gym.

Contributions to the Sunrise Fund may also be made by check. Contributions should be made out to the *Sunrise Fund at Stony Brook* and sent to:

St. James Elementary School
c/o the Sunrise Fund Committee
580 Lake Avenue
St. James, NY 11790

Spring Art & Craft Fair at SUNY Stony Brook

A Spring Art & Craft Fair will be held at Stony Brook University's Sports Complex, Nicholls Road in Stony Brook, on March 31 and April 1, 2007 from 10 a.m. to 5 p.m. With over 90 juried artists and craftsmen featuring fiber, jewelry, painting, stained glass, pottery, woodcarving, and more, there is sure to be something for everyone.

Fees: adults/$5; children under 12/free. For additional information call 563-8551.

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Sweetbriar Goes Feng Shui!

Recently, Sweetbriar Nature Center had a pro bono feng shui consultation by office volunteer and St. James resident, Maureen Calamia. As a certified feng shui consultant and member of the International Feng Shui Guild, Maureen wanted to help the staff at Sweetbriar achieve some tangible goals.

Working with Co-Director Marie Smith and Nancy Adornetto (Program Coordinator), Maureen focused their energies on improving the wealth of the organization as well as jumpstarting maintenance projects for the building that houses the Center (which is managed by the Town of Smithtown).

Feng shui is a 4,000-year-old Chinese art/science about the movement of chi, or energy. The "philosophy" of feng shui is based on the yin/yang principle of opposites and achieving a balance while in constant motion, constant change!

Pictured here are Nancy Adornetto, Marie Smith and Caryn Lennon (Animal Care Coordinator) with the "Butterfly" at Sweetbriar.

The recommendations that Maureen suggested were minor adjustments to either stimulate the flow of chi in certain areas or to help retain positive chi from flowing out. Her primary recommendation was the placement of a large bird sculpture in a specific location outside the front of the house. Within a week, the staff was approached by a couple that wanted to donate a butterfly statue (pictured here) to Sweetbriar! Being known most famously for their Butterfly Vivarium, this statue was a fitting solution!

Ever since the donation of the statues there have been numerous positive changes at Sweetbriar: long overdue maintenance projects are finally being implemented; needed supplies are being donated; a telephone call has led to a unexpected bequest to the center; and the Board seems to be energized with a renewed commitment to the mission.

Although Maureen currently does residential and business consultations and workshops, she is committed to offering her services to nonprofit organizations. Maureen will accept one pro bono project per quarter. For more information, please contact her at (631) 513-0059.

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What's Happening at the Mills Pond House Gallery

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

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.*

MARCH 2007
-March 24
A Woman's Hands - Exhibition and Sale celebrating Women's History Month

30
Jazz in the Living Room improv session, 7:30 p.m. Free to listen; $5 to play.

31-May 4
28th Annual Juried Photography Exhibition

APRIL
-May 4
28th Annual Juried Photography Exhibition

27
Jazz in the Living Room improv session, 7:30 p.m. Free to listen; $5 to play.

MAY
-4
28th Annual Juried Photography Exhibition

12-June 15
Youth Art Showcase 2007: The Faces and Places of Long Island and ***"My Favorite Long Island Store"*** Poster Contest.

18
Jazz in the Living Room improv session, 7:30 p.m. Free to listen; $5 to play.

JUNE
-15
Youth Art Showcase 2007: The Faces and Places of Long Island and ***"My Favorite Long Island Store"*** Poster Contest.

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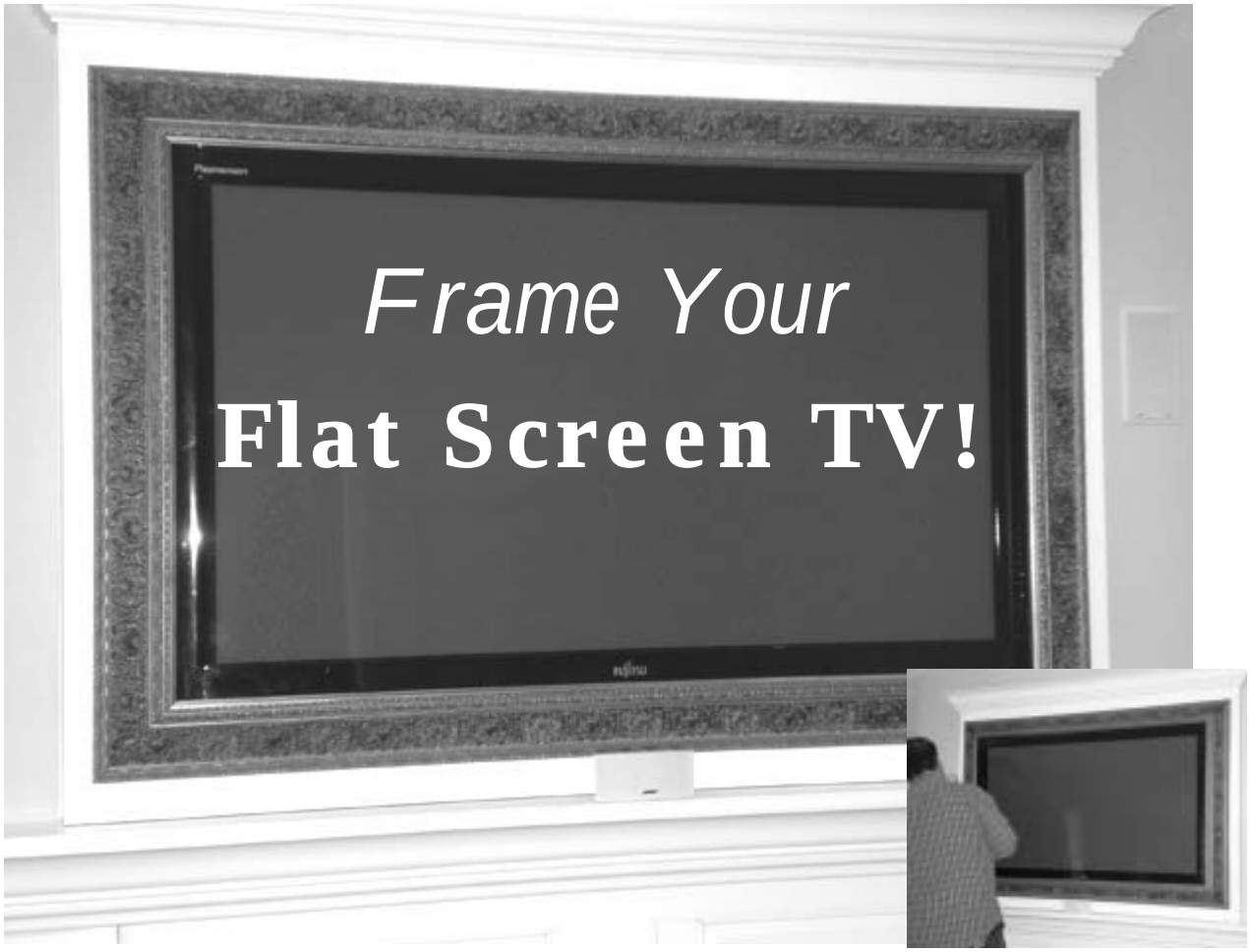

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On Stage at Smithtown Performing Arts Center

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

Ticket prices range from $22-$30, group rates available. Call the box office at 724-3700 for reservations.

-March 25, 2007
FOREVER PLAID

The New York musical comedy hit *Forever Plaid* is the deliciously funny and charming story of "The Plaids," a classic 1950s all-male singing group, who were killed in a car crash on their way to their first big gig!
Tickets: $26-$30

March 31-April 29, 2007
FIDDLER ON THE ROOF

Ukrainian milkman Tevye clings desperately to the old Jewish traditions while all around him the world changes, day by day. His three daughters marry men he considers more and more unacceptable, and the ruling Russian government's anti-Semitism threatens to drive him from his home.
Tickets: $26-$30

May 12 - June 3, 2007
STEEL MAGNOLIAS

The stage version of the 1989 award-winning film about the funny, touching and eternal bonds of six Southern women and their families.
Tickets: $24.-$28

June 16-July 22, 2007
OKLAHOMA!

The story of cowboy Curly McLain and his romance with farmer girl Laurey Williams. Their love is challenged by Laurey's threatening farmhand, Jud Fry, and much of the play follows the contest between Curly and Jud for Laurey's affections. A comic subplot follows Laurey's friend, Ado Annie Carnes and her on-again/off-again relationship with cowboy Will Parker.
Tickets: $26-$30

August 4-September 9, 2007
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continued on page 100

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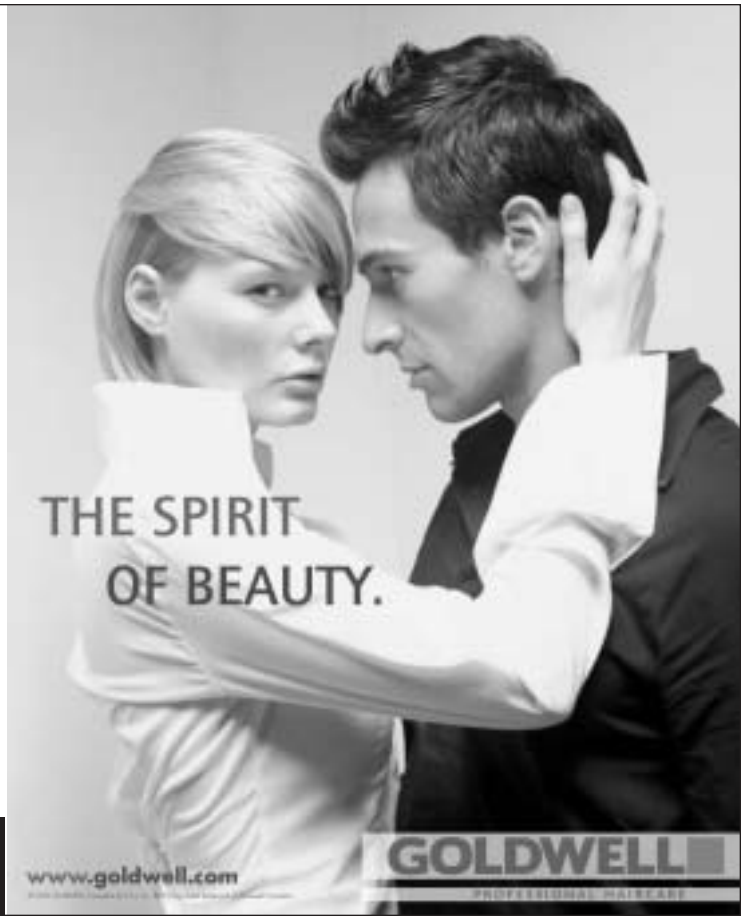

On Stage at Staller Center

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

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

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

Gil Shaham and Friends
Brahms Chamber Project
Wednesday, March 21, 8 p.m.
Recital Hall, $40
Romantic music performed by great musicians.

Hungarian State Folk Ensemble
Sunday, March 25, 7 p.m.
Main Stage, $36
Authentic Hungarian folk music and dance.

Turtle Island
Young People's Concert
Not Just For Kids
Saturday, April 14, 3 p.m.
Recital Hall, $10
An engaging one-hour program for younger audiences (K-6). Audience participation.

Turtle Island String Quartet
Music of John Coltrane
Saturday, April 14 , 8 p.m.
Recital Hall, $32
Renaissance/Jazz. Not to be missed.

Music For A Spring Evening
Wednesday, April 18, 8 p.m.
Recital hall, $32
Classical concert.

Romeo and Juliet
Aquila Theatre Company
Saturday, April 28, 8 p.m.
Main Stage, $32
Shakespeare's unmatchable vision of uncompromising true love.

Lazer Vaudeville
Not Just for Kids
Sunday, May 6, 1 p.m., 4 p.m.
Main Stage, $10
A fun and exciting one-hour show for the entire family.

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Staller Center Recital Hall Free Concert Calendar

The Department of Music at SUNY at Stony Brook is pleased to announce their concert season for 2007. Concerts are free unless otherwise noted. All concerts are held in the Staller Center Recital Hall.

For further information call the Music Department at 632-7330.

ELECTRONIC & COMPUTER MUSIC
Presented by the University at Stony Brook Computer Music Studio, Daniel Weymouth, Director, and the Electronic Music Studio, Daria Semegen, Director. Concerts are in the Recital Hall. Admission is free.

Electronic Music
Thursday, April 12, 8 p.m.,

CONTEMPORARY MUSIC CONTEMPORARY CHAMBER PLAYERS
A stunning array of the music of our own time from older classics to first performances of newly composed music. Directed by

Eduardo Leandro and Gilbert Kalish. Concerts are in the Recital Hall. Admission is free.

Student Composers Concerts
Thursday, April 19, 8 p.m.

BAROQUE SUNDAYS AT THREE
All *Baroque Sundays at Three* concerts are performed in the Recital Hall of the Staller Center at 3 p.m. and as is the tradition are offered free of charge to the public. A small free-will donation is requested to promote early music at Stony Brook.
Arthur Haas, Music Director

Harpsichord Dreams
March 25, 3 p.m.
Exciting West coast harpsichord wizard, Lorna Peters, a Stony Brook alum, will present a far-ranging recital of keyboard music from the 17th to the 20th centuries.

Court, Chapel, and Countryside
April 29, 3 p.m.
Stony Brook Baroque Players in a concert of passionate virtuosity featuring vocal and instrumental music spanning the entire Baroque age. Don't miss this Stony Brook tradition!

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Programs at Environmental Centers of Setauket-Smithtown

The Environmental Centers of Setauket-Smithtown will hold the following programs at the Sweetbriar Nature Center, 62 Eckernkamp Drive, Smithtown unless otherwise noted. **Pre-registration is required for ALL PROGRAMS. Call 979-6344**, weekdays, 9 a.m. to 4 p.m., 12 noon to 4 p.m. on weekends. Check out their website at www.sweetbriarnc.org.

The Preserve is open every day from 8:30 a.m. to 4:30 p.m.

ANIMAL LOVERS NEEDED

Right in your backyard is a beautiful 55-acre woodland preserve adjacent to the Nissequogue River. Sweetbriar Nature Center is a not-for-profit organization whose mission is to provide nature education and wildlife rehabilitation to local residents.

They are presently looking for volunteers with a love of nature and wildlife to help take care of their resident animals. Winter is a tough time for their small staff and any help would be greatly appreciated.

For more information or to inquire about volunteering call Eric Young, program director at 979-6344, ext. 102.

CHILDREN'S PROGRAMS

ART CLASSES
Saturdays, 10 a.m.-12 noon
Ongoing
Ages: 9-13 years
Fee: $28, per 2 hour session

This series of classes is taught by Larissa Grass at the *Judith Collester Art Center*. This is a wonderful art program so if your child has an interest in art, consider enrolling him or her in this class. *Please call to reserve*.

SUMMER DISCOVERY WEEKS AT SWEETBRIAR
Registration by the week only
Daily 9 a.m. to 3 p.m.
Ages 5-6, 7-8, and 9-10

Earth Investigators
July 9-13
August 20-24
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$250/non-members

Nature and the Arts
July 16 - 20
August 13- 7
Fees: $220/members
$250/non-members

Amazing Animals
July 23 - 27
August 6-10
August 27-31
Fees: $220/members
$250/non-members

Science Seekers
July 30-August 3
Fees: $250/members
$300/non-members

Natural Wonders for Pre-Schoolers
Introduce the wonders of nature to your child during our summer pre-school camp.
July 16 20, July 23-27,
July 30-August 3, August 6-10
9:30-Noon
Fees: $125/week/members
$150/week/non-members

continued on page 100

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St. Andrew's Cooperative Nursery, 30 Brooksite Drive in Smithtown has openings for 3- and 4-year-olds in their Mommy and Me (spring session) and their Enrichment Program (4s only).

For additional information or to visit the school, call 366-4282.

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NEW CLIENTS ONLY! (Mon.-Sat.)

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Refreshing **MEN'S HAIRCUTS / $20** Stylist Level Only

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MANICURE-PEDICURE EXPRESS/ $30 reg. $45

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complimentary with purchase of 3 or more pieces of any Aveda Make Up

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Programs Offered at the Library

The Smithtown Library offers a variety of programs during the upcoming weeks and months. The Main Branch, is located at 1 North Country Road, Smithtown, 265-2072. The Nesconset Branch is located at 127-20 Smithtown Blvd., Nesconset, 265-3994. The Commack Branch is located at 3 Indian Head Road, Commack, 543-0998. The Kings Park Branch is located at 1 Church Street, Kings Park, 269-9191. Call for Library hours.

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

AARP TAX ASSISTANCE

NESCONSET
Thursdays through April 12
10 a.m.-2 p.m.
KINGS PARK
Wednesdays through April 11
10:30 a.m.-2:30 p.m.

Assistance is offered by appointment only. Telephone and in-person registration for appointments will be accepted on a first come first served basis. Appointments are limited by AARP.

eAudiobooks

Visit the Smithtown Library on their website at www.smithlib.org and learn about their FREE downloadable audio books and podcasts. You will have access to over 1,000 best selling audiobooks, 24 hours a day, 7 days a week. Call the Nesconset branch at 265-3994 for additional information.

LIRR TO NEW YORK CITY

Saturdays:
April 14, May 12, June 9, July 14, August 11, September 8, October 13, November 10, December 8, 2007.
Depart 9 a.m.
Smithtown RR Station
For all ages, kids 5 and under ride free

Enjoy a day in New York City on your own. Travel as a group on the LIRR departing the Smithtown Railroad Station on the 9 a.m. train and return on your own, any time that same day. You must pre-register and pay at the main building's Circulation Desk. Fee: $8, roundtrip ticket, NO REFUNDS.

BUS TRIPS

Midtown Secrets
Indoor Walking Tour
Friday, March 23
Bus departs 10:15 a.m.
Returns approx. 7:30 p.m.

Begin your day with a delicious lunch at Carmine's. After lunch join the Zuckermans for a

continued on page 40

Harbor Country Day School
Summer Camp & Workshops

New "Design Your Own Afternoon" Grades 4-8

- ***Nursery through Grade 8***
- ***Weekly Sessions***
- ***Flexible Schedules/Extended Day Available***
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USA Chess Camp at Harbor Country Day School. Join this nationally recognized program the week of July 9 - July 13. Half day and full day available. Registration though USA Chess only. Call 888.65.CHESS or visit www.chesscamp.com for more information.

NEW Workshops this year including:
CSI: Collect, Inspect, and Dissect, Instrumental Music Lessons (Beginner and Intermediate), Batik, Silk Screen, Human Shutter, Papier Mache Animal Sculpture, Artistic Beading, Spanish and more!!

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Harbor Country Day School does not discriminate on the basis of gender, race or creed.
All students are admitted equally to all programs.

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Includes: Pasta, Salad, Main Entree, Coffee, Dessert, Champagne Punch & Soda

7 DAYS A WEEK

Price Fix Dinner

Includes, Appetizer, Main Entree from Menu, Coffee and Dessert

From 5 pm till closing **$20.95 pp**

MONDAY-THURSDAY

Dinner Special

Choice of Pasta, Choice of Salad, Choice of 4 Main Dishes,, Coffee and Dessert. Includes Wine, Beer & Soda

$25.95 pp

Specials Not Valid On Holidays

645 Middle Country Road
St. James 265-9228

Easter Dinner

$25.95 PP

EASTER SUNDAY (4/16/06) ONLY

Includes:
Any Appetizer from menu, Choice of Any Entree from our regular menu, Coffee & Dessert

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Mon.Fri. 12-3 pm **$9.95 PP**

Includes: Salad, Main Entree from Menu, Coffee & Dessert

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TRAYS AVAILABLE FOR TAKE OUT

www.mauriciosrestaurant.com

Programs Offered at the Library

continued from page 38

tour of Rockefeller Center, St. Patrick's Cathedral, Olympic Towers and Museum, Carnegie Hall Museum and Chelsea Market. Walking is at leisure with stops for narration. This trip virtually does not leave the confines of the building interiors except for boarding the bus. Fee: Friends/$79; non-members/$84. NO REFUNDS. Space is limited, register early.

Central Park Tour with Lunch at the Boathouse Restaurant
Monday, April 30
Bus departs 8:30 a.m.
Returns approx. 7:30 p.m.

You will tour various sections of Central Park with tour guide extraordinaire Sheila Evans. Explore the Secret Gardens, one of the park's "hidden gems,:" and other surprise treasures. You will also stop at the Time Warner building. Trip requires leisure walking. A fabulous lunch is planned at the Boathouse Restaurant in Central Park on the only lake in Manhattan. Fee: Friends/$102; non-members/$107. NO REFUNDS. Space is limited, register early.

Montauk Spring Getaway at the Wavecrest Oceanfront Resort
Sunday-Monday, May 20-21
(2 days, 1 night)
Check-in time: 2 p.m. and after, 5/20

The Wavecrest is Located on the ocean and has an indoor pool. Weekend includes lodging, complete dinner and breakfast for two at choice local restaurants. Registration is in-person only at the Smithtown branch of the library. Rooms are limited. Fee: $149/members; $154/non-members. NO REFUNDS. NO TRANSPORTATION.

Culinary Institute of America / Vanderbilt Mansion
Wednesday, May 30
Bus Departs 6:30 a.m. sharp
Returns approx. 7:30 p.m.

Begin the day with a tour of the Vanderbuilt Museum in Hyde Park, NY. This neoclassic-style mansion was completed in 1899 with views of the river. Then on to the Culinary Institute of America's *Ristorante Caterina de' Medici* designed in a magnificent Italian villa setting. The meal will consist of indigenous flavor combinations originating in various regions of Italy, followed by a tour of the campus of the Culinary Institute. Fee: $85/members; $90/non-members. NO REFUNDS.

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continued

AUTHORS ON PARADE

Friday, March 30, 7:30 p.m.
Smithtown resident Massoud Eghrari
(Massoud's Vignettes, Massoud's Voyage)
L.I. native Jennifer Huntley (Eight Days in Provence: a moment of sensuality).

This monthly series featuring a variety of authors is held at the Smithtown Branch of the Library and is hosted by Larry Davidson, award-winning radio and TV producer. Meet the authors; book signing. Pick up your FREE tickets at the Library. Call for additional info. Space is limited.

MEET THE AUTHOR

Tuesday, March 27, 7 p.m.
Martin Cantor
L.I., The Global Economy and Race: The Aging of America's First Suburb

Monday, April 9, 7 p.m.
Jim Ryan
Simple Happiness: 52 Easy Ways to Lighten Up

Come to the Smithtown branch of the library to meet the author, who will give a brief overview of their book and for a book signing.

BOOK AND AUTHOR LUNCHEON

Roger Rosenblatt will be the guest author at the Library Foundation's annual Book and Author Luncheon on Wednesday, April 25 at 12 noon at the Union Station Restaurant and Tavern, 155 W. Main St. in Smithtown. Rosenblatt's essays for *Time* magazine have won two George Polk Awards, among other honors, as his TV essays for *The NewsHour with Jim Lehrer* on PBS (Peabody and Emmy). He is the author of 11 books and five Off-Broadway plays. His novel *Lapham Rising* is available for purchase at the Smithtown Library and Rosenblatt will be available for a signing at the luncheon. Fee: $40. Call 265-2072, ext. 208 for reservations and information.

FOOD FOR LIFE NUTRITION AND COOKING CLASSES

Food for Life classes will be held at the Nesconset Branch of the Library. On Thursday, March 22 from 6:30-8 p.m. *Maintaining a Healthy Weight* will be presented. Learn how a healthy diet can protect you from cancer and help regain your health once cancer has been diagnosed. Call to register.

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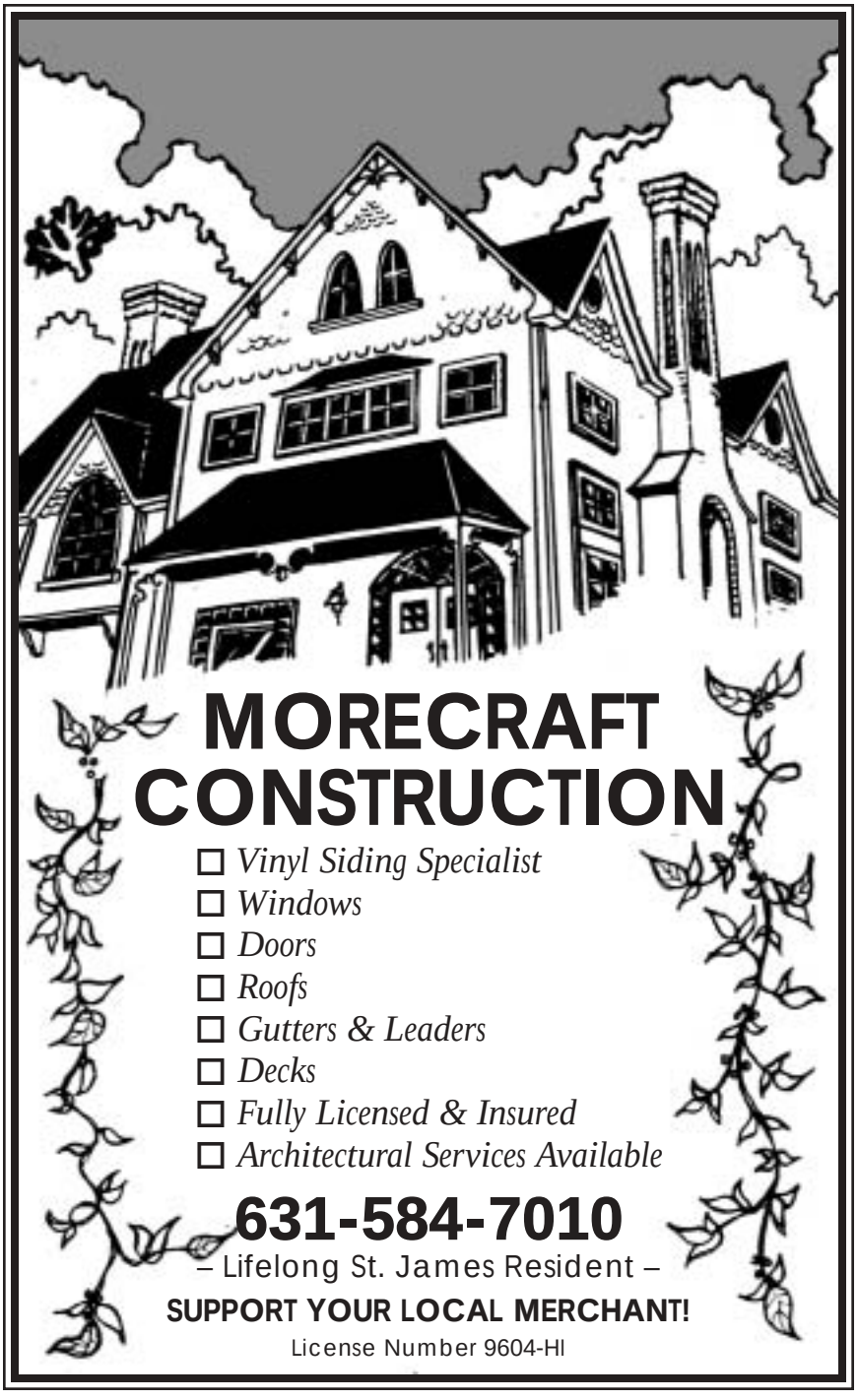

Programs Offered at the Library

continued from page 40

LANDSCAPE GARDENING
Wednesday, March 28, 7 p.m.
SMITHTOWN

Learn the tips and tricks of landscape gardening such as adding pathways, designing and construction of garden beds, choosing plants by combining textures and colors, lawn maintenance, container gardens and a whole lot more. Register for this program.

MAINTAINING YOUR WOMANLY HEALTH IN THE WINDS OF CHANGE
Wednesday, March 28, 7 p.m.
SMITHTOWN

Learn about the anatomy and physiology of a woman's life cycle from menarche to menopause and review diagnostic methods, symptoms and a spectrum of treatments for perimenopausal complaints.

PORCELAIN PAINTING: SUNFLOWERS ON A TRIVET
Tuesday, April 3, 24, May 1
6:30 p.m.
SMITHTOWN

Learn the 2000-year old art form of porcelain painting in this 3-part program that is open to ages 16+. Fee: $25. Call to register.

COOKING WITH CHEF ARMAND
Monday, March 26,
6:30-8:30 p.m.
SMITHTOWN

Chef Armand, author of *Chicken Wings Across America* and *The Adirondack Cuisine Cookbook* will demonstrate spring vegetable pasta primavera and seafood pasta fra diavolo. Tasting will follow demonstration. There is a $7 fee due at time of registration. Call for further info.

A NIGHT AT THE OPERA
Wednesday, April 11, 6 p.m.
La Traviata – dvd presentation
SMITHTOWN

Operas will be shown on the second Wednesday of every other month. Call for dates and info and to register.

EVENING MOVIES AT THE LIBRARY

Come to the Nesconset branch of the Library at 6:30 p.m. for the screening a new movie each month.Call for dates and times.

cotninued on page 44

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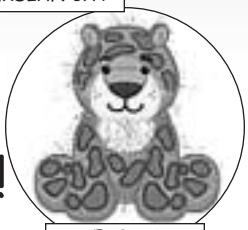
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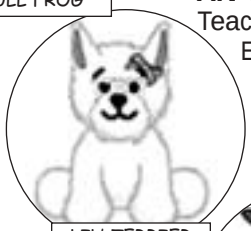
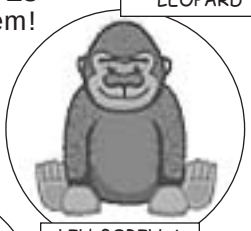
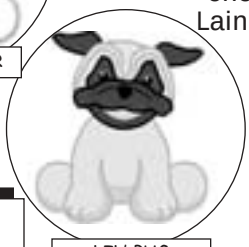
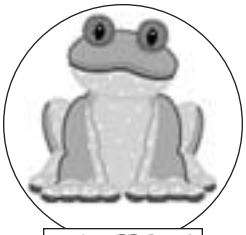
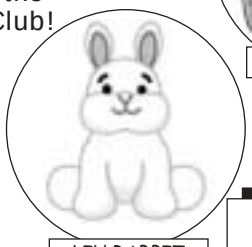

LIL' TERRIER


LIL' GORILLA


LIL' PUG


LIL' TREE FROG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* Stop into Lainie's Way for Club Membership details!

Programs Offered at the Library

continued from page 42

AFTERNOON MOVIES AT THE LIBRARY

Thursday, March 29, 1:30 p.m.
The Devil Wears Prada
SMITHTOWN

Wednesday, March 21, 10:30
Meditation
NESCONSET

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

CHILDREN'S PROGRAMS

Register in person or by phone for all Children's Programs:
Smithtown 265-2072, ext. 248.
Nesconset 265-3994

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

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

For School Age Children
A variety of literature-based programs which include a wide range of activities are offered throughout the school year. Each 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.

Mommy and Me
SMITHTOWN (2 years)
Call for times & dates
NESCONSET (18-35 months)
Call for times & dates
A special time for child and parent/caregiver that incudes free play and a circle time with stories, songs and finger plays.

Mother Goose Rhymetime
SMITHTOWN (birth-35 months)
NESCONSET (birth-2 years)
Call for times & 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.

Pajama Storytime
NESCONSET (3-7 years)
Wednesday, March 28,
7-7:30 p.m.
SMITHTOWN (3-6 years)
Call for times & dates
An evening for child and parent/caregiver that includes stories, finger plays and simple

continued on page 46

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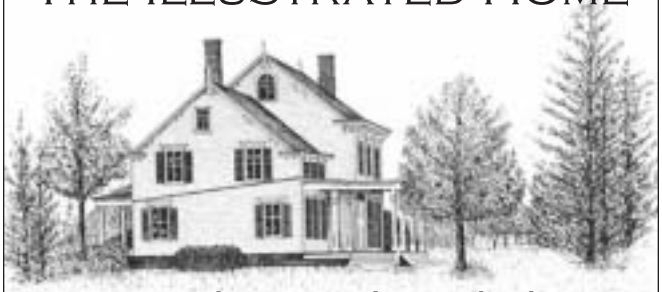
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Meticulously maintained Victorian in young cul-de-sac community. Open floor plan includes 4 bedrooms, 2.5 baths. Formal LR & DR, vaulted ceilings, full finished bsmnt. 2 car garage, fully fenced rear yard. **$709,000.**

HEAD OF HARBOR. "ELEGANT ANTIQUE"

Diamond Circa Victorian + legal cottage. 4 BRs, 3 baths, raised panels, wide moldings, sparkling HW floors, 3 frplc, French doors, updated EIK, den w/vaulted ceiling, skylites, CAC, covered rocking porch, brick patio.1 acre parklike prop. Det. garage. Must see. **$799,900.**

ST. JAMES. "OPEN & AIRY RANCH"

Great level 1/2 acre w/custom brick home. sparkling oak floors, new EIK, large DR with tray ceiling, LR w/frplc, 2 full baths. New thermo windows, full fin. bsmnt w/OSE. Deck, garage, IGS, Desirable area. Must see! Submit offers! **$485,000.**

MILLER PLACE. "YOUNG COMMUNITY"

Mint Colonial in wonderful family neighborhood. FLR, FDR, FR w/vaulted ceil, skylite & frplc. French doors, CAC. Andersen thermos. Full finished bsmnt, large level fenced rear yard. Side entry garage. **$585,000.**

SMITHTOWN.
"WILLOW RIDGE CONDO"

Beautiful end unit, Devonshire Model, approx. 3900+/- sq. ft. Vaulted ceils, gas frplc, 4 BRs, 3.5 baths, finished lower level walkout. Deck, 2 car garage, sprawling master suite, whirlpool tub. Community clubhouse, pool & tennis. **$672,900.**

ST. JAMES. "OUR EXCLUSIVE"

Great starter or retirement home. 2 BR, 1 bath Ranch nestled on level, treed 1/3 acre. Detached 1 car garage. New Andersen windows. Close to shopping, parks, beaches & excellent Smithtown schools. **$419,000.**

SMITHTOWN. "CONTEMP FLAIR"

Diamond 4 BRs, 2.5 bths, FLR, FDR, den, granite EIK, marble bath w/Jacuzzi, frplc, new appls, Andersen windows, skylights, hi hats, alarm, guest quarters. Poss. M/D w/proper permits. **$559,000.**

ST. JAMES. "COMMERCIAL"

Property is zoned Central Business. 1200+/- sq. ft free standing bldg on heavily traveled Route 25A. High visibility. 1/2 acre level prop. Ideal for retail and office use. Prime location. Ideal for user/investor. **$775,000.**

ST. JAMES. "BETTER THAN NEW"

Young, immaculate Custom Colonial features LR w/vaulted ceil. FDR, maple kitchen w/granite, FR w/frplc, oak floors, 9, ceils on 1st floor & bsmnt. Mstr suite w/whirlpool, Fenced rear yard, paver patio. Cul-de-sac location near town. **$675,000.**

LAKE RONKONKOMA.
"CLOSE TO TOWN"

Lovely Cape Features 4 BRs, full updated bath. Updated EIK, LR, oak floors, screened porch. Updated thermo windows. Full bsmnt/ oversized det. garage. IGS. Fenced rear yard, vinyl siding. Sachem schools. **$389,900.**

CALL FOR A FREE MARKET ANALYSIS

Programs Offered at the Library

continued from page 44

songs. Wear your pajamas if you like.

Wonderful Ones
SMITHTOWN (12-23 months)
Call for times & dates
Rhymes, songs and playtime with parent/caregiver.

Second Step
SMITHTOWN (3 years)
Call for times & dates
Stories, a craft and toys are used to encourage recognition of color, sequence, shape and numbers.

Three Year Old Story Time
SMITHTOWN (3 years)
Call for times & dates
Stories, songs and finger plays with parent/caregiver.

Picture Book Story Time
SMITHTOWN (4-5 years)
Call for times & dates
Stories, songs and finger plays. Children attend unaccompanied.

ONGOING ADULT PROGRAMS

COMPUTER CLASSES AT THE LIBRARY

The Smithtown Library is currently offering computer courses at the Main Building that will help you learn how to use your computer. Registration is in person and required. Call for schedule and fees.

FREE BLOOD PRESSURE SCREENINGS

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

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

FREE INDIVIDUAL HEALTH INSURANCE COUNSELING FOR SENIORS

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

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

continued on facing page

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continued

ADULT WRITERS' GROUP

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.

BOOK DISCUSSION GROUP

Friday, March 30, 10:30 a.m.
Death by Station Wagon, by Jon Katz
NESCONSET
Thursdays: 10:15 a.m.
SMITHTOWN
Call for dates and additional info.

POETRY READING

You are invited to enjoy readings by seasoned poets; and aspiring poets are encouraged to take this opportunity to share their own work with others in an open reading. First Wednesday of the month at 7 p.m. For additional information call 265-2072, ext. 208.

GREAT ARTISTS OF THE ITALIAN RENAISSANCE SERIES

Thursdays: March 29, May 24
7 p.m.
SMITHTOWN

A series of art lectures beginning with 15th century Renaissance Italy will be given by art historian Danielle Lenhard. Call for future dates and topics. Register for this program

CHESS AT NIGHT!

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 14 must be accompanied by an adult. You will meet every other Tuesday at the Main Branch of the Smithtown Library from 6:30 to 8:30 p.m. Call for additional dates. Register for this program.

CROCHET & KNITTING

Mondays, 7-8:30 p.m.
Wednesdays,
11:30 a.m.-1:30 p.m.
SMITHTOWN
Wednesdays, 6:30-8:30
NESCONSET

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

continued on following page

IT JUST MAKES SENSE.

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Jonathan Bostwick

Scott Posner

Scott Posner, CFP, AAMS
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St. James, NY 11780
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Programs Offered at the Library

continued from page 47

DEFENSIVE DRIVING CLASSES

The Smithtown Library offers two Defensive Driving classes in conjunction with the New York State Safety Program. After the successful completion of this course, attendees may receive a discount on their automobile insurance and point deduction from existing violations on their driver's licenses.

There is a fee of $35 (check or money order only) which is non-refundable. Licensed drivers of all ages are eligible to participate in this course. Call for dates and times.

An AARP Defensive Driving class will be held at both the Smithtown and Nesconset branches of the library. There is a fee of $10 (check or money order only) which is non-refundable for drivers 50+ years. Nesconset branch on Saturday, April 7, 2007, 9:30 a.m.-4 p.m. Call for additional dates and times.

Register at the Circulation Desk of the Main Building of the Smithtown Library. Space is very limited, registration is on a first-come first-served basis. Call for dates and times.

LIBRARY ART GROUP

Come to the Smithtown Branch of the Library on Thursdays from 11:45 a.m. to 1:45 p.m. and join this group. Work on various art projects in a relaxed and informal atmosphere. Call the Library for supplies needed.

TEEN GAME DAYS

Thursday, April 5, 7-8:30 p.m.
SMITHTOWN

The Library will host Teen Game Day. Challenge your friends to a game of *Jenga, Monopoly, Harry Potter Trivia, Chess, Battleship* or any game in the library's collection. Music and food will be provided. Don't miss the fun. All 6th graders and up are welcome. Call for dates and times at the Main Branch and the Nesconset Branch. Call to register.

DESIGN YOUR OWN WEB PAGE

Saturday, March 31, 1-3 p.m.
Age: 6th grade - adult
Fee: $6
NESCONSET

Learn rudimentary steps in creating your own web page while working on a laptop. Call to register.

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POST OFFICE VISITS KINDERGARTEN CLASSES

Representatives from the St. James Post Office visited the kindergarten classes at St. James Elementary School recently. Students learned all about the workings of the post office and how to address mail. The classes are pictured here.

We Don't Spend Your Tax Dollars!

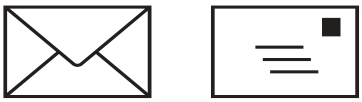
submitted by the
St. James Post Office

Tax Day is almost here. While you probably don't feel like celebrating this particular date on the calendar, we hope you will take some small comfort in the fact that the Postal Service™ delivers your tax dollars – it does not spend them.

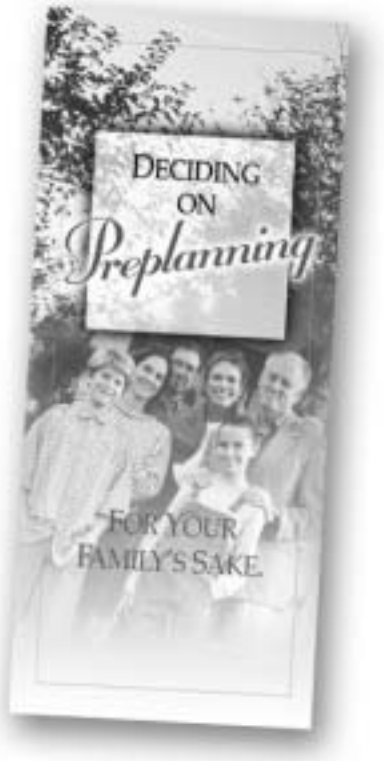
Your Postal Service operates on the sale of its products and services. The only government funds we get are reimbursements by Congress to provide free mail service for the blind and to keep certain postage rates below cost for nonprofit organizations.

More than 30 years ago, the Congress and the President transformed the two-centuries-old Post Office Department into the U.S. Postal Service®, a new organization with a new mandate: to operate on a break-even basis, without taxpayer subsidies. Today, postage pays its way, funding the mail service you count on. With service six days a week, rain or shine being provided to more than 144 million addresses. That's more than 1 billion miles of service each year.

So when you finish filling out your forms this year and make your payment to the United States Treasury, remember: the Postal Service will be there to deliver your tax dollars, not spend them.



Preplan—
for your family's sake.



Preplanning your funeral isn't just a good idea, it's something that benefits your entire family. It's a simple thing to do if you know who to talk to. Please send for this informative brochure to help answer any questions you may have. It's free and you'll learn why preplanning is for your family's sake.

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Yes, I'd like more information on preplanning.
(There is no cost or commitment.)

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Address _____

City_____ State_____ Zip _____

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PRE-SCHOOLERS VISIT THE ST. JAMES POST OFFICE...

Pre-schoolers visited the St. James Post Office recently. They toured the facility and got to see how the mail moves from place to place. Pictured are classes from St. James Lutheran Pre-School (top two photos and above, left) and Village Presbyterian Pre-School class (above right).

Below, St. Andrews Pre-Schoolers get a visit from the St. James Post Office.

Mark Your Calendar for the

SPRING EGG HUNT

Saturday, April 7

POSTAL CORNER

Create Your Own Stamp With Customized Postage!

submitted by the
St. James Post Office

Is it looking less and less likely that you will fulfill your parents' dream and get elected president of the United States? Say you're just a tad behind in your training and probably won't win 12 gold medals in the next Olympics? Still tinkering with that new invention that will change life as we know it?

Once upon a time, you had to do something pretty remarkable – and be dead for at least 10 years! – just to be considered for U.S. postage. Now you can join George Washington and Ben Franklin and other American heroes on the front of your next envelope!

Customized Postage is a creative new way to give your mail a personal touch. Simply log on to one of three authorized websites – photo.stamps.com, pictureit-postage.com, or zazzle.com. Have a digital file of the image you want to use ready, and don't worry – they accept all of the common image formats. You can crop, enlarge, rotate – tinker with the image until you get it just the way you want it, and then pick a border color. Decide how many you want to buy, and pay up. Your new "George Washington ain't the only hero 'round here!" Sheets of postage will be printed and sent to you through the mail.

During a market test that runs through May 16, 2007, businesses can even create their own postage featuring company logos, products or slogans. Business owners, here's a great new way to jazz up your envelopes and enhance your customer message. And don't worry – regardless of what happens after the market test, Customized Postage will always be worth its face value for use on your mail.

Customized Postage can be printed in a variety of denominations, so you can use it on postcards, First-Class Mail envelopes, direct mail, packages, and more. All of the companies offer sheets of 20 stickers; Stamps.com also makes them in rolls to fit on your business' mailing equipment.

Of course, you can't use just any photo. The images must be created by you, belong to you or your business, or not violate copyright laws in any other way. They also must not be inappropriate or offensive. See the company web sites for more information.

What are you waiting for? The folks in Stockholm to send you that long-deserved Nobel Prize in Physics? Forget about it! You no longer have to be a rocket scientist to get your own postage!

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POSTAL CORNER

Could Your Mailbox Use a Spring Cleaning?

submitted by the
St. James Post Office

It's spring! Buds are on the trees. Flowers are beginning to bloom. It's time to spruce things up around the house and yard, to put winter behind us and make everything look its best.

Don't forget to take a look at your mailbox. Many times, the mailbox is the first thing people see when they come to visit you. An attractive, well-maintained mailbox adds to the beauty of your home and our community, and protects your mail from the elements.

Here are some spring cleaning tips for you and your mailbox:

- If your mailbox is mounted on a pole or post, check its stability and make sure it is properly anchored.
- Your mailbox identifies your address, not only for the letter carrier but for the police, the fire department, emergency workers and other service providers. Make sure your address appears on both sides of the mailbox, so people who need to find you can do so, and so can your mail.
- Check the door and its hinges. Make sure it closes properly to keep your mail in and the wind and rain out.
- Do you see any sharp edges or nails sticking out? Protect your own hands as well as those of your letter carrier, by filing them off. Also sand and repaint or replace your mailbox if it's rusty – you don't want to have to get a tetanus shot, and neither does your letter carrier.

The Postal Service™ requires approved traditional or contemporary curbside mailboxes whenever a mailbox is installed or replaced. You can find them at most hardware stores. You may use a customer-built curbside box if the postmaster gives prior approval and if the mailbox generally conforms to the same specifications as approved manufactured mailboxes. Contact us before erecting a custom-built mailbox.

If you have questions or want more information about mailboxes, come see us at the St. James Post Office or call 800-ASK-USPS (800-275-8777).

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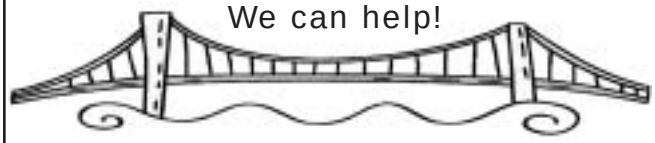

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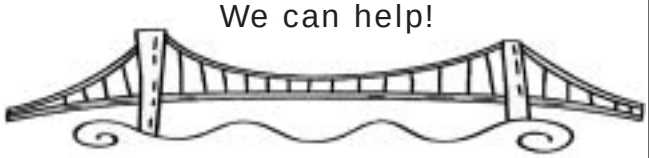

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HEALTH VIEWS:

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.

Should I Use Heat or Ice After An Injury?

This is a common question brought up by patients and by all means an important one. Understanding the purpose of each along with their benefits makes this an easier question to answer.

After an initial injury such as pulling a muscle, spraining your lower back or twisting your ankle the inflammatory stage of healing begins and lasts from 24-72 hours. It is during this initial stage that ice is preferred to reduce inflammation. Typically ice is applied in 10-20 minute intervals and removed for 10-20 minutes. This cycle is repeated as often as necessary. A common acronym used to remember what to do after an injury is P.R.I.C.E. (Protect, Rest, Ice, Compress and Elevate the injury).

Once the inflammatory stage is over, generally after 72 hours, heat is used to increase circulation and flexibility. Moist heat is preferred over dry heat (i.e. heating pad), because muscles have a high water content and the dry heat tends to dehydrate it, causing them to be less flexible and predisposing them to further injury. Heat is typically applied in the same manner as ice, in that it is applied for 20-30 minutes and removed for 20-30 minutes, also being repeated as often as necessary.

Remember, when applying heat or ice always put a thin towel down first to avoid direct skin contact.

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- *Headaches*

- Worker's Compensation
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- Union Plans
- Major Medical
- etc...

DESIGN IDEAS:

Our Home – Our Environment – Why Isn't It Healthy?

by Natalie Weinstein, Allied ASID

The Academy Awards are a national phenomenon watched by millions. It may be because we have become a society whose role models are actors, the beautiful, wealthy and powerful people often making news by their outrageous behavior rather than their talent. Perhaps it's because we're into the fabulous fashions and jewels or the fashion police faux pas. But every year it sure get's our attention. The upsets in what's predicted is always interesting, but the awards for best documentary film short and best song point to a positive in all the celebrity hoopla.

Al Gore, a player in another arena, took center stage along with his many loyal followers to send a message to the millions watching – a wake up call that needs to be hammered home at every opportunity. We must all help save the environment and we need to do it, each one of us, or the results will be catastrophic. While it seems an impossible task and we've already done so much damage, we have no choice but to take responsibility going forward. How does one take responsibility for the health of our environment both for the planet and our home?

Our home, our safe refuge, we've discovered is hardly safe. Between the air, water, dust, toxins that carry pollutants, contaminates, and allergens as well as what we're doing to our bodies through poor diet, sleep habits and lack of exercise, it's clear that we need to start at home base. And in truth, if everyone did, we'd be well on our way to caring for our planet.

So let's begin by looking at some surprising facts about our water, diet, fitness and sleep from the folks who provide the Nikken product line for a "Wellness Home." Here's their info:

Air
- Indoor pollution has been called a leading environmental risk
- Exposure to indoor pollution may be 100 times more dangerous than outside pollution

Water
- Consumers are often forced to spend billions of dollars on bottled water to avoid bad taste and chemicals found in tap water
- You might be surprised to know that most bottled water starts out as tap water

Diet & Fitness
- Poor eating habits and lack of exercise cause 400,000 deaths annually in the US
- The food supply provides fewer nutrients due to depleted soils

Sleep
- Over 75% of Americans have difficulty getting enough sleep
- Studies show that poor sleep can cause weight gain

Further, what products are we using at home with which we clean, cook and wash that may be harmful? Where can we get information that will help us educate ourselves and our children?

Next month, we'll discover some answers from wellness expert Randy Rolfe.

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 free member, call 631-862-6198, visit www.nataliesclub.com or e-mail nataliesclub@aol.com. You can join as well on www.longislandpress.com/natalie. Hear "Design Tips by Natalie", on WALK 97.5 FM, "Home Show" on WALK 1370 AM, Sundays from 10 AM - 11AM and podcast 24/7 on walkradio.com, keyword NATALIE.*

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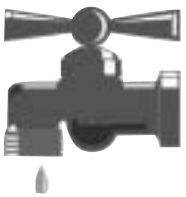

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Interior designer, Allied ASID; feature writer, "Designs by Natalie" for the *Long Island Press* and "LI Focus" for *House Magazine*; host of "Design Tips by Natalie" on WALK 97.5 FM and "Home Show" on WALK 1370 AM, Sundays from 10 - 11 AM and podcast 24/7 on www.walkradio.com, keyword Natalie.

Natalie Weinstein

HOME DECORATING CLUB

Your Learning Journey to a Beautiful Home!

The Natalie Weinstein Home Decorating Club was created for people who want their homes to have that "Designer Look". As a member of the club, you can do it yourself with a little help from Natalie. When you join, you have access to Natalie's recommended sources, with preferential treatment including perks, discounts and more.

Standard membership is Free for one year. Sponsor three or more new members for the next year free.

Silver Membership is $10 for people who want to learn more about interior design. It includes a copy of Natalie's new book, "The Hundred Most Often Asked Interior Design Questions" and a $5 discount coupon for the "Day of Design" workshop.

Special Gold membership is $295, (plus tax). It includes a 2 hour in-home consultation with Natalie, two year free membership (including initial complimentary year), a copy of Natalie's book, "The Hundred Most Often Asked Interior Design Questions" and a one year subscription to House Magazine.

Join the club on-line by going to **www.nataliesclub.com**, emailing **nataliesclub@aol.com** or call us at **631-862-6198**.

UPCOMING EVENTS

Natalie's Day of Design

Sponsored by
Natalie Weinstein Design Associates

Sat., April 21, 2007
Time: 8:30 a.m. - 3:30 p.m.

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COLLECTOR'S CORNER:
Collecting Lefton China

by Carol Gibbons

As spring approaches I'm slowly changing over my decorations around the house to reflect the season, and one of my favorite pieces to take out of storage and display are my Lefton China chicks. They are a pair of cute porcelain baby ducks that are yellow and stand 3" tall. I got them in my Easter Basket when I was about 10 years old, and each year they take center stage on my dresser. All spring they remind me that this season is about rebirth, renewal and hope.

Perhaps this is why the founder of the Lefton China Company chose the spring chick as part of his collection. George Zoltan Lefton came to America from Hungary where he started a sportswear company, (rebirth and renewal.) Although successful, Lefton's true love was porcelain, (hope). After WWII he helped a Japanese-American friend by protecting his property from anti-Japanese groups. Lefton was rewarded with the good fortune of this man having connections in Japan with a porcelain company. He seized the opportunity and since the mid 1940's Lefton has been successful in producing and selling thousands of figurines and animals and household porcelain items.

My chicks have a paper label, however many Lefton items have the mark KW followed by an item number. Most people can take a look around their home and find a Lefton piece. It could be a cookie jar or a tea pot, perhaps even salt and pepper shakers or a planter. These are pieces that could be found in your 5&10 stores, they were meant to be a household name. Like any other product, when the factory closed in 1980 my chicks suddenly found themselves in the collectible corner of many people's mind. The good part is that there were so many of them made that they are still relatively easy to find.

So, for all of you who have your own spring chicks, I suggest you dust them off and take them out. Give them a place of prominence in your home. They will remind you that the change of season is upon us. The long cold winter days are almost behind us, we will soon be shedding our jacket and gloves. It's also more

continued on page 100

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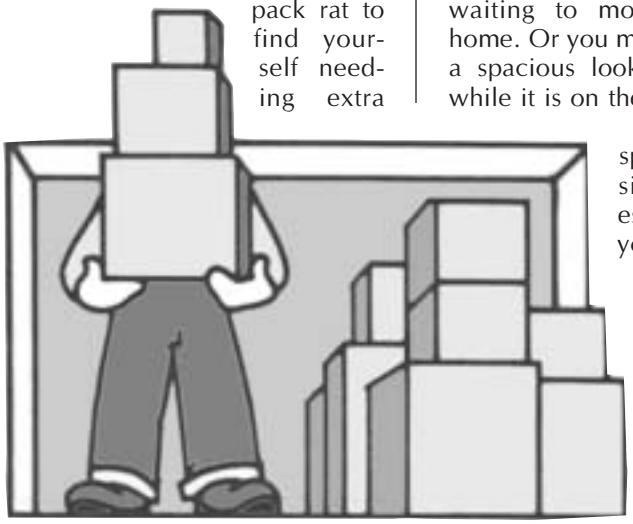
REALTY WISE:

Need Extra Space? Try Storage

by Rita Clous

If lack of space for your belongings is an issue for you, off-site storage may be the right solution. You don't have to be a pack rat to find yourself needing extra space. You could be renovating a room and need somewhere to house the contents. Perhaps you need to move into smaller quarters temporarily while you're waiting to move into a new home. Or you may need to create a spacious look for your home while it is on the market.



Renting storage space is a pretty simple process, especially when you plan ahead. Here are helpful tips for choosing a facility and protecting your property:

Shop around to find the facility that best meets your needs such as storage size, price, accessibility and security.

When shopping for a storage facility, you will need to know what size unit is required to hold your possessions. Typically you can choose a space from as small as 5'x5', which is the size of a small closet and holds between 10-15 boxes, to 10'x25', which is about the size of a single-car garage. The facility's representative can help decide the best size for you.

You also want to make sure that your items will be secure. Ask questions such as: Is there a guard on duty? Is there video surveillance and/alarms? Do you need to provide your own lock? Is the area well lit?

continued on page 62

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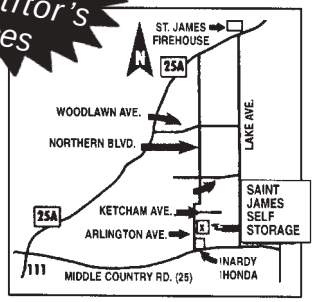

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Realty Wise

continued from page 60

In addition, don't assume that the facility, or your homeowner's or renter's insurance, covers your belongings in case of theft or damage. Most storage centers assume no responsibility for your items, so talk with your insurance provider.

You also want to have reasonable access to your belongings. Find out the facility's hours of operation and the name of a contact person.

Before signing any agreement, inspect the facility and your storage unit for cleanliness and signs of proper maintenance. Is the area well protected from rain, snow or humidity?

Make certain that you understand the rental agreement and get a copy of the contract. Are you renting on a month-to-month or a six-month basis? Is there a deposit? Does termination of the agreement need to be in writing? How much advance notice do you have to give?

Before moving your possessions to the storage unit, take actions to protect them from damage or theft. While packing, label boxes on each side by numbers rather than content. Make a master inventory list so that you know what is in each box, as well as furniture and other unpacked items. Don't use newspaper as packing paper because it may smudge off on your items.

Prepare your unit by placing plastic on the floor. If you will be moving in large furniture, lay down blankets or sheets as well. Then store your most valuable possession first, toward the back. Store frequently used items at the front. Make sure that you leave a walkway so you can access your belongings. In addition, leave a small space between the objects and the storage unit's walls.

No matter what the reason, using an off-site storage unit is a good solution for your short-term space challenge. Just make sure that you understand the terms of your agreement and that your belongings are secure.

Ask your local realtor which items to remove from your home to maximize its "showing" potential. It is amazing how removing and rearranging can assist in the show-ability when you are selling your home.

Editor's Note: *Rita Clous is the Sales Manager and Licensed Broker Associate for Prudential Douglas Elliman Real Estate located at 220 Lake Ave., St. James, (631 584-7000).*

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NATURALLY SPEAKING:

April – *Has Spring Sprung Yet?*

by June A. Liardi

"April hath put a spirit of youth in everything."

– William Shakespeare

The 22nd of April is Earth Day. Do something for Mother Earth. Get the family together or your children and their friends and set out to clean the neighborhood. Give everyone a pair of gloves and a plastic bag. Award a prize to the one who picks up the most garbage. This can teach the children to have pride in their town and also to think twice before tossing something on the ground.

To further help beautify the environment, plant a tree with the family on Arbor Day, April 30. Take a trip to the nursery together and choose a tree, perhaps a fruit tree. Make up a marker with the name of the tree, date and the names of everyone present. It will be fun to watch it grow over the years.

April is the month that everything starts to bloom. Go out and pick or buy a big bunch of daffodils. Their yellow trumpets seem to announce the beginning of the gardening season. Another beautiful flower to bring inside is the hyacinth. There is no other scent that reminds me of Easter more than this flower. Put a bouquet or plant next to your bed for sweet dreams.

And who can resist the wonderful smiling faces of the pansy flower? This is an edible flower and is fun to use as decorations on an Easter or spring cake. Make sure to use flowers that have not been sprayed with anything. Wash them and let them dry completely. Using a small brush, such as a watercolor brush, *paint* every part of the flower with egg white. Then gently sprinkle super-fine sugar all over the flower. Place on wax paper to dry. Then place them on top of the icing for a colorful decoration.

Use some of the flowers too, to freeze inside ice cubes. Just place the clean flower in the ice cube trays and freeze. When frozen, remove and store in plastic bags. They look great in your springtime drinks.

It is National Gardening Month and even if you have only a small space, there are ways to create a larger looking garden area. Planting vertically is one way. Use trellises, obelisks, poles, walls and your fence. You can even use other plants to hold your climbing plants. Use a morning glory or pole bean to climb up a stately sunflower plant. Just make sure the structure is appropriate for the plant. For

continued on facing page

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instance, a wisteria vine would soon topple a thin wooden or metal trellis. This large vine requires a very strong, stable structure.

Use big, bold plants, a red hibiscus with its giant size blooms packs quite a punch, as would a banana plant or large group of canna plants. Be wary of invasive plants – you don't want one plant taking up too much space. Keeping the garden orderly helps too.

You can use a mirror hung on a fence to create the illusion of space. Narrowing paths with gentle bends leading away from the house, into another garden room, also makes the garden feel longer. The idea is not to reveal the whole garden at once.

Use color to direct the eye in your garden – as with a large red hibiscus, or with a large splash of purple petunias.

Another option is to plant in containers. Put them on stairs, porch, patio, front gate, mailbox or along the driveway. Change flowers / plants with the seasons or as plants stop performing. Keep it interesting.

Another way to enjoy a walk in the woods with the children is to have a nature scavenger hunt. Make everyone a list of things to look for. For the smaller children, draw pictures of the items. Look for the fronds of ferns unfurling, the buds swelling on trees and shrubs, or flowers of a crab apple or wild cherry tree. Think of some others, just look around. It is fun to be aware of all the new life and beauty around us.

"Anyone who says sunshine brings happiness has never danced in the rain."

–AUTHOR UNKNOWN

Enjoy those April showers.

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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MONEY MATTERS:

Don't Underestimate Your Ability to Build Retirement Savings

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

Many of your fellow Americans just don't think they are capable of building a reasonable amount of savings for their retirement years. Should you be equally gloomy? Not if you save and invest early and often.

Just how pessimistic are people about building their net worth? Consider these findings from a recent survey sponsored by the Consumer Federation of America and the Financial Planning Association:

- Only 26% of the adults surveyed think they could accumulate $200,000 in net worth in their lifetime.
- A whopping 21% of those surveyed said winning the lottery would be the most practical strategy to accumulate several hundred thousand dollars.

In looking at these figures, two things jump out: The first group may be overly pessimistic – and the second group is totally unrealistic. In fact, a person's chances of winning huge in the Powerball are about 1 in 120 million, give or take a few hundred thousand. So, if you are doubtful that you'll accumulate enough money to retire, and you can't count on the lottery, what can you do to improve your savings outlook? Here are a few suggestions:

- *Set some goals*. You will find it easier to invest for your retirement if you know how much money you will need to reach your goals. Try to visualize the type of retirement lifestyle you'll want. Will you travel? Volunteer? Open your own small business? A qualified financial professional can help you set a general "price tag" on your goals and show you about how much you will need to save each year – and what sort of investment return you will need to achieve – to meet your objectives.
- *Put time on your side*. The earlier you start saving and investing, the better your chances of building the resources you'll need to enjoy a comfortable retirement. You might be surprised at how much you can accumulate over time. For example, if you can afford to put away $100 a month in a tax-deferred investment (such as a traditional IRA) that earned a hypothetical 7% a year, you would accumulate more than $121,000 after 30 years. Even after you pay taxes on your withdrawals, you'll still have a sizable sum.
- *Take advantage of your employer's retirement plan*. If your employer offers a 401(k) or other tax-advantaged retirement plan, take full advantage of it. Every time you get a raise, try to increase your annual contributions. At the very minimum, contribute enough to earn your employer's match, if one is offered.
- *Avoid heavy debt burdens*. Debt is one of the biggest threats to your ability to accumulate the money you'll need for retirement. Every dollar you use to pay off a high-interest credit card is a dollar that could be used for investing. Of course, it's not easy for many of us to make ends meet these days, but do whatever you can to live within your means and avoid racking up a huge debt load that will take you years to pay off.

By following these suggestions, you should gain confidence, over time, in your ability to increase your net worth to levels that once seemed unimaginable to you. And you can save money on those lottery tickets, too.

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 7,000 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 16 years. For more information, a schedule of free investment classes or to request topics for future columns, call 862-2020.*

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MORTGAGE MATTERS:
Pre-qualification vs. Pre-approval

by Ann Mondrone

The terms MORTGAGE PRE-QUALIFICATION and MORTGAGE PRE-APPROVAL are often incorrectly used interchangeably. They are, however, very different. The most common misuse is of the term *Pre-approval* for what is really a *Pre-qualification*. Since a mortgage pre-qualification does not guarantee mortgage approval in 100% of cases, it is important to know the difference.

Mortgage Pre-qualification is an informal process in which a loan officer will offer an opinion on how much money the buyer may be able to borrow. This is usually based on financial information provided verbally by the borrower and a credit history. It is not binding because the income and asset information provided has not been verified. A mortgage pre-qualification is not a full *mortgage commitment* and is only an estimated mortgage amount. A Pre-qualification can usually be obtained in less than 24 hours and is usually a one-page letter. It can be issued by either a mortgage broker or a bank. It has value in that it lets the seller know they are working with a serious buyer.

Mortgage Pre-approval is a formal offer by a lender which states the terms under which it agrees to lend money to a home buyer. It is a full mortgage commitment. It assures the client's acceptance by the lender, subject to an appraisal and executed contract of sale (provided there are no adverse changes to the client's credit or financial position.) A pre-approval is issued only after all income and asset documentation is submitted to an underwriter. The pre-approval document will show the total mortgage amount available to the borrower and will indicate the contingencies that must be cleared prior to funding the loan. It can often take up to one week to obtain. The advantage of having a pre-approved mortgage is that it will strengthen a buyer's position when bidding on a property, as it shows a seller that the client will be able to raise the funds needed to purchase the home. It also can provide for a faster closing. A mortgage pre-approval *cannot* be issued by a mortgage broker. However, a mortgage broker can obtain a

continued on page 100

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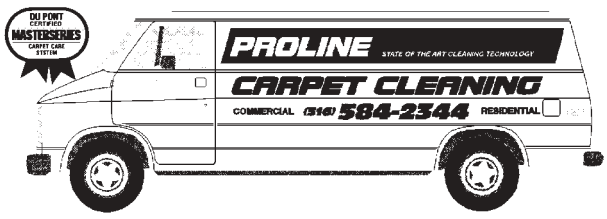

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PLANNING FOR THE FUTURE:
Is Your Tax Bite Growing?

by Lawrence Glazer, CLU

While a discussion of taxes may not be the topic of choice for your nightly dinner conversation, it is an issue that we all are concerned about – and with good reason. In 2005, almost 30% of our time was spent working for the government.

Tax Freedom Day

According to an annual report issued by the Tax Foundation, a nonprofit, nonpartisan research organization, Americans worked the first 107 days of the year, from January 1 to April 17, just to pay taxes in 2005. In theory, this means that on April 18 your job began to produce spendable income and your taxable investments became profitable. The Tax Foundation took its analysis one step further and broke down the tax implications for each state. Connecticut was the unlucky winner, bearing the nation's largest tax burden in 2005 with a Tax Freedom Day of May 3. On the opposite end of this spectrum lies Alaska, with a Tax Freedom Day of April 2.

What Are Your Options?

How can you reduce the time it takes to reach Tax Freedom Day next year? Ask yourself three simple questions related to your financial situation for the previous year:

- Did I receive 1099s from my bank accounts?
- Did I receive 1099s from other investments?
- Did I spend or reinvest the interest?

If you earned taxable interest on investments that you expect to hold for the long term, it's likely you had to pay current taxes on it. With taxable investments, the reality is that you don't always liquidate your holdings to pay taxes. In all likelihood, you pay the tax out of current income or out of withholding from other income sources. This technique reduces your spendable income today, and may reduce it in the future. Fortunately, there are sensible strategies that may help you maximize long-term returns while potentially reducing your tax bill.

With products like annuities, your earnings have the ability to accumulate on a tax-deferred basis. Simply put, you don't have to pay current taxes on money that is earmarked for the long term. Instead, all earnings are reinvested and continue to accumulate on a tax-deferred basis until withdrawn. Of course, withdrawals of earnings from annuities are taxable and, if you are under age 59½, may be subject to a 10% tax penalty.

Please consult with your own professional advisors for tax advice.

***Editor's Note**: Lawrence Glazer, CLU, 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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Vital Documents: What You Need and Where to Store Them

by Jim Winter

If you needed the deed to your home, title to your car or passport, could you quickly locate it?

We all know it's important to organize personal documents. Knowing where certain documents are can be crucial in case of a family emergency or natural disaster. Equally important is where those documents are stored. It's also important that other family members or a person you trust knows where your documents can be found.

Some documents can be kept at home, others in a safe-deposit box at your local bank and or a fireproof box at home if a safe-deposit box is unavailable. Examples of documents you might need but that should not be kept at home include:

- Deed, title and closing papers to your home
- Marriage license or divorce decree
- Birth certificates for all family members
- Adoption papers
- Military records
- Social Security cards for all family members
- Important citizenship papers
- Stock certificates
- Car titles
- Insurance policies
- Home inventory

The following documents should be kept at home, perhaps in a fireproof box:

- Insurance policies
- Passports
- Tax returns for the last seven years
- Wills (never store your will in a safe-deposit box at the bank; it may be impossible to get to in the event of your death)
- Documents regarding your child's legal guardian
- Copy of durable power of attorney, medical directives, funeral and burial instructions
- Location of and key to safe-deposit box
- List of financial institutions and products
- List of doctors and contact information

Make a master list of all your documents and where they're stored. Keep a copy close at hand and give another copy to a trusted friend or advisor. Be prepared, should you have to evacuate, to grab the fireproof box or other

continued on page 100

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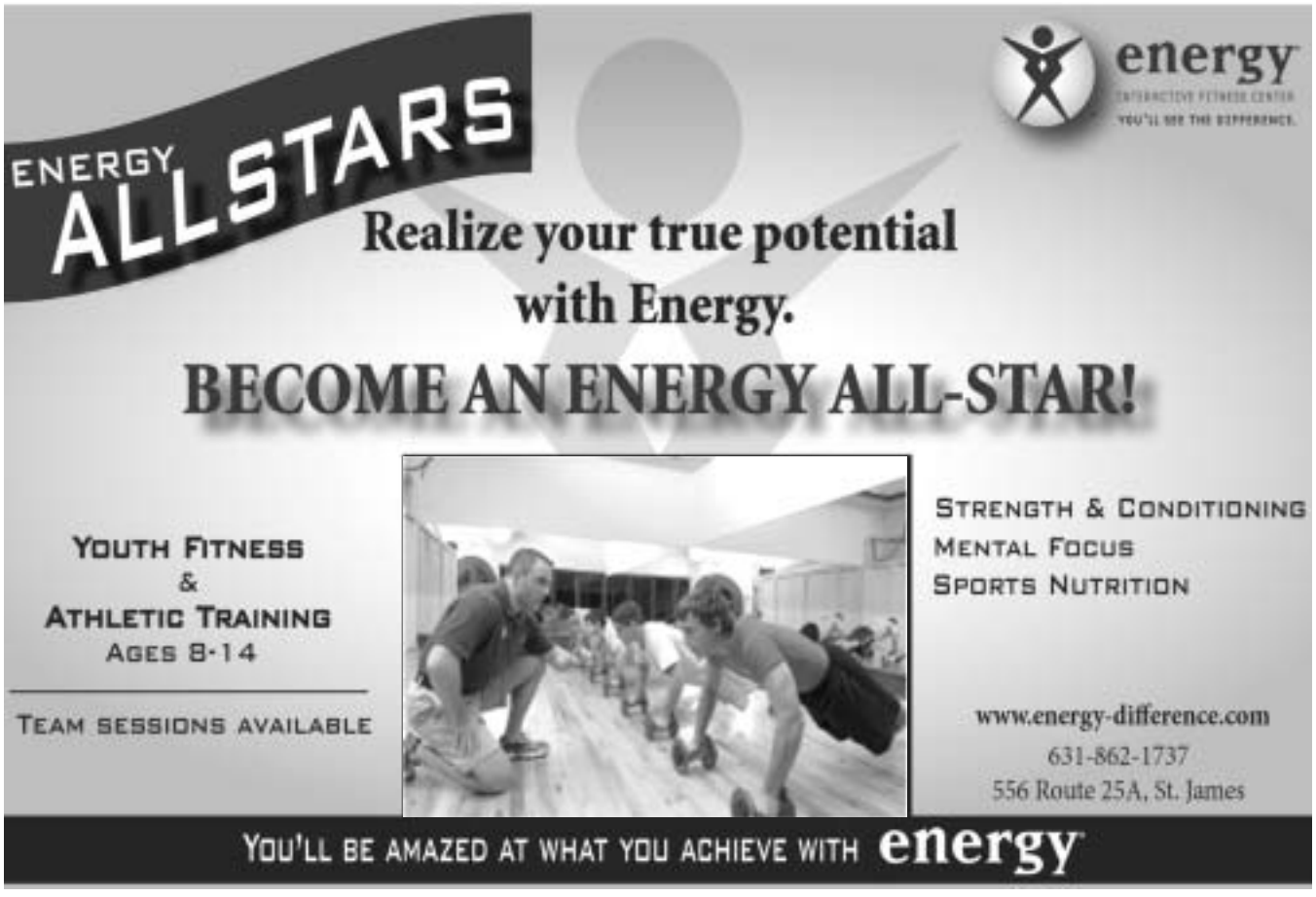
SCHOOL NEWS

CELEBRATING VALENTINE'S DAY.: Sts. Philip and James 3-day Nursery class celebrated Valentine's Day with heart-shaped hats, sweet treats, and a game of helping Clifford the Big Red Dog find his Valentine. The children also exchanged friendship hearts and ended their school day with special hugs for their parents. ***Photos by Ingrid Hamilton***



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Special Events and Day Trips for Adults

The Adult Education Department of the Smithtown Central School District offers a number of special events and trips for residents over 18 years of age.

Buses for all trips and performances depart from the Woodlawn Avenue parking lot at the corner of Woodlawn and Jackson Avenues in St. James.

For the safety and concern of all participants as well as staff members, Adult Continuing Education reserves the right to alter time schedules, make itinerary changes, and/or adjust offerings due to unforeseen circumstances.

To register for the following trips fill out the form from Adult Education you received by mail from the Smithtown School District or go to www.smithtown.k12.ny.us, click on ADULT EDUCATION or call 382-2090 for additional information.

SPRING SCHEDULE:
Broadway shows have limited tickets available

"Mamma Mia"
Wednesday, Matinee, March 28
Cost: $91
Bus Departs: 10 a.m.
Returns Approx: 7 p.m.
The infectious music of ABBA provides the framework for a tromp through the preparations of an unusual wedding.

"Wicked"
Wednesday, Matinee, March 28
Cost: $130
Bus Departs: 10 a.m.
Returns Approx: 7 p.m.
This spellbinding musical is the untold story of the Witches of Oz – Wicked Witch of the West and Glinda, the Good Witch.

continued on facing page

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Pearl Skelaney, Director

College Degree Info Session for Busy Adults

SUNY Empire State College will hold a public information session at the Hauppauge Unit of Empire State College, located in the New York State Office Building, Room 1A11, 250 Veterans Memorial Highway on Wednesday, March 28 at 6 p.m.

Faculty members from Empire State College will be on hand to answer questions about how you, as a busy adult, can earn an associate or bachelor's degree through a unique program of guided independent study. The sessions are open to the public without charge. Please call (631) 360-1215 for more information and to pre-register.

In addition, if you are a working adult interested in a master's program, but are unable to attend weekly classes, you can obtain information on the college's new M.B.A. program or its master's programs in business and labor, social policy or the new master of arts in liberal studies by calling 800-847-3000 or visit their web site: www.esc.edu/grad.

Day Trips

continued from previous page

A Day In New York City
Wednesday, April 25
Cost: $30
Bus Departs: 10 a.m.
Returns Approx: 7 p.m.
Do whatever strikes your fancy – shop, take a tour on the Gray Line, visit a museum, enjoy the sights and sounds of the city as spring hits the air. Three drop-off spots: Broadway and 34th, 47th and 57th Streets. One pick-up spot (approx: 5:15 p.m.) will be designated by bus operator.

Central Park Walking Tour
Tuesday, May 22
Cost: $40
Bus Departs: 9 a.m.
Returns Approx: 6 p.m.
Enjoy Central Park for a walking tour guided by the Park Nature Conservancy. You will have time on your own for lunch and a visit to the Metropolitan Museum of Art. Pick-up will be at the Museum. Cost includes transportation and park guides. Wear comfortable walking shoes. Rain or shine.

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Girl Scouts Celebrate 95th Anniversary

submitted by Marie Sturm

Girl Scout Day in the U.S. is celebrated on March 12. The first troop was organized in Savannah, GA in 1912 by Juliette Gordon Low.

The first troop formed in St. James in 1921 had Miss Mildred Smith as *captain*. It was named Troop 1, Lily of the Valley, and met at the St. James Episcopal Church parish house. The uniform was khaki in color, with a long sleeved coat, flat hat with a wide brim and a skirt fastened in the front with hooks and eyes, a white middy blouse and arm band completed the uniform. The handbook was of the same color.

Among the first members were Anna Horndahl, Marjorie Wells, Borghild Hammer, Emily Bowe, and Elsie Garrett; closely followed by Marie Haussler, Irene Haussler, Alice Skirgailo, Emily Glasser, Rosalie Psota, Ellen Dixon, Vivian Smith, Myrtle Olson, Seigfred Winger and Dorothy Wueger. The dues were five cents a week.

Marie (Haussler) Sturm, of St. James, has taken her handbook and uniform from 1921 and patrol book, also the gray-green uniform worn by her daughter Shirley in 1947 and daughter Judy in 1950, to many area troop meetings. The 1950 uniform was a darker green, both had dark green berets. Badges were sewn the length of the sleeve. Both girls earned the Curved Bar, which is equivalent to the Boy Scouts' Eagle.

Marie's granddaughter, Susan Wright, was a Girl Scout and her twin great granddaughters, Jennifer and Jessica Wright, were Brownies and Girl Scouts too – A real Scouting family.

The Suffolk County Girl Scout Council held their 95th anniversary celebration at the Bay Shore Mall on March 11, 2007. Girl Scout alumnae were recognized including Marie Haussler Sturm of St. James, who was also featured in the March monthly publication of the Suffolk County Girl Scout Council.

Marie Haussler Sturm's granddaughter, Susan Wright, is pictured here in her Girl Scout uniform in March of 1969.

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FASHIONABLE FINDS...

Girls from Brownie Troop 3661 of Mills Pond Elementary went on a Fashion Tour of the Limited Too at SmithHaven Mall. They had a blast putting outfits together and showing off their style.

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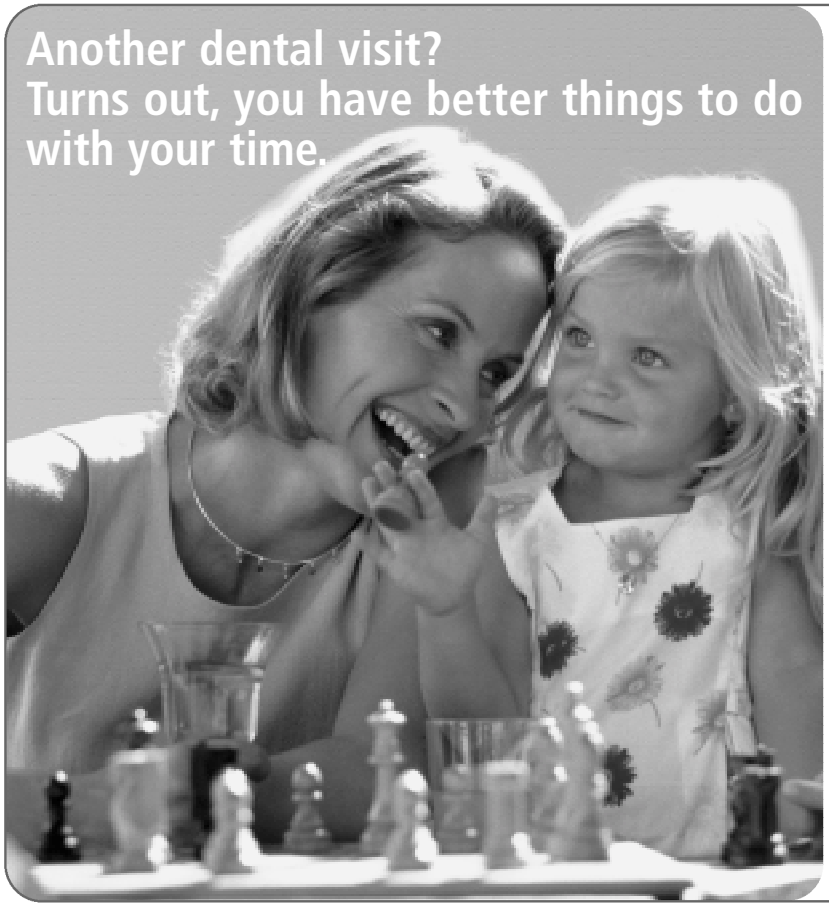
S C O U T N E W S

BROWNIES CARE...

Brownie Troop 3661 from Mills Pond Elementary visited L.I. Cares in January. They sorted food and took a tour of the warehouse. They plan to donate Easter baskets for those in need. Pictured are Rebecca, Griffin, Kennedy and Madeline.



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SCOUTS DONATE TO FOOD PANTRY...

After a tour of the Setauket Stop & Shop, Brownie Troop 2833 from St. James did some shopping with the money they earned from a fundraiser. The girls wanted to donate $150 to the Smithtown Food Pantry, and their donation was generously matched by Stop & Shop, for a total of $300. Manager Bruce Wyscoff arranged the tour, and the girls were shown around each department by Joe Trezzo and Linda Reily.
Good shopping girls!

A VISIT TO GARGUILO'S BAKERY: Brownie Girl Scout Troop 3660 and Junior Girl Scout Troop 3665 visited Garguilo's Bakery in St. James. The girls toured the bakery and made their own pizza. After all their hard work the girls got to sample their creations. Mmmmmm good!

REDEDICATION CEREMONY: Brownie Girl Scout Troop 3660 and Junior Girl Scout Troop 3665 of St. James, combined to have their Rededication Ceremony. Pictured here are, back row: Justina, Antoinette, Ashley, Amanda; front row: Coriann, Frances, Samantha, Kelsey, Megan and Jainee.

PIZZA BREAK: After touring Gargiulo's Bakery and preparing their own pizza, the girls from Brownie Troop 3660 and Junior Troop 3665 got to enjoy the pizza they made. Mmmmm, good!

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Fire Department Hosts Annual Run & Striding Event, Saturday, April 14

The St. James Fire Department's Engine Company #3 will host its 25th annual St. James 5 Mile Run and 3.5 Mile Striding Event on Saturday, April 14, 2007. Proceeds from the run will benefit local fire fighters burn center foundations and Engine Company No. 3. The St. James Fire Department has raised over $20,000 for burn center foundations during the run's history.

The run and striding event is open to all runners, joggers and walkers regarding of age or sex. T-shirts will be given to the first 300 entrants. Pre-registration is $20 and includes $1 insurance fee. Late entries (postmarked after 3/31/07) are $25. Make all checks payable to: ST. JAMES FIRE DEPARTMENT ENGINE CO. #3 (tax deductible) and mail to:

ST. JAMES FIRE DEPARTMENT RACE
221 JEFFERSON AVE
ST. JAMES, NY 11780.

For further information call 584-5799 (M-F, 9 a.m.-2 p.m.)

The Race starts at 9 a.m. sharp. Late registration and number pick-up begins at 7:30 a.m. and continues to 8:30 a.m. at the St. James Fire House. No number pickup after 8:30 a.m.

The course, certified and accurately measured, is a scenic run through the Village of Head of the Harbor and around St. James Harbor with split times at all mile marks.

An awards ceremony will be held at the conclusion of the run at the St. James Fire Department Main House. A large digital clock will be displayed at the finish line so that all the runners may see their time and place immediately upon finishing. Times will be posted at the Fire House and a complete listing of all who finish will be published in local papers. Complimentary refreshments will be available before and after the race.

If you are interested in registering for this race, send in your NAME, ADDRESS, AGE, DATE OF BIRTH, SEX, T-SHIRT SIZE, PHONE NUMBER and note if you are a FIRE FIGHTER, POLICE OFFICER or WALKER along with your registration fee.

Whether you choose the 5 mile run or the 3.5 mile striding event, the day will be a fun way to raise funds for a worthy cause.

The run is proudly sponsored by the Bank of Smithtown, Energy of St. James, Smithtown Mitsubishi, Cool Beanz of St. James, Tic Toc Cafe in St. James, Dr. Gregory Thomaier, Chiropractor of St. James, Smithtown News, Poland Spring Water, On the Go Fitness in St. James, Country Kitchen of Smithtown, Thomas Sapienza, DDS, Garguilo's Bakery in St. James and Lake Avenue Deli in St. James.

In consideration of your acceptance of my entry in the above Run and Walk, I, the undersigned, intending to be legally bound, herby for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for damages I may have against the St. James Fire Department, St. James Fire Department Engine Company #3, all sponsors listed above, Village of Head of the Harbor and Town of Smithtown and any of their representatives or agents, for any and all injuries suffered by me in said event. I certify that I have prepared myself for this event and that I am in adequate physical condition to participate in this event on this date., April 14, 2007.

(Please supply following information)

FIRST NAME _____ LAST NAME _____ AGE _____

STREET _____ DATE OF BIRTH _____ SEX ☐ M ☐ F

CITY _____ STATE _____ ZIP CODE _____ T- SHIRT SIZE ☐ S ☐ M ☐ L ☐ XL

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Stop World Hunger Tennis Tournament

Stop World Hunger, Inc. is pleased to welcome recreational tennis players from all across Long Island to participate in its 27th year of tennis activities. It's an opportunity to have some fun and contribute to an important cause. Funds are raised to help Catholic Relief Services feed God's hungry children in 99 countries wherever the need is greatest. Also, canned food is collected for those who are hungry on Long Island.

The annual Stop World Hunger Spring Tennis Tournament will take place between April 1 and June 10, 2007. Events consist of men's singles, women's singles, men's doubles, women's doubles, and mixed doubles. Divisions are set up based upon registration, ability level, and geographic location. Players schedule their own round-robin, no elimination matches at mutually convenient times and sites.

The cost of the tournament is $6 for singles and $10 for doubles. The deadline for registration is Friday, March 23, 2007.

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

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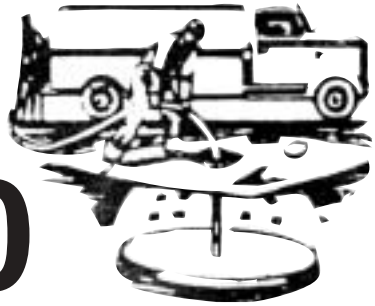

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Registration is now open for the Ten Star All Star Summer Basketball Camp and the Bryan Adrian Summer Basketball Camp. The Ten Star All Star Summer Basketball Camp is by invitation only. Boys and girls ages 10-19 are eligible to apply.

Past participants include: Michael Jordan, Tim Duncan, Vince Carter, Jerry Stackhouse, Grant Hill and Antawn Jamison.

Camp locations include: Arizona, California, Colorado, Florida, Georgia, Illinois, Michigan, New Jersey, North Carolina, South Dakota, Tennessee, Texas, and Virginia.

Registration is also open for the 29th Annual Bryan Adrian Summer Basketball Camp. Boys and girls ages 6-18 are eligible. All skill levels are welcome. Locations include: Arizona, California, Colorado, Florida, Georgia, Illinois, Michigan, New Jersey, Tennessee, Texas and Virginia.

Players from 50 states and 17 foreign countries attended the 2006 Ten Star All Star Summer Basketball Camp. College basketball scholarships are possible for players selected to the All-American Team. For a free brochure, call (704) 373-0873 anytime.

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EQUAL HOUSING LENDER

Stretch Prevent Pain and Enhance Performance

by Karen Correia, PT, PhD

We all know about controlling diet to prevent diabetes, high blood pressure, and high cholesterol. We also have heard that we should stretch before golf, tennis, gardening or bowling. Just how beneficial is stretching? In the long run, taking time to stretch to prevent injury and pain allows more time to enjoy recreational activities.

Here's what to think while stretching:

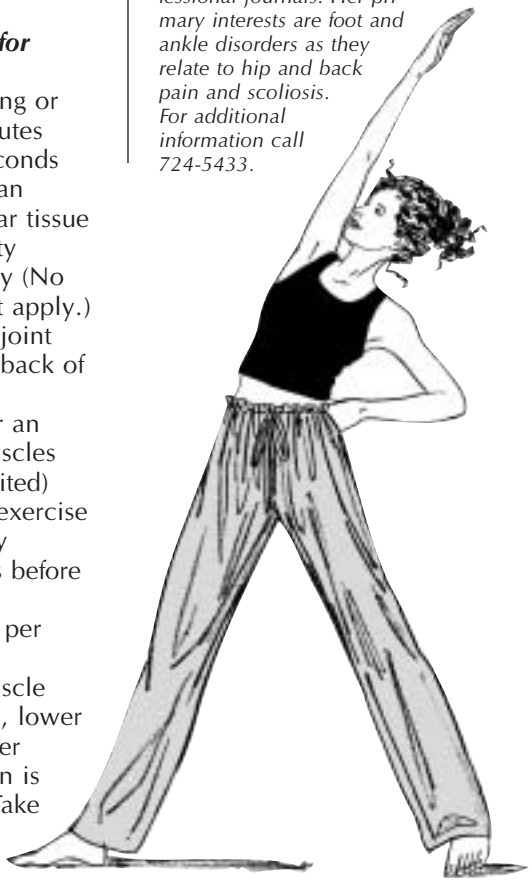
1) *I am nourishing my muscles:* stretching increases blood flow to muscles providing fresh oxygen and nutrients and gets rid of waste products.
2) *I am becoming more flexible:* stretching increases joint range of motion for a more effective tennis or golf swing or for reaching behind that bush to snag that ugly weed.
3) *I can enjoy better posture:* maintaining or improving flexibility reduces aches and pains caused by poor postures.
4) *I will move with more coordination and balance:* lengthened muscles and increased joint motion give your body more options for movement.
5) *I am increasing my endurance for physical activities:* with more options for movement, your muscles can share the workload during the activity allowing you to engage in the activity for longer periods.
6) *I can prevent muscle tightness by breathing:* your muscles naturally relax when you exhale; use deep inhalation and exhalation to prevent tight muscles.

Follow these guidelines for effective stretching:

- Warm up first by walking or cycling for several minutes
- Hold for at least 30 seconds
- Don't bounce which can cause microtrauma, scar tissue and decreased flexibility
- Pain-free stretching only (No pain, No gain does not apply.)
- Stretch both sides of a joint (for example front and back of thigh)
- Stretch before and after an activity (after when muscles are warm if time is limited)
- Stretch each time you exercise or engage in an activity
- Stretch for a few weeks before the activity starts
- Stretch at least 3 times per week
- Stretch these major muscle groups: calf, thigh, hip, lower back, neck and shoulder

An ounce of prevention is worth a pound of cure. Take a few minutes to stretch before and after activities and avoid time-consuming medical visits.

Editor's Note: *Karen Correia, PT, PhD. of Kare Therapeutics has been treating orthopedic movement abnormalities for 15 years. She has taught physical therapy at Stony Brook University and Touro College. Dr. Correia has been measuring and analyzing movement for 25 years and has published her research in professional journals. Her primary interests are foot and ankle disorders as they relate to hip and back pain and scoliosis. For additional information call 724-5433.*



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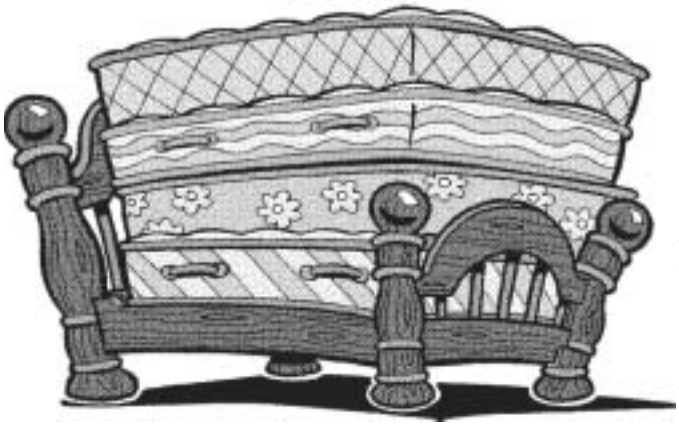
HEALTH NOTES

Old Mattresses Cause Chronic Back Pain

by Dr. Linda M. Bocchichio

Switching to a new mattress can significantly reduce back pain and stiffness according to a study published in the current issue of the *Journal of Chiropractic Medicine*. The study by Oklahoma State University, found that subjects who suffered from persistent back pain found immediate and significant relief by switching to a new mattress and that the improvements persisted past the initial switch. It also found that subjects sleeping on mattresses five years or older were significantly more likely to suffer from back pain and stiffness.



The team at Oklahoma State University studied a control group of 59 healthy participants (30 women and 29 men) who slept on their own five-plus year old mattresses for four weeks and then slept on a new bedding system for the same time period. The study analyzed the difference in lower back discomfort, spine stiffness, sleep quality, comfort, and efficiency.

Subjects reported immediate and sustained benefits in all areas of measurement following their transition to a new mattress, regardless of their age or weight. This was especially true of participants who entered the study with high back pain complaints; they reported a 63% improvement in back discomfort.

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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EVENING & SATURDAY HOURS

Life Changes Start With a Small Step

by Jannine Pergola, M.S., LMHC

Since 1999, the top two killers of Americans are heart disease and cancer. We know that both these diseases have genetic components, however, we also know they are lifestyle/behavior specific. If we smoke we are at a higher risk for developing lung cancer (the #1 cancer in women). If we eat high fat foods, we are at higher risk for developing heart disease (the #1 killer for both men and women). So, do we need to change our habits? Start exercising? Educate ourselves on healthier foods? YES, YES, and YES.

Another major contributor to our declining health that may be less explicit than those previously mentioned is *stress*. It is all around us and is affecting our health. We have work, families, life circumstances and schedules that most days seem overwhelming. How do we cope? Some yell, some eat, or smoke, others drink, while others hold it all in until they explode, still others become depressed or anxious.

One of the most difficult things to do is change our behavior patterns. That is, after all, *who we are, all we know, we've been doing it for years*. How do we change? It's not easy; there is no magic pill or infomercial product that can do it for us. We must do it for ourselves by taking time to care for ourselves, one small step at a time. We become overwhelmed when we see a long difficult path stretched out ahead of us; instead we must look at the small step right in front of us. Every time we take one step and then another we are moving. Moving to a better place and before we know it all those little steps have brought us on a journey that we never thought we would be able to make. That is how we change. Whether it's quitting a bad habit, starting an exercise program or reducing stress it all starts with a small step.

One of the small steps in making a change and especially in reducing stress is learning how to relax, focus and gain self control. When we focus and relax we bring the body out of the stress response and into a calm state. Of course, when we are calm we can think more clearly and are less likely to indulge in self-destructive behavior.

Meditation is the ideal way to increase our self-control, relax, think better and restrict if not eliminate unhealthy behaviors. Meditation is one's ability to achieve a level of concentration so focused that physiological and psychological changes can occur. Many schools of thought

have contributed different techniques and practices aimed at achieving specific outcomes – from the very basic forms of breathing techniques to reduce anxiety to the more advanced practices intended to develop the higher consciousness as well as change the course of diseases. The simplest technique requires you to focus on your life breath and is the foundation for more advanced techniques. This brings the heart rate and respiration back to normal, release muscle tension and helps refocus the brain by calming the body. Once calmness and refocusing is achieved we are less likely to choose to eat that brownie or smoke that cigarette.

***Editor's Note**: Jannine Pergola, M.S., LMHC, a St. James resident, is a NYS licensed mental health counselor practicing in Holbrook. She is certified in Clinical Imagery and Hypnotherapy. To take that first step toward change, meditation groups are currently forming for Friday evenings. For information, call (631) 767-5153.*

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BEAUTY TIPS

Everything You Should Know About Highlights

by Lucia Gabriela Navarrete

A lot of times we get things done without knowing really what these are. I would like to introduce you to highlights in a way that you understand when, why, how you should get it done.

There are three main reasons to get highlights: 1) to control red or orange undertones in dark brown to light brown hair especially when you want to go lighter and be in the golden family. 2) To get a brighter and soft look around your face. 3) To get a chic, fun and cool look.

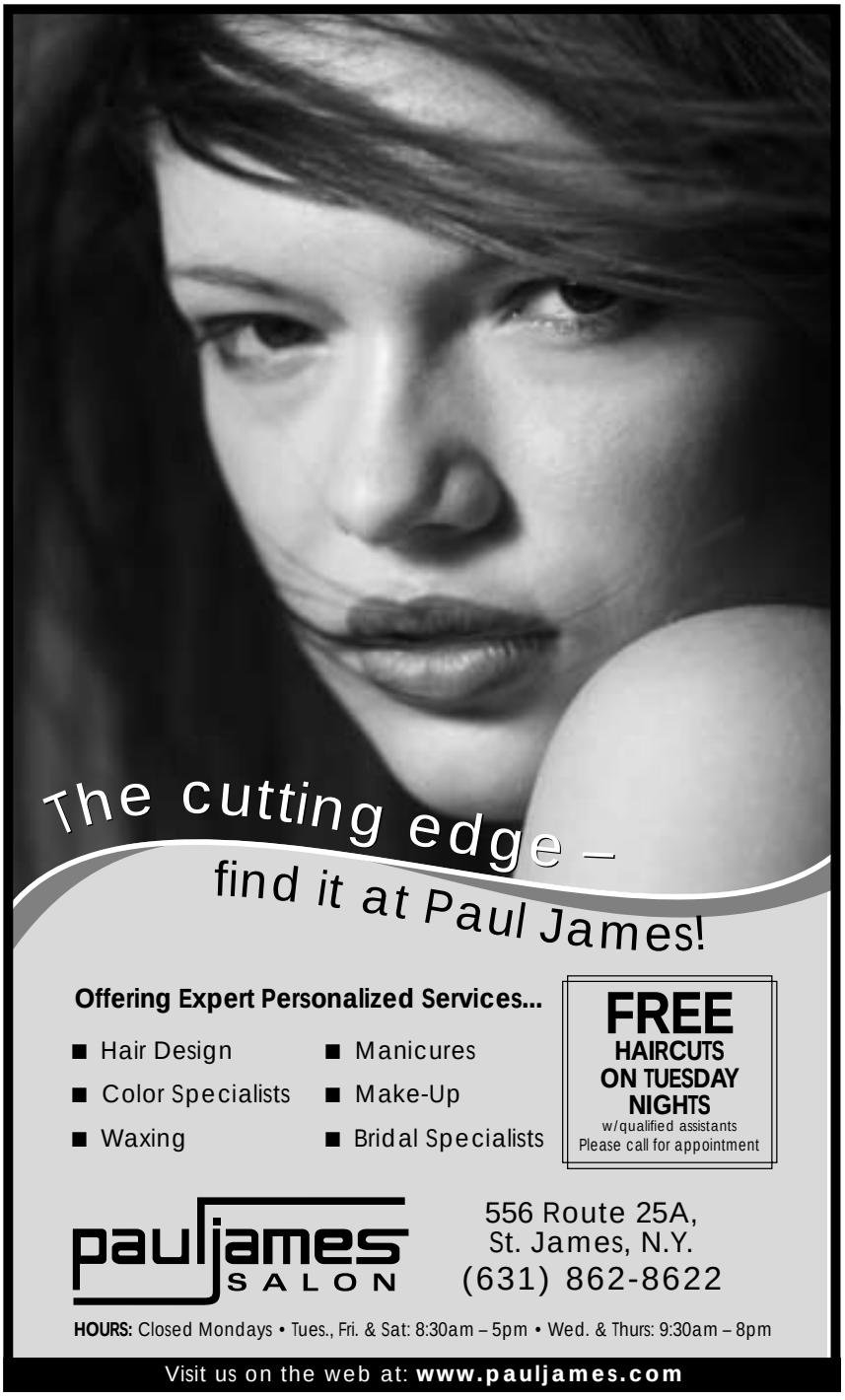
There are so many colors, tones and shades of highlights. For blondes we have colors that go from yellow undertones to white/ash undertones for example: honey, butter, beige and platinum. For brunettes we have colors that go from orange undertones to yellow undertones for example: dark caramel, light caramel, chestnut and auburn. For red we have colors that go from violet undertones to yellow undertones for example: wine, eggplant, auburn, marigold, honey, light caramel and strawberry blond.

There are different looks. Chunky highlights for long hair are OUT and for short hair depending of the haircut and style are still IN. Highlight strands are thinner than chunky. Pieces look good with short-layered hair, medium length with layers and long hair with layers. (The layers are the key). Pieces add dimension and contrast to the hair. It is very important to know how to style your hair with these highlights. Natural or blended highlights are very fine; they look like sun-kisses. These types of highlights are for customers that like very natural looks.

How often you should do it? I recommend a highlight touchup every 10 to 14 weeks. If you do it too soon your hair will become to dry, porous and broken. If you leave a long time in between, there is a chance that your colorist cannot pick up the same pieces and the old highlights get lost.

Every time you get your highlights, ask for a reconstructive or protein treatment to balance the ph of the hair to prevent damage and frizz. The texture of your hair is going to take from 2 to 4 weeks to recover and go back to its normal shape. Remember this time is very critical, the way you take care of your hair is going to affect

continued on page 100



Lindroth/Graziano Engaged

Russell Graziano and Jenna Lindroth

Gayle and Glen Lindroth of Smithtown are happy to announce the engagement of their daughter, Jenna Elise Lindroth to Russell John Graziano, son of and Susan and John Graziano of St. James.

Jenna, a 2003 graduate of Smithtown High School, is currently attending St. Joseph's College majoring in English.

Russell, a 2002 Smithtown High School graduate, is a New York City Police Officer since 2005.

A December 2007 wedding is planned at St. James Lutheran Church with a reception at Flowerfield in St. James.

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

NEW ARRIVAL

Torrey Dawn Miller

Brian and Karen Miller of St. James joyfully announce the birth of their daughter, Torrey Dawn Miller. Torrey arrived on Tuesday, November 28, 2006 at Stony Brook University Hospital. She weighed 6 lbs. 11oz and measured 19.5 inches long.

Congratulations to first time grandparents, William and Lorraine Pritchard of East Northport, and now seven-time grandparents Robert and Rosetta Miller of Port Jefferson Station.

We join with the Miller's friends and neighbors in welcoming little Torrey home to St. James.

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Good Luck

with their
upcoming performances.

Have a happy & healthy holiday!

NOTE:

Look for the
St. Patrick's Day Parade
article & picture essay
in the April edition of
OUR TOWN • ST JAMES.

NEW ARRIVALS

Grandparents Cynthia Evans of St. James and Marie and Robert Popko of Kings Park are pleased to announce the birth of their grandson, Tyler Alan Popko.

Tyler was born on January 19, 2007 at St. Charles Hospital in Port Jefferson, weighing 6 lbs. 12 ozs. and measuring 19 inches long.

Tyler was welcomed into the world by big brothers Kyle, Jonathan, and Tim. His proud parents are Laura and Bobby Popko.

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

Big brother Kyle, 2½, and Tyler Alan Popko

Friends and family of Zachary and Denise Wahrheit welcome the arrival of their first child, son, Dylan Zachary Wahrheit. Dylan was born on October 17, 2006 weighing in at 8 lbs. 10 ozs.

Congratulations and best wishes to the Wahrheit and Riga families on your newest addition.

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Katherine Reinhart Turns Eighty Years Young

Katherine Reinhart, longtime resident of St. James, celebrated her 80th birthday on February 26, 2007. With over 50 family and friends in attendance, Katherine was the guest of honor at a party on Sunday, February 25, 2007. Everyone enjoyed a great meal and a lot of wonderful memories.

The following poem was written with the input and help from Katherine's family.

We join with the Reinhart family, their friends and neighbors in wishing Katherine a very happy 80th birthday.

Katherine is pictured here with her husband Joseph at her 80th birthday party.

'Katie'

Where to begin, what words should we say
To mark the occasion we observe today?
We considered a present, something special, unique
Something shiny and new, perhaps an antique.
But there was nothing imagined, nothing real
That could very express all that we feel.
So here's to our Mom, Grandma, Dad's 'Katie'
With all our love as you celebrate eighty.

It's a simple story (everyone knows it well)
Of a grocer's daughter in the town of Hornell
Who married a potato broker's son.
Not much later our family was begun.
With five little ones they moved downstate
And shortly thereafter there were eight.
Some years later they were blessed again
A set of twins made nine and ten.
The number alone could make one's knees quake
But Mom made it look easy to undertake.

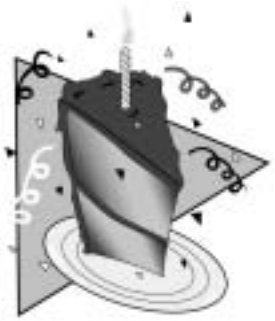
Each month the chore calendar she did display
Despite complaints, she did not sway.
At a table the length of several yardsticks
Dinner was ready and served promptly at six.
And be it a friend of Lynn, Billy or Dad
Extra plates always on the table we had.
She'd smile patiently at the simultaneous moan,
"Not tuna casserole again!" we all groan.
Then, much to our terrible dismay,
She'd serve it as leftovers the following day.
Breakfast outside in the summer she'd do
Singing, "Double good Kellogg's best to you!"
On late night trips, that simple melody,
"I see the moon and the moon sees me."

Whatever was lost, she could locate it all.
She had an uncanny talent to hear through a wall.
She'd admire our twisted moldings of clay
Proudly holding them up for admired display.
Done while taping a band-aid, comforting a cry
And deciphering the truth in a badly told lie.
On birthdays, how special she'd make us feel!
We could choose our cake and favorite meal.
Coming home from school with books in hand,
We could hear her playing the baby grand.

When she needed some time, up the stairs she would head
With a book in hand saying, "I am going to bed."
How beautiful she looked for that special event!
We can still remember her "White Shoulder" scent.

Many more memories we could recall
It would be hard to name them all.
She is who we are, what we say and do
Her love, the strength that guides us through.
She gave much more than mere words can say
We are blessed to share with her this special day.

– Panchita Wade



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Amelia De Santi

Amelia De Santi, of St. James, passed away on February 14, 2007. Cherished wife of the late Dominic. Loving mother of Michael and Rosalie De Santi. Adored grandmother of two.

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

Arrangements were entrusted to the care of Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. of the St. James Funeral Home.

Joan Fiore

Joan Fiore, of Smithtown, formerly of Jericho, passed away on February 16, 2007. Cherished wife of the late Carl. Loving mother of Carl (Mary Ellen) Fiore, Robert (Doreen) Fiore. Adored grandmother of nine and great grandmother of three.

A Funeral Mass was held on February 20, 2007 at St. Patrick's R.C. Church in Smithtown. Interment followed at Pinelawn Memorial Park, Pinelawn. In lieu of flowers, donations can be made to the: Make-A-Wish Foundation, 100-1 Patco Court, Islandia, NY 11749.

Arrangements were entrusted to the care of Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. of the St. James Funeral Home.

Lisa Marie Fredrickson

Lisa Marie Fredrickson, of St. James, passed away on February 28, 2007 at the age of 43. She was a hairdresser at S&P Haircutters. Adored wife of Sean. Loving mother of Nadine and Sean. Cherished daughter of Mario and Elenor Lanzon. Devoted sister of Ann Marie and Mario. Cherished daughter-in-law of Mary and Fred.

A Funeral Mass was held on March 5, 2007 at St. Patrick's R.C. Church in Smithtown. Entombment followed at Queens of All Saints Cemetery in Central Islip. In lieu of flowers, donations can be made to the American Cancer Society in Lisa's memory.

Arrangements were entrusted to the care of Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. of the St. James Funeral Home.

Joanne J. Hanlon

Joanne J. Hanlon

Joanne J. Hanlon, (formerly Joanne Jackmore) passed away on February 8, 2007 at her home in Sebastian, Florida at the age of 68. She is survived by her husband, Bill Hanlon; children Jennifer Ward and Jill Bourguignon (both of Port Jefferson), Jane DiGiacomo (East Hampton) and Mark Jackmore (Leesburg, Virginia); and nine grandchildren.

Joanne lived in St. James until 1991, where she raised her family and founded Arbor Homes and Properties of St. James. She also worked as a real estate professional in Sebastian, Florida. But her most successful endeavor was her role as a selfless mother, doting grandmother and kind friend.

A memorial mass was held on Saturday, February 24, 2007 at 11 a.m. at Sts. Philip and James Church in St. James. Memorials may be made to the Scholarship Fund, c/o Hanley Hall, 3395 Eleventh Court, Vero Beach, Florida 32960.

James R. Moylan

James R. Moylan, of St. James, passed away on March 3, 2007. Mr. Moylan worked for NatWest Bank U.S.A. for 28 years as an assistant vice president. He was the son of James and Evelyn Moylan of Bayonne, NJ. Mr. Moylan was the beloved husband of Loretta; the loving father of Nansie Moylan, the late Jeffrey Moylan, Kevin Moylan, Elaine Lawton; brother of Evelyn Moylan; grandfather of Eric and Lisa Rihtar, Ashley and Julianna Lawton, James, Colleen, and Kasey Donnelly.

A Funeral Service was held on March 6, 2007 at the St. James Lutheran Church in St. James. Interment followed at Calverton National Cemetery, Calverton.

Arrangements were entrusted to the care of Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. of the St. James Funeral Home.

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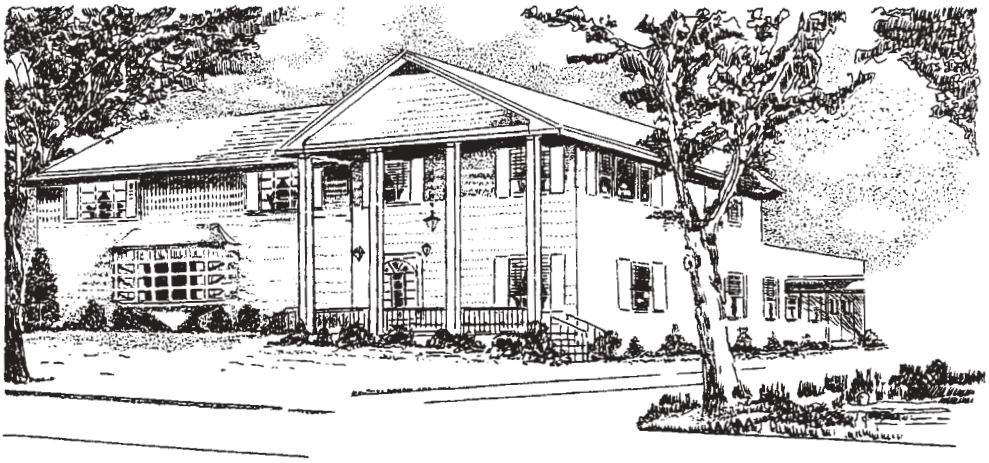

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O B I T U A R I E S

Ethel Marie Philipp

Ethel Marie Philipp, of Lake Grove, formerly of St. James, passed away on February 15, 2007 at the age of 90. Beloved wife of the late Edward. Loving mother of D. Elaine Volpe. Cherished grandmother of Lisa Key.

A Memorial Service was held at the Branch Funeral Home. Cremation was private.

Arrangements were entrusted to the Branch Funeral Home in Smithtown.

Ronald J. Quinn

Ronald J. Quinn, formerly of St. James, passed away suddenly on February 21, 2007. He was a retired Sergeant from the Suffolk County Police Department - 4th Precinct, Hauppauge. Cherished husband of Catherine. Loving father of Michael (Stacey) and Michele (Richard) Quinn-Powell. Beloved Pop of Sydney and Emma. Devoted brother of Arlene Shaw.

A service was held on February 26, 2007 at Sts. Philip & James R.C. Church in St. James.

Anne V. Rupp (O'Neill)

Anne V. Rupp (O'Neill), of St. James, formerly of Commack and Seaford, passed away on March 9, 2007. Beloved wife of the late John P. O'Neill, Sr. and the late George Rupp. Loving mother of Geri, Jack, Kevin, Bernadette, Patricia, Brendan, Steve, Laurie and Susan. Cherished grandmother of 25 and great grandmother of 12. Devoted sister of Patrick Walsh and sister-in-law of Elsie Walsh, Joseph O'Neill, Patricia O'Brien, Elizabeth Gilmartin and Elizabeth O'Neill. Also survived by many loving nieces and nephews.

A Funeral Service was held on March 14, 2007 at Sts. Philip & James R.C. Church in St. James. Interment followed at Long Island National Cemetery, Pinelawn.

Arrangements were entrusted to the care of Kenneth J. Maher, Kerry J. Maher and Kenneth J. Maher, Jr. of the St. James Funeral Home.

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St. James United Methodist Nursery
(3 & 4) years).....584-9555
St. James Lutheran Pre-School.....862-8934
Harbor Country Day School (K-8) 584-5555
The Knox School 686-1600
Kiddie Academy of Flowerfield 584-4444

HOUSES OF WORSHIP
Sts. Philip & James Church.....584-5454
St. James United Methodist Church 584-5340
St. James Lutheran Church 584-5212
St. James Episcopal Church 584-5560
The New Apolistic Church 584-6320
Temple Beth Chai.....724-5807
Temple Beth Emeth of Mt. Sinai 928-4103
Temple Beth Sholom.....724-0424
Temple Isaiah 751-8518
Religious Society of Friends (Quakers) .862-6213
Nesconset Church of Christ 265-2141

TRANSPORTATION
Long Island Railroad Information.....822-LIRR
Suffolk Transit Information 852-5200
AMTRAK 1-800-872-7245
Port Jefferson/Bridgeport Ferry 473-0286
MacArthur Airport 467-3210
JFK International Airport .....(718) 244-4444
LaGuardia Airport.....(718) 533-3400
Airlines
American.....1-800-433-7300
Continental 1-800-525-0280
Delta 1-800-325-1999
Southwest Airlines 1-800-435-9792
Spirit Airlines 1-800-772-7117
United 1-800-241-6522
US Air 1-800-943-5436

Smithtown Performing Arts

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ey Todd, returns to London after being deported to find out what happened to his wife and child at the hands of Judge Turpin. When he learns of their terrible fate he joins fortunes with Mrs. Nellie Lovett, the baker downstairs from his barbershop, and sets out to seek revenge.
Tickets: $26-$30

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

Become a member and save with additional benefits. Annual membership is $75 and a lifetime membership is $300. Benefits include additional 10% discount on the purchase of tickets to any performance or subscription package, preferred status for seating, 20% discount on program advertising, listing on members page in program and newsletter, discounts for rental of the facility for personal or business use, and much more.

ECSS Programs

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TRAVEL NATURE CAMP
Ages 10-13
Field trips, camp outs
July 16-20 and August 6-10
9 a.m.-3 p.m.
Explorers Club
Hiking, camping, field trips and more will help young people explore the natural world
Fees: $325/week/members
$375/week/non-members

10% discount for early registration (early registration by May 15) for all discovery camps.
5% Sibling discount available.
Aftercare available until 5 p.m. for an additional $15/day for all sessions except for the, preschool and Travel Camp.

NO REFUNDS
Members and Town of Smithtown residents have first priority until early registration deadline.

Collector's Corner

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than just spring, we can be ready to embrace the change in our lives, like George Lefton, we have the opportunity to be eager and hopeful for the renewal and rebirth of ourselves.

***Editor's Note**: Carol Gibbons is co-owner of The Yellow Cottage, 415 North Country Road, St. James, specializing in vintage linens, ironstone and depression glass. Call 584-5776 or stop in for any additional information.*

Mortgage Matters

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pre-approval on behalf of the borrower from a bank.

Although having a *mortgage pre-qualification* is often all a prospective buyer needs to have to bid successfully on a property, a *mortgage pre-approval* can significantly improve his ability to negotiate a purchase successfully, especially where multiple bids are placed on a property. It can also be used effectively when attempting to purchase foreclosed property, property held in an estate, or property owned by a relocation company.

For the property seller, entering into a contract with a pre-approved buyer will provide for greater assurance that the transaction will close and that the closing will occur in a timely fashion.

Prospective buyers should always discuss what is best for them with a mortgage professional and/or a real estate attorney.

***Editor's Note:** Ann Mondrone is a senior loan officer with Preferred Empire Mortgage Company. If you have a question, comment, or suggestion for an article, you can call her at 547-5151, ext. 308 or e-mail her at amondrone@pemc. com*

Vital Documents

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container where your documents are stored. Doing so may provide some peace of mind if you need these documents in the event of an emergency and can quickly put your hands on them.

***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 14 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.*

Beauty Tips

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the condition of it. Perform moisturized treatments at home twice a week with products rich in protein, vitamin e, enzymes and aloe. Products like Logics *DNA Treatment Masque* and Phyto Organics *Enphuse* can be especially helpful in restoring your hair to its optimum condition. Excessive blowdrying and curling iron/flat ironing can damage your hair quickly. Do cool rinses after shampooing. Do not use products that have a lot alcohol in it. Give your hair time to heal.

If you have any questions about hair that you would like me to discuss in future articles, please email it to the Paul James Salon website: www.pauljames.com. Look for my next article about Hair and Self-esteem.

***Editor's Note:** Please feel free to request a complimentary consultation with Lucia at any time. Lucia Gabriela Navarrete is a colorist and make-up artist at Paul James Salon. As a former colorist at Nubest Salon and Spa in Manhasset, she has worked with Artec, Clairol, Matrix and Kerastase. Lucia is now proficient in Wella and Logics haircolor. Lucia's hobbies include exercise, healthy diet, and environmentalism.*

POET'S CORNER

Rooms In Heaven

– John Taratunio, Flowerfield Condos

There are many rooms in heaven
One for each of us on Earth
And in this paradise called heaven
That room has been reserved for us since birth

You can't just simply walk in
There is no entrance guarantee
But you have a good chance of entering
Just by being as good as you can be.

The St. James Chamber of Commerce invites you to the

11TH ANNUAL
Spring Egg Hunt

for Children 1-10 Years Old

Saturday, April 7, 2007

(Rain or Shine)

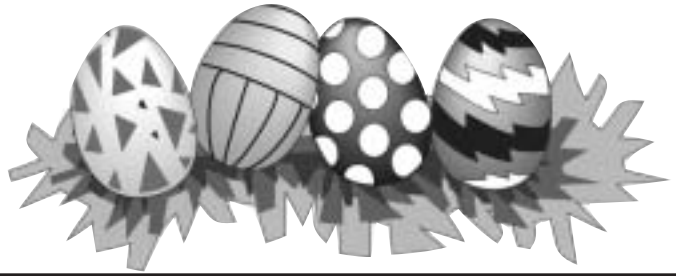
11:00 a.m. Sharp

NOTE: New Location

Front Lawn of Deepwells

Rte. 25A & Moriches Rd.

Plenty of Parking in Field



Parents Must Accompany Young Children

F.Y.I.

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.

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 Tuesday of each month at the St. James VFW, which is located next to King Kullen on Lake Avenue. The meetings begin at 8 p.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 the AMVET's Post #55 in St. James, contact Mike Guido at 862-7452 and attend the meetings on the second Tuesday 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

EMOTIONS ANONYMOUS

A 12 step program for anyone who is experiencing emotional problems. There are meetings on Sunday, 3:30-5 p.m. at Mather Memorial Hospital in Port Jefferson; Saturday evenings from 7:30-9:30 p.m. at St. Thomas Episcopal Church, Smithtown; and on Tuesday evenings from 7:30-9:30 p.m. at Atria Assisted Living in South Setauket on Route 247. Call John at 584-5604 for additional information.

FLAG DROP OFF BOX AT AMERICAN LEGION HALL

Through the generosity of the St. James Postmaster and an old-time mailman, Tom Swenson, a reconditioned mail-drop box has been painted and placed to the side of the American Legion, Sherwood Bros. Hall at 95 Lake Avenue in St. James for your convenience to place your old, faded and tattered flags.

Once a year, a meaningful and dignified ceremony is held to dispose of the flags – they are burned and the ashes are buried with prayer.

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.

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

Through a cooperative effort between The Smithtown Library

F.Y.I.

ongoing opportunities, community services and general information

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).

MOMS Club

The MOMS Club of Smithtown holds its General Membership meeting on the first Thursday of the month at 10 a.m. We are a chapter of MOMS Club International and are a support group for the stay-at-home mom and the mom who works part time. We have playgroups, park dates, field trips, and Mom's Night Out. Our chapter serves the Smithtown Township. New members and their children are ALWAYS welcome. For more information please contact Maureen at 631-862-1033. www.momsclub.org

OUTREACH SERVICES AVAILABLE

Temple Beth Sholom of Smithtown's Social Action Committee provides outreach services to Smithtown residents and surrounding communities on a case by case basis. Social Action volunteers are available for visits to local nursing homes, hospitals and other settings to provide friendly visiting, and our community food pantry serves the needy with periodic food basket deliveries. Monthly meetings often host guest speakers from various social service and charitable organizations, and interested speakers are welcome to contact us for scheduling. If you need the assistance of the Social Action Committee, wish to request friendly visiting, or are a community speaker, please contact chairperson, Aviva Guttmann at 724-0424, or email: SocialAction@TBSofS.org

SENIORS WANTED

Do you play Mah Jong? Chess? Crave socialization? Interested in Adult Education? Book clubs? Trips? Lunch dates? Want to meet and mingle with other seniors? Temple Beth Sholom, 433 Edgewood Avenue Smithtown is pleased to offer Seniors reduced membership fees for their first year at Temple Beth Sholom. Join now to start enjoying the activities! The time to get involved is now! Interfaith couples welcome. For more information call the temple office at 724-0424.

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

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. R.T. 3/07

FOR SALE – Have many linen cloths, napkins and scarves. All in excellent condition. Must get rid of all. Call 689-0544 - Alice. $25 each. 3/07

HELP WANTED – Full-time assistant/administrator wanted for busy St James office. Varied responsibilities, EXCELLENT work environment. Call Maureen at 862-2020. EOP 3/07ej

MUSIC STUDIO AVAILABLE - Room for Rent - St. James. Call for Details. 873-8126. tfn/tg

HELP WANTED – FLORAL DESIGNER–Part Time/Full Time. Permanent position. Salary based on experience. Start immediately. Call 862-9292. 3/07sjf

EDLERCARE AIDE NEEDED for occasional weekday afternoons and possible weekend replacement shifts. References necessary. Please call Kathi at 584-8098. 3/07

HELP WANTED – St. James health club. Experience preferred but will train. Day and/or evening hours. Call 584-5467. 3/07/cf

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. E.K. 3/07

HELP WANTED – CAR WASHER - Busy limo company needs energetic dependable person – weekends a must. Lake Grove. Call 467-4400. tfn/ncl

HELP WANTED – Cafe in St. James - Counter, Kitchen, Delivery. Please call 584-2074. tfn/tt

HELP WANTED – Limousine Driver Needed. P/T, F/T, weekends. Must have clean Class E license. Please call 584-6007. tfn/nl

FOR SALE – LOOPLOC POOL COVER - used for only one season. Covers a 16'x34' pool (like new). $750. Call 585-0013. 2/07

OFFICE FOR RENT – ST. JAMES - Newly renovated 800 sq ft. commercial office suite with 2 entrances on mail level, bathroom. $1,450 + utilities, wired for cable, central alarm system. Immediate occupancy. Call Ruth 862-9849 for info. 2/07

APT. FOR RENT - ST. JAMES - Large 2 bedroom apartment for rent in private house. Living room, updated kitchen, bath, study and use of basement and yard. Separate driveway and entrance. $1600/mo. + utilities. 2 mos. security, references. No pets, no smoking. Call 862-9000. tfn

APT. FOR RENT – 2 Bedroom apartment for rent in St. James. Conveniently located. Call 862-6268 for appointment. 3/07/nw

APT. FOR RENT – ST. JAMES – One bedroom, LR, DR, full bath and kitchenette. Private entrance and parking area. $900/mo. includes utilities. Call 584-5067. 3/07/EW

HELP WANTED – Homemakers are needed for Smithtown's EISEP (Extended In-Home Service for the Elderly Program) to assist senior citizens in the community with laundry, shopping and light housekeeping. Rewarding work - salaried position plus mileage reimbursement. NYS driver's license required. Please call Roni Negrin at the Smithtown Senior Citizens Dept., 360-7615. tfn

TUTORING – K-6 Certified, experienced teacher to tutor basic skills, test preparation, enrichment and general confidence building. Call Mrs. Hallaran, 584-3988. tfn/cc

CLASSIFIED ADVERTISING

LOCAL HAIR SALON HIRING – *In Search Of*: Salon Coordinator, excellent opportunity for the right person, pleasant atmosphere w/benefits. Also looking for hairdressers, colorists, nail techs, make-up artists, estheticians and assistants. All inquires kept confidential. Please call (631) 584-2408. tfn/s

HELP WANTED – Experienced Nail Tech, for busy St. James Nail Salon. Some following preferred. Bring your clients to a friendly and professional atmosphere. Must do acrylic, manicures and pedicures. Great pay - call, confidential - ask for Tracey, 584-7974. 3/07/tnt

RECEPTION / MEETING HALL AVAILABLE FOR USE – St. James United Methodist Church, offers a spacious meeting hall with commercial kitchen for civic and support groups, receptions, clubs, workshops and seminars. The 35'x60' meeting room has tables, chairs, rest rooms and a grand piano. The Church is located at 532 Moriches Road in Head of the Harbor. Expansive parking and handicapped access is provided. Please contact the Office at 584-5340 for available dates and suggested donations. The SJUMC offers their facilities as a community outreach to the St. James area and welcomes all visitors. tfn

HELP WANTED – Port Jefferson Village - Lainie's Way Education-al Toy Store. Responsibilities include: teaching children/parents how to play fun and educational games; setting up and breaking down outside display; working cash register, unpacking shipments, pricing, stocking, doing inventory, vacuuming, dusting. You will learn about all merchandise and be able to present/explain to customers. Must be energetic and enthusiastic. Must have your own reliable transportation; must work weekends and holidays; full time/part time. Apply in person only (12 noon-7 p.m.) Call 474-5558 for directions. Located on Main Street (across from Ferry). 2/07

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 FORM

If you're planning a yard sale, looking for a certain item,
or want to sell some of that flotsam & jetsam that's cluttering up your attic,
advertise in OUR TOWN CLASSIFIEDS.

We are direct-mailed to each & every residence and business in the 11780 zip code area each month... and are guaranteed to reach your market!

AT ONLY

$5.00 **for the first 20 words & 10¢ for each additional word**
we're the best bargain around!

Complete the above form and return with remittance (payable to Graphics du jour, Ltd.) to OUR TOWN • ST. JAMES 359 Lake Ave., St. James, NY 11780

DIRECTORY OF ADVERTISERS

The following is a list of advertisers who can be found in this issue of *Our Town • St. James*

ANIMAL HOSPITAL
Saint James Animal Hospital
538 North Country Road
584-6336

ANTIQUES
Sweet Memories
430-6 North Country Road
584-5767

The Yellow Cottage
415 North Country Road
584-5776

ART/FRAMING
Life / House Portraits
by Darlene Losordo
584-8522

Vickers Gallery & Framing
464 North Country Road
862-8550

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

Janet O'Hanlon
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928-8000

AUTOMOTIVE/REPAIR/SALES
Penney's North Country Car Care
545 North Country Road
862-9663

Smitty's Garage
386 Lake Avenue
584-3682

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

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

BEAUTY
Diva Nails and Spa
254 Lake Avenue
584-7771

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

Paul James Salon
556 North Country Road
862-8622

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

St. James Nail Studio
426 Lake Avenue
584-4306

T. Carlton's Salon & Spalon
412 North Country Road
584-9393

TNT Nails
487 Lake Avenue
584-7974

Tru Salon
437-A North Country Road
584-2210

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

Laura's Basket House
430-07 North Country Road
361-7000

Rosebud Boutique
459 Lake Avenue
862-0027

CARPET CLEANING
Proline Carpet Cleaning
584-2344

CESSPOOLS
Parrinelli's Cesspool
981-2665, 265-7214

CHILD CARE
Mommy's Tyme
541 Lake Avenue
813-2193

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

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

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

DENTIST
James F. Donahue, DDS, PLLC
Michael E. Segnini, DDS
587 Lake Avenue
584-5330

DRY CLEANERS
Dutch Girl French Style Cleaners
400 Lake Avenue
584-3750

EVENTS
Spring Egg Hunt - 1-10 years old
Saturday, April 7, 11 a.m. sharp
Deepwells Front Lawn - parking in field
Moriches Rd & Rt 25A - FREE

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

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

Preferred Empire
Ann Mondrone, *Loan Officer*
547-5151, ext. 308

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

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

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

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

HEALTH/ FITNESS
Catherine's Total Fitness for Women
7 Flowerfield Park - Ste. 88-90
584-5467

Energy Interactive Fitness Center
556 North Country Road
862-1737

Kare Therapeutics P.T.
732 Smithtown By-Pass, Smithtown
724-5433

Lighten Up - Alicia Watins
Nutrition Specialist
584-6194

Emrick R. Milligan, M.D.
487 Lake Avenue
584-6014

On The Go Fitness
Personal Training
445-0777

Jannine Pergola, M.S., LMHC
Psychotherapist
767-5153

Skin Solutions Plus
353 Veterans Highway, Commack
864-1491

HOME IMPROVEMENT / ARCHITECT
Autonomousdesign
22 Stonegate
724-7726

Bayview Kitchens
735 Middle Country Road
265-5965

D-Clutter
689-6744, 886-1212

DeBlasio Capo Design Build
273 Lake Avenue
584-5503

Debus Painting & Wallpapering, Inc.
862-7924

JBL Home Improvements
584-0136

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

Michael Macrina Architect, P.C.
409 Lake Avenue
686-6585

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584-7010

St. James Kitchens & Cabinetry
213 Lake Avenue
686-5065

Vazac Contracting
333 First Avenue - Suite 1
584-7817, Fax 584-0198

INTERNET - SHOPPING / SELLING
Sell It At Frankieg's - E-Bay
fgaetajr@optonline.net, 516-606-2154

INSURANCE
Allstate / Darcey & Mackenzie
872 Jericho Turnpike
265-5800, Fax: 265-5807

Allstate / Holst Agency
428 Lake Avenue
584-4800

Nationwide / Barson Associates
207 Hallock Road, Stony Brook
689-6100

New York Life / Lawrence Glazer
576 Broad Hollow Road, Melville
391-3490

State Farm / Jim Winter
320 Lake Avenue
584-5929

INTERIOR DESIGN / DECORATING
Christine's Interior Creations
646 Middle Country Road, Suite 4
516 383-3634

Creative Windows, Ltd.
367 Lake Avenue
366-0212

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