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OUR TOWN - ST. JAMES -

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

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PLEASE NOTE:

Advertising & Editorial Deadline for the **JUNE** edition of OUR TOWN • ST. JAMES is **THURSDAY**, **JUNE 7**, **2007** - **12 NOON**.

Distribution takes place on Wednesday, June 20, 2007.

____ MEMBER SPOTLIGHT



Darlene Losordo The Illustrated Home & Life Portraits

278 Washington Avenue St. James, NY 11780 (631) 584-8522 Artweyes@optonline.net

If you are looking for the perfect keepsake, artist Darlene Losordo of St. James may just be the one to meet your needs. Darlene, a graphic artist and illustrator, specializes in portraits of both houses and people. She has realized a dream come true by turning her talent into a cottage business.

A St. James resident for 20 years, Darlene attended Long Island University's C.W. Post in Greenvale studying Advertising Art and Design and Fine Arts. She worked professionally as a graphic artist for several print houses and graphic studios. While she raised two children she continued freelancing as a portrait artist.

In her "Illustrated Home" ads in this publication, the house illustrated is the farmhouse where her mother grew up. It was commissioned by the Greenlawn Historical Society and remains there today. "I've worked on second/vacation homes and homes that families would like preserved for sentimental value." She also works on commercial properties, providing a nice visual advertisement for the business owner. Some of her clients have included Tic Toc Café, The Yellow Cottage and Oscar's Restaurant in St. James.

The illustrations are done from photographs, provided by the clients, or if local enough she

takes her own. Darlene renders the portraits in black and white ink or watercolor reproduction. From this 11"x14" portrait, many people reproduce the image on note cards and letterheads. Capturing the most inviting view and the best angle of light on the home can produce the most satisfying result. "Life Portraits"

are people portraits, again working from photographs, old or new, provided by the client. These renderings of family or friends, past or present, are illustrated in 11"x12" black and white and/or color-tinted pencil. This also makes a wonderful birthday, anniversary or holiday gift.

"There is great pleasure in presenting the finished piece to a



client and seeing their delight. It has been very rewarding to share my art with others. I have truly found something I love to do and have been able to make a career of it. I hope my children will find the same passion in themselves and make a lifetime career of it."

Darlene can be reached at (631) 584-8522 or by e-mail at <u>artweyes@optonline.net</u>.



Memorial Day Parade Set for Monday, May 28

The V.F.W. Sgt. John W. Cooke Post 395 in St. James extends an invitation to join them in their annual observance of Memorial Day, Monday, May 28 for the Memorial Day parade along Lake Avenue beginning at 10 a.m. The parade will end at the St. James Elementary School where ceremonies, including the placing of wreaths, will take place.

The parade will be led by the St. James Veterans Of Foreign Wars, John W. Cooke Post 395, Frank Todaro, Commander. Participants in the parade will include the Smithtown West High School Band, the St. James and Nesconset Fire Departments, St. James Scouts, the Front Line Re-Enactment Group, and several antique cars.

After the parade and the ceremonies at the elementary school grounds, there will be an open house at the VFW Hall, where food and refreshments will be served.

The VFW urges the community to attend the parade and ceremonies, and show support to our service people, several of whom have returned from the Middle East and are now members of the St. James VFW Post.

Memorial Day is a day set aside by a grateful



nation to honor all veterans who have served in the Armed Forces. The parade and the ceremony is our chance to remember those who made the ultimate sacrifice.

For additional information, or if you would like to march in the parade, contact the parade chairman, Sal Esposito, at 862-7965.









960 Jericho Tpke. St. James, NY 11780 (631) 724-8500

Car Show & Swap Meet on Sunday, June 3

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

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

Show hours are: 8 a.m.-5 p.m., rain date, June 10. General



This 1958 Cadillac Eldorado Biarritz Convertible will be on display on Sunday, June 3 at Flowerfield Fairgrounds.

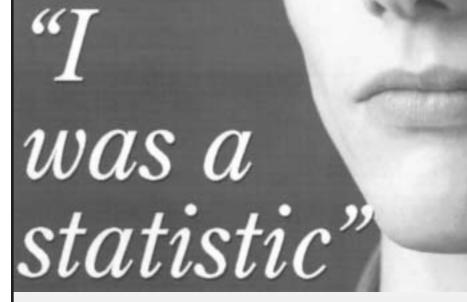
admission is \$8/adults, children under 12/free. Free parking. Cars for sale and show cars for display pay general admission. Judged cars and vendors register at the gate from 7-10 a.m. Call 567-5898 for additional info or visit <u>www.LonglslandCars.com</u>.

Lioness Garage Sale Set for Saturday, June 2

The Smithtown Lionesses will hold a Garage Sale on Saturday, June 2 beginning at 9 a.m. at 1 Cindy Drive in St. James (Edgewood Avenue to Glenrich Dr.). There will be toys, house-hold items, records, furniture and clothing for sale.

All proceeds will benefit local charities and the needy of Smithtown Township.





"Millions of people every year are affected by back pain, and I was one of them. Autotrax Spinal Decompression Therapy stopped my back pain and gave me my life back. I'm no longer a statistic, my back pain is gone."

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Dr. Raymond A. Semente Chiropractor 265 Lake Avenue St. James, NY 11780 (631) 584-7722 RSemente@aol.com

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A REAL SWEET FINISH...

Jacquelyn Keegan of St. James won a two-foot Chocolate Bunny that Alpine Bakery owners Peter and Angelo donated to the Smithtown Rotary for their Annual Family Fun Run and 5k Marathon.

Hundreds of runners registered for the big event on March 24 at the Smithtown Elementary School. Jacquelyn, one of the runners in the Family One-Mile Run, finished in 4th place. She is 9 years old and attends Mills Pond Elementary School. Her biggest achievement was winning the huge Chocolate Bunny in one of the many raffles held that day. *That's a lot of chocolate*!!!





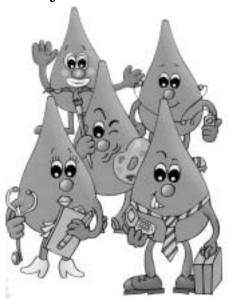
A R O U N D T O W N

Mills Pond Elementary Blood Drive on Tuesday, June 12

On Tuesday, June 12, from 5:30 to 9:30 p.m., the Mills Pond Elementary School PTA, in conjunction with the Long Island Chapter of the New York Blood Centers, will hold their annual blood drive.

This year's theme "Saving Lives Takes All Types" should remind everyone that one pint of blood saves five lives and that they need your help to keep our community safe and healthy. Summer is a crucial time, when blood needs are great. There is no substitute for human blood. One in three people will need blood sometime during their lives. Blood lasts only 42 days. Your donation now is critically important.

It takes a special person who understands that making a blood donation is an important life-saving deed. Blood donors must be at least 16 years old (16 year olds



must present a signed parental permission form), weigh at least 110 pounds, and not have donated blood within the last 56 days. People age 76 and older can donate blood if they meet all criteria and present a physician's letter. If you have questions about your medical eligibility, call 1-800-688-0900.

Thea Garthe, Blood Drive chairperson, urges everyone to get out and give blood and make this the best drive ever. To make an appointment, call 862-8181. Walk-ins are always welcome. There will be FREE cholesterol testing and of course raffles galore. WBAB radio will be on hand to keep the blood flowing at a rocking pace. Babysitting is available if needed.

The staff of nurses from the Blood Center are nothing short of wonderful and supportive.

Our town always comes together in times of need. So Give the best gift of all – give the gift of life – give blood.





FREE Pancake Breakfast Set for Memorial Day, Monday, May 28

The St. James Lions Club will hold their 27th Annual Pancake Breakfast on Memorial Day, Monday, May 28 from 8 a.m. to 12 noon at the St. James Lutheran Church.

Come to the Church,

located at 2nd and Woodlawn Avenues in St. James for a FREE breakfast of *ALL YOU CAN EAT* – pancakes, sausages, bagels, juice, milk, coffee, tea – and be sure to take part in their 50/50 raffle.



'Three Black Sheep' Comes to St. James

Please join us in welcoming Three Black Sheep – a Yarn Shop, to St. James. Three Black Sheep, located at 213 Lake Avenue, carries all the top lines of yarn such as Rowan, Classic Elite, Schaeffer, Dale of Norway, Karabella, Tahki, Cascade, Skacel, just to name a few. Also available are classes for all levels: beginning to advanced, along with children's workshops. June's offerings include: Learn to Knit, Got Gauge?, Colorblock Socks, Structured Summer Bag, Introduction to Lace Knitting and Knitting Clinic.

Three Black Sheep is offering a special workshop, *Intermediate Lace*, with renowned designer Berta Karapetyan, author of <u>Runway Knits</u> and founder of Karabella Yarns, on Sunday, June

10, from 10 a.m. to 4 p.m. Be sure to call to reserve your space, 584-YARN (9276), this is a very special opportunity.

So if you are a knitter or have always wanted to learn, now is the time to check out Three Black Sheep. They are open Tuesday through Friday from 10 a.m.-5 p.m., Saturday, 10 a.m.-4 p.m. and Sunday, 11 a.m.-4 p.m.





INTRODUCING OUR SUMMER CAMP PROGRAM FOR KIDS

1 Week Sessions All Sessions are 10am-1pm



6-11 year-old camp

Sharpen basic physical skills jumping, throwing, kicking & catching
Increase balance, endurance, strength, flexibility and confidence
Kids will enjoy fun games with an emphasis on fitness <u>WEEK 1</u> July 16-20 6yrs-11yrs <u>WEEK 2</u> July 23-27 12yrs & up <u>WEEK 3</u> August 6-10 6yrs-11yrs

<u>WEEK 4</u> August 20-24 12yrs & up

•Refining, improving and coordinating existing skills

Improve speed, agility,
endurance, strength
flexibility and coordination
Learn about the nutritional needs of young athletes

•Minimize sports injuries

Phone #:

\$149.00 per week

Come and visit us during the grand opening of our new expanded location. At 80-9 Lake Avenue South, Nesconset. BIGGER, BETTER, indoor turf for speed and agility training, new cardio area.



(Registration is limited to 12

kids per session)



(To Register please return this portion, any questions contact Jay at 631-686-5171)

Child's Name:

Address:

Email:

Age:

My check made out to ON THE GO FITNESS is enclosed for \$149

On the Go Fitness 80-9 Lake Ave South, Nesconset, NY 11767 www.onthegofitness.com • 631-686-5171

Scott Posner Named Suffolk County Volunteer of the Year

St. James resident Scott Posner was recently awarded the Suffolk County Volunteer of the Year award by County Legislator Lynne C. Nowick. Scott served for three years as the St. James Chamber of Commerce president. He also served as the president of the



Rotary Club of Smithtown and is currently president of the Deepwells Farm Historical Society. Scott runs the St. James office of Edward Jones Investments and lives in town with his wife Debby, a life-long resident, and their daughters Rebecca and Julianna.

DAISY SCOUTS EARN PETAL...



Girls from Daisy Troop 1951 from St. James earned a petal after visiting Bounce Gymnastics in Nesconset. The girls had the opportunity to try all the different equipment available while building confidence in their abilities.



A Steven Melito Concept Salon

- 17 -



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A R O U N D T O W N

St. James Episcopal Church Rector Installation

On April 28, 2007 St. James Episcopal Church welcomed its 16th Rector. For the first time in this parish's 154-year history a woman will lead the congregation. Bishop Oris G. Walker of the Diocese of Long Island presided at the installation of the Rev. Dr. Raewynne J. Whiteley. The preacher at this service, known as the "Renewal of Ministry with the Welcoming of a New Rector," was the Rt. Rev. Andrew St. John, Vicar of the Church of the Transfiguration in Manhattan who has known Raewynne since she began the ordination process in Australia 16 years ago.

The Rev. Dr. Whiteley was born and raised in Australia. She has a Bachelor of Arts degree with honors (Psychology) from the University of Melbourne, Australia, a Master of Arts (Women's Studies) from the University of Melbourne, Australia, and a Bachelor of Theology; Bachelor of Ministries from Ridley College, Melbourne Australia. After being ordained there, she came to the U.S. in 1998 to do a PhD, at the Princeton Theology in Homiletics. She is an excellent writer as well as a



St. James Episcopal Church



Rev. Dr. Raewynne J. Whiteley

preacher. Raewynne is the coeditor 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." Prior to coming to St. James Raewynne was the Assistant Minister, Anglican Parish of Hunters Hill, Sydney, Australia, and the Assistant Priest, Anglican Parish of Charleston, Newcastle australia, the Associate Priest, Trinity Church, Princeton, NJ, the Interim Assistant Episcopal Chaplain, Episcopal Church at Princeton University (also assisted from 1998-1999), she was the Associate Priest, Trinity Cathedral, Trenton, NJ, and the Vicar, Trinity Episcopal Old Swedesboro, NJ.

The community of St. James is probably the only hamlet in New York State to be named after a church. Its namesake, St. James Episcopal Church was founded more than 150 years ago in the autumn of 1852 when James Clinch persuaded fifty-nine "subscribers" to be the founders of the church. The church has been welcoming their neighbors ever since.

St. James Episcopal Church held its first service on June 26, 1853 in a schoolhouse located near the corner of Harbor Hill and Three Sisters Road. Later that year, Joel L.G. Smith donated a two-acre plot on North Country Road that became the site of the church. The design of the church was taken from designs of Richard Upjohn, America's leading ecclesiastical architect of the 19th century. It was completed in the spring of 1854. Soon thereafter, the United States government established a Post Office at the site of the present St. James General Store. The Post Office and the hamlet both honored this local Episcopal Church by adopting its name.

The board and batten church stands now as it did then at the entrance of St. James on Route 25A. By 1879, a landmark bell tower and adjoining narthex with a columned porch were added. John LaFarge executed three of its beautiful stained glass windows according to designs by noted and architect parishioner, Stanford White, who is buried in the church cemetery. The Tiffany "Good Shepard" window was installed at a later time. The church is listed in the St. James Historic National Register District.

In the 1990's a much needed campaign of restoration and repair began and was completed in 1994. This permitted a full restoration of the exterior of the church, including a new cedar shingle roof, restoration of the hand-painted chancel window, and the landscaping of the grounds. In 1997 the church won an award from the Society for the Preservation of Long Island Antiquities that confirmed its status as a community landmark and a treasure for all of us.





ST. JAMES, NY 11780

www.debarb.com • Email: debarbieri@msn.com

ST. JAMES. "GREAT NEIGHBORHOOD"

Charming Cape features updated oak EIK, formal LR & DR, FR w/vault ceil & brick frplc. French doors to Florida room. 3 BRs, 2 full baths. Oak floors, full fin. bsmt, garage.Convenient to all. \$459,900.



ST. JAMES. "WALK TO ALL"

Totally remodeled Cape. New EIK with cherry cabinets, oak floors, LR w/frplc, formal DR, 5 BRs, 2.5 baths, new roof & windows, heated sunroom, decking. Private cul-de-sac. .42 acre. Convenient location. \$499.000.







ST. JAMES. "CUL-DE-SAC LOCATION"

patio. .60 acre property. Must see!

Quality custom built 3,800 sq. ft. Colonial features 10' ceilings on 1st floor, granite tops in EIK, hardwood floors, FLR, FDR, den w/frplc, 5 large BRs, 3 baths, CAC, full bsmnt w/ose. 2 car side entry garage. Level 1/2 acre. Must see to appreciate.



\$769,000.

\$655,000.



ST. JAMES. "FAMILY FRIENDLY CUL-DE-SAC" Meticulously maintained Victorian in young cul-de-sac community. Open floor plan includes 4 BRs, 2.5 baths. Formal LR & DR, vaulted ceilings, full finished bsmnt, 2 car garage, fully fenced rear yard.

\$709.000.



ST. JAMES. "CIRCA 1837' Head of Harbor area, walk to town & beach. Charming Farm Colonial features 11' ceils, FDR, wood floors, great room w/stone frplc, balcony, 3 BRs, 2 baths. Covered front porch, decking. 1.5 car det. garage. .68 acre property. \$635,000.



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. \$799,900. Must see.



ST. JAMES. "OPEN & AIRY RANCH" Great level 1/2 acre w/custom brick home. Sparkling oak floors, new EIK open to large Dr w/tray ceiling, LR w/frplc, 2 full baths. New thermo windows, full fin. bsmnt. w/OSE. Deck, garage, IGS. Desirable St. James proper. Submit offers! \$485,000.



MILLER PLACE. "TALLMADGE WOODS"

Mint Colonial in young community 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. A gem. \$585,000,



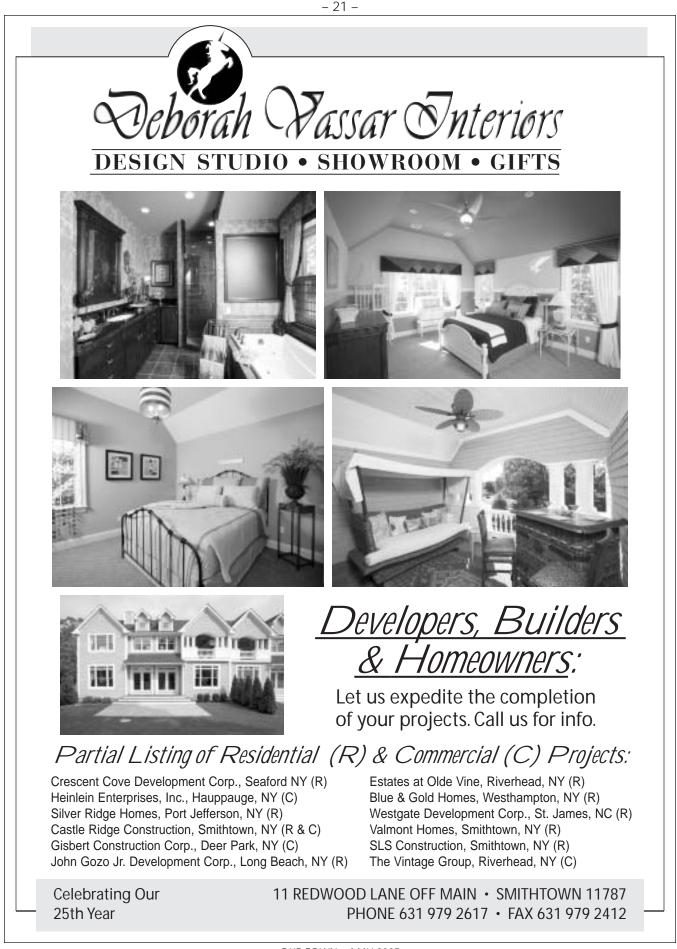
SMITHTOWN. "WILLOW RIDGE CONDO" Beautiful end unit, Devonshire Model, approx. 3900+/- sq. ft. Vaulted ceilings, gas frplc, 4 BRs, 3.5 baths, finished lower level walkout. deck, 2 car garage, sprawling master suite, whirlpool tub. Community

clubhouse, pool & tennis. Mint. \$672,900.

CALL FOR A FREE MARKET ANALYSIS OUR TOWN • MAY 2007



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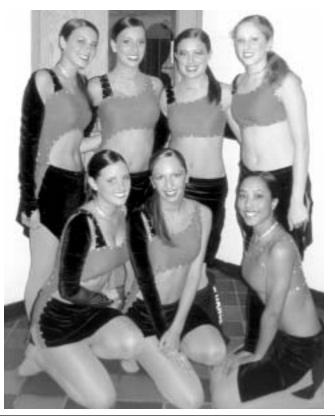
Chorus Line Dancers Compete in Hall of Fame Competition

On April 27, Chorus Line Dance Studio's Elite Dance Company competed in the Hall of Fame competition. Their outstanding performances won them a PLATINUM and 1ST PLACE awards for their performances of *Hurt*, and *Good Luck*, along with the PRECISION award. A duet was performed by Danielle Saggese and Jenna Matus to *Woman's Work* for which they received a PLATINUM and 1ST PLACE award along with the ALL STAR PERFORMERS award.

Congratulations to all the members of the Elite Dance Company, Roseann Cousin, director of Chorus Line Dance Studios, 380 Lake Avenue in St. James, and to their choreographer Dawn Madden.

> Chorus Line's Elite Dance Company

For advertising rates and information call 862-9849.







OUR TOWN • MAY 2007

Spring Craft Fair Festival at the St. James General Store

The Suffolk County Parks Department and the St. James General Store will host the annual Spring Craft Fair Festival on Saturday, June 2 and Sunday, June 3, 2007 from 10 a.m. to 4 p.m. at the St. James General Store, 516 Moriches Road in St. James. Admission to the festival is free and will take place rain or shine.

This year's festivities will include an exceptional selection of handcrafted items for sale as well as traditional musical entertainment throughout the weekend. Handcrafted items include an assortment of jewelry, woodcrafts, pressed flower pictures, pen and ink drawings, stationery, dried floral arrangements, quilts, hand-painted mailboxes, Victorian items, folk art and more.

Traditional American Folk

songs will be performed by Frank Hendricks and Norm Pederson of Stout on Saturday from 12:30-3 p.m. Their p e r f o r m a n c e includes many singa-long favorites with guitar accompaniment.

On Sunday, visitors can enjoy the sounds of American Folk songs from the

1800's by Tim Fitall and Swampawams Creek from 12 noon to 4 p.m. Listen for tin whistles, harmonica, spoons, guitar, banjo, mandolin and the bohhran as he incorporates these unique instruments into his performance.

The St. James General Store is owned and operated by the



County of Suffolk and is administered as an Historic Trust Landmark of the Suffolk County Department of Parks, Division of Historic Services.

Parking is available in the large parking area directly across the street. For further information, contact the store at 854-3740.





Authentic Spanish Cuisine from Around the World Chicken • Steak Seafood Mauricio's Orlando's II of St. James is Proud to Invite you to visit his Wife Martha and Son Mauricio's New Restaurant



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Featuring Light Music by Nancy on Thursdays

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Merenges * Bachatas * Salsa * Baladas

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Dave & Rowena Nedvin Licensed Brokers' Associates



ST. JAMES - POINT OF THE WOODS. Perfect for the extended family. Designer showplace Fabulous large home 5/6 BRs, 5 baths. New gourmet EIK granite/maple. Spacious rooms, cathedral ceils, h/w fls. 3 car garage. Walk out bsmt finished with bath, etc. Set on 1.21 acre with pool. **\$949,990.**



NESCONSET. Fabulous Colonial. 5 BRs, 2.5 baths. New EIK with cherry cabinets/granite. New baths. H/w floors throughout whole home. Fin. bsmt, Shy 1/2 acre. Great location. **\$629,990.**



NORTH SMITHTOWN. Like new. Totally rebuilt and expanded home. 4 bedrooms, 2 baths. EIK with granite. Garage, full bsmt, hw floors. Set on .62 acre parklike property.. \$599,990.



ST. JAMES. MILLS POND ESTATES. KLAR HOME. Magnificent 4 BR, 2 1/2 bath Colonial. Finished basement, h/w floors, CAC, 2 car garag. Incredible pool area with brick patios & gazebo. 1 acre of parklike property. **\$919,990**.



NESCONSET. Lovely 3 BR, 1 1/2 bath Ranch in pristine condition. Extended to include den, updated EIK, windows, siding, etc... Great starter/downsizing. Move right in! **\$399,990.**



NO. SMITHTOWN. Location, location! Fantastic sprawling 5 bedroom, 4 bath Ranch. Many updates Set on close to 2 acres of level property with IG pool. Lg spacious rooms, cath ceilings, full bsmt. Cul-de-sac, walk to river. **\$824,990**.



ST JAMES NORTH OF 25A. Fabulous 5 BR, 4.5 bath home set on shy acre. This beautiful house is extremely spacious with every amenity. Full basement with OSE, bath, etc., large heated pool with cabana. **\$859,990.**



SETAUKET - STRONGS NECK. Fabulous home better than new. 5 BRs, 5 baths, professionally decorated thuout. Set on shy as 3/4 acre. Incrediable fin. bsmt/ with OSE. On quiet St at end of cu-de-sac. A dream home. **\$1,850,000**.



SMITHOWN - COLLEGE SECTION. Immaculate 3 BR, 2.5 bath Colonial. Updated windows, siding, EIK, CAC, etc. H/W floors. Fin. bsmt. with bath, OSE Set on nice property. Quiet street. \$499.990.



WEBELOS HELD BAKE SALE ...



First year Webelos of Pack 228 in St. James, hosted a bake sale to benefit the Multiple Sclerosis Society. Special thanks to all the boys and their families for their generous donations and for a wonderful showing of support from our pack family.

VFW Post 395 We Care Program

by Edward Gaskell, CDR,

The We Care Program continues with strong efforts directed at supporting our adopted Company B, the "Banshees," the DVD program supporting the MWR in Tikrit, Iraq, and men and women in uniform throughout the world with letters, newspapers, packages, and phone cards.

The program has been changed to provide a monthly mailing of the Post's newsletter, the "*Clarion*," with mailings of additional material depending on what the troops tell us they need. Letters and phone cards seem to be the most appreciated.

We have just received a very nice letter from CPL Jason Cangemi, USMC Recon. He couldn't give us any details about what he is doing, but he is very clear that the *We Care Program* is a great morale booster, and the package we sent him was really great stuff. Semper Fi, Jason!

Have you given the names of people serving on active duty to Post 395? You should talk to your friends and neighbors, to your friends in church – any person serving in our Armed Forces should not be forgotten. They should all benefit from receiving home town papers, cards and letters, packages, and telephone cards. Post 395 is ready to do the job. Your job is to provide the names and military addresses.

To help, or for further information, call Ed Gaskell, CDR, at 584-5226.





- 30 -A R O U N D T O W N

ON THE GO FITNESS MOVES TO LARGER QUARTERS...

On the Go Fitness, known for its 1-on-1 training, has moved to larger quarters at 80 Lake Avenue South, Unit 9 in Nesconset. With fitness solutions for everyone, personal training, speed and agility and kids fitness, the new facility features indoor turf, speed camps and clinics, a cardio training area, dodgeball competitions, themed birthday parties, with rock climbing coming soon. This summer they have instituted a Summer Camp Program for Kids with





1-week sessions, from 10 a.m.-1 p.m. for children 6-11 and 12 years and up. Very reasonably priced, these sessions can help children sharpen skills, increase endurance, strength and flexibility and gain confidence. On the Go Fitness is bigger and better, so stop by, call 686-5171, or visit their website at www.onthegofitness.com



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valuable. That's why we've invested in CEREC technology that allows for a faster experience

when you need crowns, fillings or onlays. With CEREC, there's usually no need for a temporary and return visit. Everything is done in one visit, in a little more than an hour – leaving more time for whatever is important to you.

James F. Donahue D.D.S.,PLLC Michael E. Segnini D.D.S. 587 Lake Ave., St. James, NY 11780 631-584-5330

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OUR TOWN • MAY 2007



Are You Ready For Summer? Be Ready @ Tru Salon

- 32 -

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NEW CLIENTS ONLY! (Mon.-Sat.) Summer HAIRCUTS / \$30 reg. \$37-\$45

Summer SINGLE PROCESS COLOR / \$30 reg. \$40-\$45 (subject to consultation • glazes not included)

Summer CROWN HIGHLIGHTS / \$90 reg. \$120

ALL CLIENTS! (Mon.-Sat.) Summer BLOW OUT / \$20 stylist level only

Summer glaze / \$30 reg. \$40-\$45

Summer REFRESHING AVEDA CONDITIONING TREATMENT/ \$20 reg. \$25

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- 34 -A R O U N D T O W N

Local Chiropractor Certified in the Graston Technique®

Dr. Marc Taczanowski, of True Chiropractic, 631 Lake Avenue in St. James, has recently completed Module 1 of Graston Technique[®], a new examination and treatment procedure for the management of musculoskeletal complaints.

Graston Technique[®] was developed to aid in the treatment of patients who are experiencing pain and loss of function as a result in injury, cumulative stress disorders and following some surgical procedures.

The procedure is currently being used by many university athletic and professional sports teams in the treatment and prevention of athletic injuries and is also used in the management of work-related injuries.

The Technique enables the doctor to effectively break down adhesions and scar tissue that forms between muscle fibers.



The Technique makes use of scientifically designed stainless steel instruments that detect and treat tissue restrictions that result in pain and dysfunction. For Further information contact Dr. Marc Taczanowski at 584-TRUE (8783) or visit the Graston website at <u>www.grastontech-</u><u>nique.com</u>.



RF//IX Beyond (631) 862-1100 556 North Country Road, St.James www.remax-beyond.com

- 35 -



NISSEQUOGUE - \$1,199,000 Tucked in a beach community is this 4 bdrm home boasting views of Stony Brook Harbor and L.I. Sound. A large, open floor plan & decks offer ample space for entertaining.

Take a Tour@www.eldridgegang.com



ST. JAMES - \$699,000 Beautiful Hillside Amherst Ranch with updated kitchen, almost new windows, new burner, IGS, hardwood floors and private, parklike property that borders preserve.

Take a Tour@www.eldridgegang.com



HEAD OF HARBOR-\$1,299,000 Spacious home on private lane offers an open floor plan, new heating system, granite counters, fireplace, L-shaped pool, plus one of the best pieces of property in the area.

Take a Tour@www.eldridgegang.com



NISSEQUOGUE - \$2,700,000 Elegant country estate set on 4 acres with 9 bdrms, 4.5 baths, 6 fireplaces, private road, magnificent ornate finishes, mooring and beach rights.

Take a Tour@www.eldridgegang.com



HEAD OF HARBOR - \$1,095,000 Lovely farm ranch on private culde-sac with some recent updated, well-maintained home, lots of windows, decking and finished walk-out basement.

Take a Tour@www.eldridgegang.com



NISSEQUOGUE - \$1,125,000 Sprawling renovated ranch with custom built kitchen granite, 2 new custom baths, vaulted great room, f/p, h/w flrs, finished bsmt, gazebo, decking & heated pool.

Take a Tour@www.eldridgegang.com



ST. JAMES - \$849,000 Immaculate Versailles Model large foyer and rooms, beautiful private rear yard with heated IGP, CAC, CVAC, tile and hardwood floors, home office, 4/5 bdrms. Take a Tour@www.eldridgegang.com



NISSEQUOGUE - \$2,300,000 Grand center-hall brick colonial to be built on 2+ acre lot in upscale community. 10' ceilings, luxurious kitchen and baths, 3 car garage, landscaping and more.

Take a Tour@www.eldridgegang.com



HEAD OF HARBOR - \$899,000 Expansive ranch set on a 2-acre parcel with gunite pool. The house features a vaulted family room, elegant living and dining rooms and a spacious kitchen.

Take a Tour@www.eldridgegang.com

St. James Local Brings Hollywood Style to St. James

Maria LaMalfa of St. James, the only consultant for Luxe Jewels on Long Island, is thrilled to bring this gorgeous jewelry line to her friends and neighbors. The Luxe Jewels look is fabulous and contemporary, and comes straight from the pages of the latest fashion magazines.

Luxe Jewels is marketed by home parties but "this isn't the home party you might be used to. It's stylish, creative, and fun," says Maria LaMalfa. "The quality is wonderful – sterling silver, precious metals, semi-precious



Proud member of Chamber of Commerce



Certain restrictions apply to contributions, rollovers, deductions and distributions from an IRA. Consult your tax advisor for specific information. Allstate Life Insurance Company of New York, Home Office, Hauppauge, NY. Securities offered by Personal Financial Representatives through Allstate Financial Services, LLC. Registered Broker-Dealer. Member NASD, SIPC. Main Office: 2920 South 84th Street, Lincoln, NE 68506. 877-525-5727.©2006 Allstate Insurance Company. stones and the finest crystal - and you won't tire of these styles after a season."

Maria is also committed to her community and plans on running at least one Luxe fundraiser per month. Contact her if you are passionate about a non-profit organization and would like to plan a charitable event together.

Celebrities such as Demi Moore, Debra Messing and Rebecca Romijn have been spotted wearing their Luxe Jewels. The Head Designer for Luxe Jewels is renowned jewelry designer, Maya Brenner, whose designs have been featured on the cover of InStyle magazine and worn by Reese Witherspoon, Cindy Crawford and many other Hollywood celebrities.

Whether you would like to learn to craft your own jewelry or personalize a ready to wear piece, Maria LaMalfa can help you discover the rewards, simplicity and joy of hosting a Luxe Jewels Party. To request a catalog or inquire about a party, fundraiser and the consultant opportunity please contact Maria at <u>mariadesigns@mac.com</u> or 584-0177.





- 37 -

Stop by our new showroom and say hello.



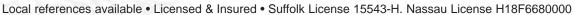
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1st Place Laura McKenna



2nd Place Tracy Ochs





4th Place Vanessa Gonzalez





5th Place Rosa Bottoni

Our Winter-Spring Fitness Challenge



6th Place Vicki Denninger



7th Place Stephanie Bottoni



8th Place Donna Grossman



9th Place Allison Hall



10th Place Carolyn Randazzo

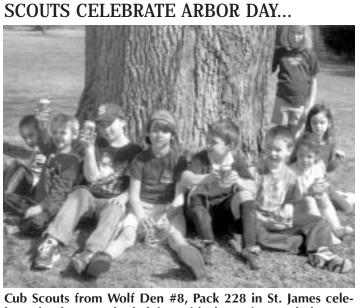


Staff Winner Trish Oseback

Catherine's Total Fitness for Women

7 Flowerfield, St. James, NY 584-5467

A R O U N D T O W N



Cub Scouts from Wolf Den #8, Pack 228 in St. James celebrated Arbor Day by helping with the spring yard clean-up of Norway Hall in St. James.



POET'S CORNER

Symptoms

When your hair gets thin And your feet get cold Don't get nervous You're just getting old

You can tell you're aging When your joints are ackin' Your eyes get dimmer And your hands start shakin'

If your pace gets slower And your last cruise was with Noah Don't be downhearted Your youth has departed

So, if you have these symptoms Put away your fears And start enjoying Your "Golden Years"

> –John Taratunio Fairfield Condos

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Downsizing?
Bring your items to me and I will sell them for you on eBay !
Here are the areas where I have eBay experience:
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• Watches • Clothes • Contents of Home Drop Off Center located in Saint James, or we come to you!
I am a power seller on eBay
Please check my eBay store at
http://stores.ebay.com/SellitatFrankieGs
or contact me at: fgaetajr@optonline.net or 631-862-1664



Henrietta Homes

328 Lake Avenue, St. James, NY 11780 • 862-6999 Diagonally across from the St. James Post Office

All of us at Henrietta Homes and Properties, Inc., are proud to welcome aboard our newest Licensed Sales Agent, Mary Keneally. Mary's vast knowledge of our township, along with her caring and vivacious personality, will be a genuine asset to both our office and her customers and clients alike.

Please feel free to call Mary, or any of our other 23 Licensed Sales Agents, for all your real estate needs.



Mary Keneally, Licensed Sales Agent

I am very excited that I have become part of the Henrietta Homes & Properties family. For the past ten years I have been in the real estate title industry and now have expanded to a Licensed Real Estate Sales Agent.

My family is entrenched in this wonderful St. James/Smithtown community. My husband Joe is a real estate attorney practicing in Smithtown. Our four boys are involved in all that the town of Smithtown has to offer and you may have even seen me instructing a class or two at the gym.

When my family moved to the St. James/Smithtown area 14 years ago it was the real estate agent that made our decision simple. I know that renting, selling or buying real estate is a huge financial and emotional decision and, with the guidance of a true professional, it can make all the difference.

My mission as a real estate agent is to be professional, knowledgeable, honest and, most of all, give my clients the attention and service they deserve.

Henrietta Homes

328 Lake Avenue, St. James, NY 11780 • 862-6999

Diagonally across from the St. James Post Office



ST JAMES. Gorgeous Damin Park Ranch on flat .55 acre with heated IGP. Diamond 4 BR 2.5 bath, fin. bsmnt., 2 car garage. **\$719,000.**



ST. JAMES. Large custom 4 BR, 3 bath Farm Ranch. Built in 1993, this home has an up-to-date layout with large rooms! Big bsmt, 2 car, oak floors, more! **\$565,000.**



ST JAMES. Beautifully updated 4 BR, 2 bath Cape. Gorgeous new granite kitchen, big MBR, oak floors, lovely .31 acre. **\$439,000.**



SMITHTOWN. At Windcrest. 3 BR, 2.5 bath townhouse. End unit with garage and basement! Start taking it easy! **\$499,000**.



ST JAMES. North of 25A - Point of Woods. Diamond 5 BR, 3.5 bath traditional Colonia. Huge flowing rooms. Shy flat acrew ith IGP. **\$999.000.**



ST. JAMES. Our exclusive! Newly built Colonial! Gorgeous kitchen, large great room, FP, CAC, lovely brick patios. **\$619,000.**



ST JAMES. 3BRm, 2 bath brick Colonial. Fin bsmt. Det garage. Lovely fenced .56 acre. Nice professional location! **\$525,000.**



SMITHTOWN. Move right in to this updated 3BR Hi Ranch. New windows, oak flrs, CAC, 2 car, nice family neighborhood! **\$459,000.**



ST. JAMES. Superb Richie Court location! 4 BR, 3 bath Colonial with 1st floor apt. for mom, with BR, EIK, LR, bath, 2 car garage. **\$549,000**.



SMITHTOWN. North of 25A. Gorgeous Hi Ranch with new Silestone EIK, all new windows, gorgeous stonework landscaping, new heated IGP, CAC and decent taxes! Super location! **\$549,990.**



SMITHTOWN college section. 3 BR, 2 bath Ranch. CAC, oak flrs, cathedral ceilings, Belgium block driveway and full finished basement w/kitchen & ose! Lovely .25 acre. \$479,950.



ST JAMES. Larger Estate Ranch with 2.5 car garage Lovely .33 acre on great block. Good taxes too! \$439,000.

ARTS & ENTERTAINMENT

STAC Children's Summer Art Camp

The Smithtown Township Arts Council will hold a children's summer art camp for children age 7-10 at the Mills Pond House, 660 Route 25A in St. James. Registration is now underway. Classes are limited to 10 and registration is on a first-come, firstserve basis.

Develop your child's creativity in a fun and stimulating environment! A week-long arts exploration full of thinking, making, seeing and doing! In a fun, noncompetitive environment, campers explore creativity and develop their artistic talent.

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

Dates: Monday-Friday Hours: 9 a.m.-4.pm. Fee: \$250 per session STAC members \$300 per session non-members

Session 1 (July 9-13)

Animal Adventures Let your imagination run wild making fuzzy, slimy, cuddly, cute, spiky, crazy critters!

Session 2 (July 16-20) Fun at the Amusement Park A fun-filled week creating funny poems and some of the coolest art around about your favorite

Session 3 (July 23-27) Beach Bonanza

fun places or games!

Be a Beach Bum right on the Mills Pond House lawn! Create funny poetry and art about sand castles, boogie boards, sea shells and sandy summer fun!

Session 4 (July 30-August 3) Fun with Food

Food is not just for eating, it is for creating! Come create with cookies, paint with peanut butter and bring some crazy food characters to life!

Session 5 (August 6-10) Nature & Space Explorers Find the art in nature... literally!



Experiment with poetry and art about the world around you and the world of outer space.

Session 6 (August 13-17) All About Me!

Celebrate how great you are through art and poetry! Create self-portraits and tell the world about yourself through art... even make wearable art that shows off the real you!

For camp information and a registration form, call 862-6575 or visit their website at <u>stacarts.org</u>. Space is limited.

RELAX... Enjoy The Ride! **NOEL'S** LIMOUSINE SERVICE, INC. "FOR ANY AND ALL OCCASIONS" Weddings Airports • Piers Atlantic City Theatres • Concerts • Sporting Events New Luxurious Stretch Limousines RESERVE Featuring TV, Bar, Stereo IOW FOR PRON "Non-Smoking" Limousines <u>NIGHT</u> & Sedans Available. RELAX... 584-6007 **ENJOY THE RIDE!**



Proper Disposal of Flags

When faded or torn, US flags should be properly disposed of. Boxes for this purpose have been provided by the American Legion Sherwood Brothers Post and the Veterans of Foreign Wars. The Boxes were generously provided by the Post Office and refurbished for this special purpose. They are located at the American Legion Hall on Lake Avenue and the VFW Post 395 at the south end of the King Kullen parking lot.



ARTS & ENTERTAINMENT

Jazz in the Living Room Group Performance

The Smithtown Township Arts Council invites you to come listen to a jazz improvisation at the Mills Pond House, 660 Route 25A in St. James, with L.I. musician Ranny Reeve. After a series of Jazz in the Living Room jazz improvisation jam sessions, in which audience members were invited to participate, a concert demonstrating their improvisation skills will be held.

A group performance concert where improv session partici-

pants will show off their talents will be held on Friday, June 15 at 7:30 p.m. Admission is free for participants and \$5 for listeners.

For additional information and to reserve a space call 862-6575.

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, notfor-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.

MAY

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

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

6-July 14 Juried Fine Art Exhibition

15

Jazz in the Living Room Group Performance Evening, 7:30 p.m. continued on page 101





ARTS & ENTERTAINMENT

On Stage at Smithtown Performing Arts Center

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

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

2007 SEASON PERFORMANCE SCHEDULE

Through 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 onagain/off-again relationship with cowboy Will Parker. Tickets: \$26-\$30

August 4-September 9, 2007 JOSEPH and the AMAZING TECHNICOLOR DREAM-COAT

In this retelling of the Biblical story, Joseph is a handsome young man who is his father's favorite child, able to interpret dreams, and the bearer of an amazing coat. Tickets: \$26-\$30

Sept. 22-Oct. 21, 2007 SWEENEY TODD

Benjamin Barker, alias Sweeney 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

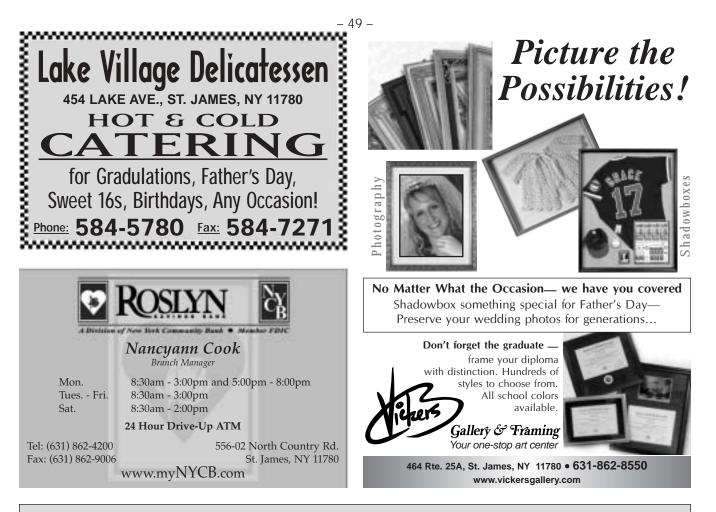


Subscription plans available at substantial savings. Call the box office at 724-3700 more information.

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.



OUR TOWN • MAY 2007





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 pro-** **grams.** Call 979-6344, weekdays, 9 a.m. to 4 p.m., 12 noon to 4 p.m. on weekends. Check out their website at <u>www.sweetbriarnc.org</u>.

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



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 Fees: \$220/members \$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 52

Villa Sorrento

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Bird Walks in Avalon Preserve

The Four Harbors Audubon Society is hosting regular bird walks in Avalon Preserve in Stony Brook on the second Saturday of every month. Meet at the entrance gate to Avalon boardwalk across from the Grist Mill at 8 a.m. The walks should last about one and a half to two hours. The places to be visited will depend on the season and will include all areas of Avalon Preserve, the East Farm portion, and Stony Brook Estuary and Harbor.

Come and see the beautiful native and migratory birds as they feed, breed and vacation in beautiful Avalon Preserve.

Walks will be held on the following Saturdays: June 9, July 14, August 11, September 8, October 13, November 10, and December 8, 2007.

For additional information about the Four Harbors Audubon Society and other birding activities in the area, visit their website at: <u>www.fourharborsaudubon.org</u>. For more information about National Audubon, visit <u>www.audubon.org</u>.

Programs at Environmental Centers of Setauket-Smithtown

continued from page 50

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.

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.

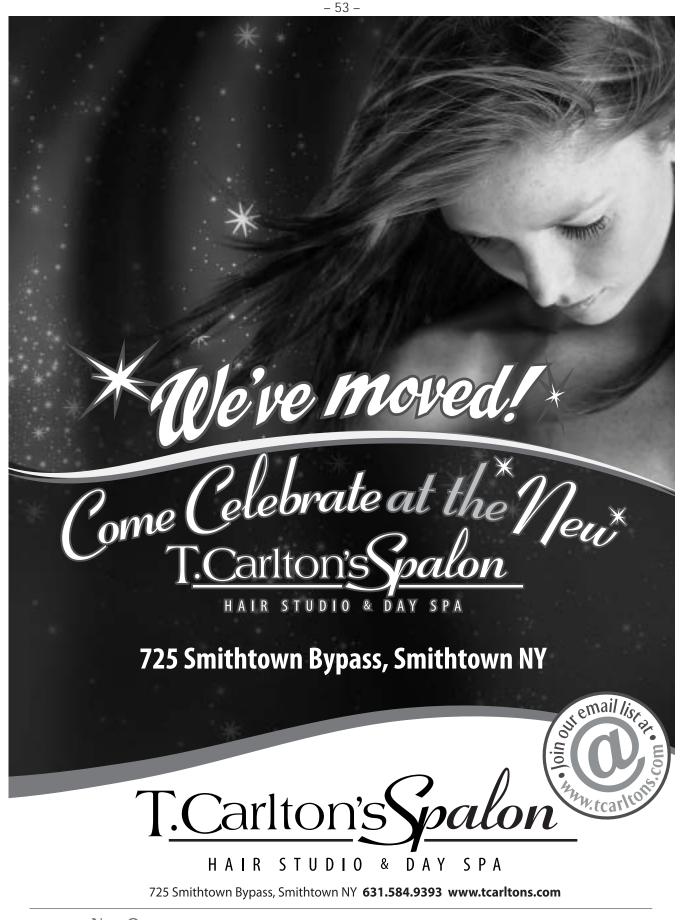
For more information or to inquire about volunteering call Eric Young, program director at 979-6344, ext. 102.





Happy Father's Day!

OUR TOWN • MAY 2007



Now Open: Monday 9–9 Tuesday 9–5 Wednesday 9–9 Thursday 9–9 Friday 9–9 Saturday 8–6

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.

NESCONSET BRANCH NOW OPEN ON <u>MONDAYS</u>

eAudiobooks

Visit the Smithtown Library on their website at <u>www.smithlib.</u> 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: 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 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 Vanderbilt 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.

continued on page 56





Programs Offered at the Library

continued from page 54

BUS TRIPS West Point/Boscobel/ Union Church

Wednesday, June 27 Bus departs 7 a.m. Returns approx. 7:30 p.m.

Enjoy a guided bus tour of the historic sites at the West Point Military Academy. A delicious hot and cold buffet lunch will be served at the Thayer Hotel, listed on the National Registry of Historic Places. After lunch cross the river to tour Boscobel, a neoclassical style mansion which dates back to the 1800's, overlooking the Hudson. The last stop will be a tour of Union Church, where you will marvel at the windows designed by Henri Matisse and Marc Chagall. You must have individual photo ID to go on this trip. Fee: Friends/\$97; non-members/\$102. NO REFUNDS. Space is limited, register early.

Boston Trip

Tuesday, July 31 Bus departs 6:30 a.m. Returns approx. 9:30 p.m.

Travel with New England Tours by ferry to Boston where you will tour the Isabella Stewart Gardner Museum, built to evoke a 15th century Venetian palace. An authentic Boston-style lunch will be at Durgin-Park Restaurant, which dates back to Revolutionary days. There will be plenty of free time in Faneuil Hall Marketplace to stroll, shop and enjoy. Fee: Friends/\$80; nonmembers/\$90. NO REFUNDS. Space is limited, register early.

GREAT ARTISTS OF THE ITALIAN RENAISSANCE SERIES *Thursday, May 24, 7 p.m.* Smithtown

Art historian will present the second installment of this series - *Northern Renaissance*. Please register for this program.

SUSHI WITH CHEF TONY

Tuesday, May 29, 6:30-8:30 р.т. Sмітнтоwn

Chef Tony will give an in-depth demonstration on the preparation of a variety of Sushi rolls. Tasting will follow demonstration. There is a \$7 fee due at time of registration. Call for further info.

LOOKING FOR A GOOD BOOK?

Thursday, May 31, 7 p.m. Sмітнтоwn

Come to the library for a demo and discussion of some of their online and book sources designed to help you find a good book. continued on facing page



continued

SILVER STRINGS QUARTET

Thursday, May 31, 7-8 p.m. Nesconset

This quartet is comprised of talented young musicians from the Smithtown School District including one leading violin, one secondary violin, a viola and cello. Their music ranges from classic to contemporary to modern-day that is recognized by all. All ages are welcome and refreshments will be served.

MOONLIGHT SERENADERS SWING BAND

Friday, June 1, 7:30 p.m. SMITHTOWN

This quartet plus vocal, under the direction of Jeff Biscardi, will provide a night filled with music of the Big Band Era. Numbers will include hits such as: As Time Goes By, Dream, In the Mood, and of course, Moonlight Serenade! Pick up FREE tickets at the Smithtown Branch of the Library now.

NYS ADULT BOATING SAFETY COURSE

June 6, 7, 14, 21, 27, 6:30-8:30 p.m. SMITHTOWN

Learn the rules of the road, boat handling, trailering, aids to navigation, distress signals and many other boating safety topics. This FREE 5-week course is NYS and US Coast Guard approved. There will be an exam given the last day of class. You must attend all classes to get credit. For ages 18+. Call to register for this program.

SWEETBRIAR NATURE SERIES WALK AND TALK SERIES

Long Island Environs: The Shorelines Talk:Thursday, June 21, 7:15 p.m. SMITHTOWN Walk: Saturday, June 23, 10 a.m. SWEETBRIAR NATURE CENTER Register for this program.

A NIGHT AT THE OPERA

Wednesday, June 13, 6:30 p.m. Lucia Di Lammermoor DVD Presentation, 140 min.

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. continued on following page



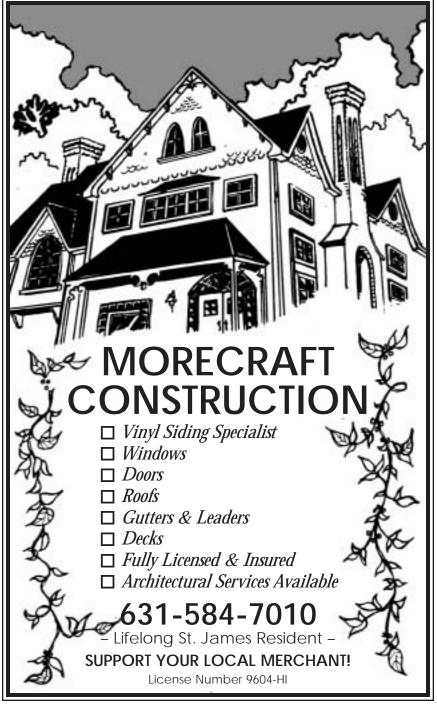
Programs Offered at the Library

continued from previous page

AFTERNOON MOVIES AT THE LIBRARY

Thursday, May 31, 1:30 p.m. **Eight Below** SMITHTOWN Call for dates, times and movie 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 <u>www.smithlib.org</u> 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) Wednesdays, May 23, June 27, 7-7:30 p.m. SMITHTOWN (3-6 years) Call for times & dates An evening for child and parent/caregiver that includes stocontinued on facing page

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

continued

ries, finger plays and simple songs. Wear your pajamas if you like.

Wonderful Ones

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

One is Fun

NESCONSET (12-23 months) Mondays, June 4, 11, 18, 5, 10-10:30 a.m. Enjoy stories, rhymes and songs during this interactive story time with parent/caregiver.

Pre-School Story Time

NESCONSET (3-5 years) Call for dates and times Enjoy a traditional story time with picture books, finger plays and songs. Parent/caregiver welcome to stay but no siblings.

Picture Book Story Time

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

Stories and Snacks

SMITHTOWN (Grades 1-3) Call for dates and times Listen to stories and have a snack.

Stories and Crafts

NESCONSET (3-1/2-5 years) Mondays, June 4, 11, 18, 25 2-2:45 p.m. Enjoy listening to stories and make a craft to take home with parent/caregiver.

Toddler Time

NESCONSET (2-3 years) Mondays, June 4, 11, 18, 5 11-11:45 a.m. Have fun with stories, finger plays and crafts with parent/caregiver.

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 continued on following page



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Programs Offered at the Library

continued from previous page 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 bene-

problems, fits and claims Medigap insurance, long term care options, Medicare HMO's and Medicaid eligibility.

CROCHET & KNITTING

Mondays, 7-8:30 p.m. Wednesdays, 11:30 a.m.-1:30 p.m. Smithtown Wednesdavs, 6:30-8:30 NESCONSET Call for specific dates. Please register for this program by calling 265-2072, ext. 208.

QUILT AT THE LIBRARY

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

In this monthly series you can share and learn about quilting. The group meets the first Saturday of the month at the main branch from 10 a.m. to 2 p.m. Call for dates. Please register for this program by calling 265-2072, ext. 208.

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.

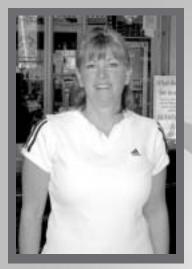
BOOK DISCUSSION GROUP

Wednesday, May 30, 10:30 a.m. The Grace That Keeps This World: A Novel by Tom Bailey Nesconset Thursdays: 10:15 a.m.

continued on page 62



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Terri Gulotta

In the last 4 months, Terri has lost 15 pounds and gone from a size 12 to a size 8! Energy's affordable training options enable her to train 2x/week One-on-One and 1x/week with her Team Training group.

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Programs Offered at the Library

continued from page 60 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.

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.

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 nonrefundable. Licensed drivers of all ages are eligible to participate in this course. Call for dates/ times.

An AARP Defensive Driving class will be held at both the and Smithtown 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, June 2, 2007, 9:30 a.m.-4 p.m. Call for additional dates and times.

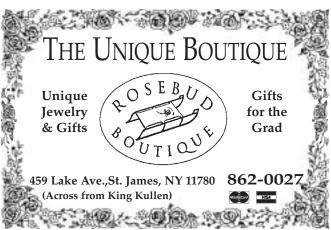
Register at the Circulation Desk of the Main Building of the Smithtown Library. Space is very limited, registration is on a firstcome first-served basis. Call for dates and times.

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 PEDICURE WORKSHOP Saturday, June 2, 11 a.m.-12:30 p.m. continued on facing page





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Smithtown Seniors... Need a Ride to the Library?

Like to read? Can't get to the Library?

Through a cooperative effort, the Smithtown Senior Citizens Department and the Smithtown Library will provide transportation for senior citizens.

Several times during the year a van from the Smithtown Senior Citizens Center will take you to the Smithtown Library (all branches). You will have time to

Library Programs

continued

SMITHTOWN

Wear your flip flops for a fun lesson on how to give yourself a proper pedicure. Each participant will take home their own pedicure kit. Fee: \$7 is due at registration.

GETTING READY TO BABY SIT

Saturday, June 9, 1:30-4:30 p.m. SMITHTOWN (grades 6-8)

Young people will learn babysitting responsibilities including: safety, basic first aid, age appropriate activities. Participants will receive completion certificates at the end of the course. Please register for this program.

TEEN GAME DAYS

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. All 6th graders and up are welcome. Call for dates and times at the Main Branch and the Nesconset Branch. Call to register.

YOUNG PEOPLE'S POETRY AND WRITING SERIES

This group meets the first Wednesday of the month at the Smithtown branch from 4:30-6:30 p.m. Join this group and be encouraged to write from your feelings, thoughts and experiences. Bring your poetry and/or writing and share your work select books, find answers to your questions, and check out your books.

Scheduled VAN VISITS to the Library are as follows: Tuesdays, May 29, June 26, and July 31, 2007.

Whenever possible the van

will make individual visits to the Library.

To arrange for either, call the Senior Citizen Center's Transportation Department at 265-8811. The current fee of \$2 round trip may increase. Be sure to call for updates.



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by Natalie Weinstein, Allied ASID

Richie Donno, my landscaping guru, has 45 years of experience. I think I love him

because he is not only a consummate pro, but one of the few people I know who has been in the business longer than me. President of Donno Landscaping, Richie has created some of the loveliest outdoor settings on Long Island. Working together, we've discovered our common philosophy – improving people's lives through their home environment, whatever the budget may be.

"The good news," says Richie, "is that plants grow. You can begin with smaller specimens and before you know it, they're the proper size. It's all in the planning!" Where have you heard that before? The "needs" list and the "wish" list may be different for interior designers, but we both begin the same way, with a plan.

According to Richard, people should create a living space outdoors to compliment the style of living that they do indoors. With the stress in today's world and the multi-tasking in our lives, we have little personal time. We want to enjoy our outdoor space and we need to in order to recharge and renew ourselves. That's why it has to be a special place. From pools and pool houses, to cabanas, waterfalls and other water features, to meditation gardens, we want and need that calming influence. For those who wait for summer to entertain, our backyard barbeque has now become a destination. Surrounded by seating areas this creates another casual living location for social gatherings.

Looking forward to all of this

DESIGN IDEAS: Outdoor Living

after a warm, then very cold winter and a blustery early spring, I asked Rich's advice on getting us off to a good start.

N: How has this winter been for our gardens?

R: With a warm January and a very cold February, plants can get confused. Don't be hasty and cut back or prune too soon. If one type of plant has previously died in the same location replace it with another hardier plant.

N: How should we plan our gardens?

R: We want to have "green" all year round and bursts of color from early spring through the fall.

N: How do we do that?

R: If we planted bulbs in the fall, we'll soon be seeing daffodils and tulips dotting the landscape. Around Mother's Day, we'll be able to plant annuals such as begonias. The planting of various varieties of daylilies, which bloom in July and August, will carry us into the fall season. At that time we can consider planting the ornamental cabbages and mums. Colors are ever so important whether it be various shades of green, yellow and blues or reds, pinks and plum. The introduction of Crape Myrtle, a wonderful addition to the northern landscape from South Carolina, is beginning to adapt itself quite well to our climate on Long Island. It blooms in late July and is fashioned in colors of white, pink and fuchsia.

N: Is Long Island a good place for growing?

R: Our region can support many varieties of plant material, but where our soil is mostly clay, we have a problem. The clay holds too much water which is not good for plants, so proper drainage is essential for a beautiful garden. N: What are the steps to a perfect outdoor space?

R: The first step is to get a professional plan in writing whether you decide to do it all yourself, part of it, or hire others to implement it. Take it apart and estimate it in sections: drainage and water issues, evergreens, annuals and perennials, consider the landscapes, the pavers and stonework and make sure they marry with your roofing and siding. Take pictures of everything when you start the design and as you go. Have a lighting plan created along with the space plan which shows decks, barbeques and seating areas, pools, water features and planting areas. Budget in stages if you can't do it all at once. Start with the skeleton and add seasonally and yearly filling in with more plant materials. Your plan should enable you to have color all year as well as a variety of greens and textures and most plans take two to three years to develop. A good design is where plants don't get overgrown in a few years.

N: What should you do if you have a very small space or just a balcony?

R: Éveryone should live with the serenity and beauty of the outdoors. When space is limited, I recommend plantings in pots both hanging and on ground surfaces and make sure the size is appropriate. The trick is to water them well.

N: How do you water flowering material properly?

R: Flowers don't like to get wet from the top. Set up a "dry" system using tubing attached to a water source which reaches the roots. Control the amount of water by setting up a timer or clock.

continued on page 71



Before you start designing that new room, inquire about a 2-hour Personal In-Home Consultation with Natalie.

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Interior designer, Alled ASID; "LI Focus" for House Magazine; "Designs Tips by Natalie", on WALK 97.5 FM, "Home Show" on WALK 1370 AM, Sundays from 10 AM - 11AM and podcast 24/7 on www.walkradio.com, keyword Natalie.

HOME & GARDEN

COLLECTOR'S CORNER: Collecting Blue Willow

by Carol Gibbons

Years ago I worked for a summer at an old Adirondack lodge. Each night dinner was served on dishes that were typical restaurant weight, however they were blue and white with an oriental design and I was instantly intrigued by the pattern. It was not your usual dishes with a repeating flower, rather these dishes had a house near water with a bridge and some birds in the sky. One day I asked Camille, the owner, if she knew anything about the dishes, because they seemed to tell a story. She smiled and told me a fairy tale that has had me hooked on Blue Willow dishes ever since.

There once was a fair maiden who was betrothed to marry a man of the same economic background, however she loved another. The couple met in secret at the tea house, but one day they were discovered. Hong-shi and Chang ran away to be together, with Hong-shi's father in pursuit. The chase led them up hill and down dale, all around the plate until the couple was found. Not willing to kill his own daughter, but knowing that he could not endure the shame of coming home with a disobedient daughter, he placed a curse on them and the couple turned into a pair of turtle doves. They spent their lives together free from shame and obligation, yet free as birds.

I have learned that this story has as many variations as does the dish patterns. However there are a few elements that remain the same; there is usually a tea house, a bridge with a couple being chased, a pair of birds, and of course a willow tree. It is believed to have been made popular by the Spode china company from England in 1790. The design and the story are English with an oriental flavor, and usually found in cobalt blue. This blue was the traditional color used in Chinese pottery for centuries. This was due to the fact that cobalt was a color which could withstand the high degrees of heat necessary to fire the glaze and still maintain the clarity of design. This process and this pattern are still being used today.

Recently, Camille closed down the lodge restaurant and she gave me a stack of the old Blue Willow dishes. It brought back a lot of memories of that crazy summer for me, that summer I too felt free as a bird. It's no wonder that this continued on page 101



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REALTY WISE: How Important is a Home Inspection?

by Rita Clous

Should a buyer get a home inspection for a home they are buying? Should a seller order a home inspection prior to putting the property on the market? There are advantages for both.

Simply put, a home inspection is a visual examination of both the physical structure and major systems of the entire home including: walls, ceilings, floors, decks, exterior covering, the roof, foundation, insulation and ventilation, plumbing, electrical, heating and air conditioning. It is not an appraisal to validate the value of a home, nor a pass/fail exam. A third-party inspector will give a report on the physical condition and suggest repairs.

<u>Buyers</u>

For buyers, a home inspection clause in the written offer that

makes the purchase contingent upon the findings can provide peace of mind. If a serious problem is found, it allows room to renegotiate the purchase price or "opt-out" of buying the home altogether. However, this is usually uncommon. Typically, problems are visible or the seller will already have told the buyer about anything major.

More often, inspections reveal less serious defects that aren't enough to warrant backing out of the transition. However, knowing about these minor problems can prevent major disasters down the road.

Another advantage to having a home inspection is it offers buyers an opportunity to become familiar with their new home and learn about maintenance to help in its upkeep. Although not required, it's recommended that buyers be present during the inspection. This allows them to observe the inspection; ask questions about the condition of the home; and receive an objective opinion.

Sellers

For sellers, conducting a home inspection (or pre-inspection) before listing their homes puts the control back into their hands. When the buyer inspection finds problems, it can impede negotiations and cost the seller more in repairs. By having a pre-inspection, the seller can help eliminate any surprise findings after an offer has been made. The seller can make repairs before placing the home on the market and possibly even increase the value of the home.

continued on page 101

Discrete State Constraint Constraints Cons

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\$589,000- \$638,876 St. James Center Hal

Smithtown

Center Hall. Original built 1970/ 2nd floor. built 2002, Andersen windows, EIK/porcelain flr/granite, hi hats, crown moulding, oak flr, wood railing, updated baths, mstr. suite/walk-in, vaulted ceiling, whirlpool tub, 20'x20' den, sec.sys Belgium block drive. **543-9400**

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- 69 -

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NATURALLY SPEAKING: The Beautiful Month of June

by June A. Liardi

It is almost the beautiful month of June, with so many sights and scents to enjoy. There are blooming flowers to see, and the summer smell of a freshly mown lawn. And who can resist the sweet scent of fresh, ripe strawberries? Find a u-pick farm and bring home a couple of basketfulls. Make dad a strawberry shortcake for Father's Day.

There is plenty of gardening to do. You can resow beets, carrots, beans, radish, broccoli and lettuce for fall crops. Plant zinnias, sunflowers and cosmos seeds for late summer color. Pinch back your chrysanthemums again. Take cuttings of lavender, rosemary, scented geraniums and sage to pot up to enjoy fresh herbs this winter.

While you are outside, keep

up with your weeding and deadhead some flowering plants. As the weather really starts to heat up, it is good to get a thick layer of mulch down. It conserves water and curtails weeds. Pick yourself a bouquet of fresh flowers and greens. Remember anything goes. If it looks good to you, pick it. Include flowers, greens of all kinds, grasses and even weeds. Or just enjoy a single flower in a vase.

An idea for an end of the year teacher gift is a plant. Have you child pick out a houseplant or garden plant for their favorite teacher. Look around on the beach for a nice, smooth and flat rock. Have your child paint the name of the plant on the rock, along with their name and date. It makes a nice, lasting gift.

Do you use those foam pack-

ing 'peanuts' in the bottom of your heavy planting pots? An easy way to use them is to fill up some old nylon stockings with the peanuts. It keeps them from blowing around and getting mixed in with the potting soil. They will last for a couple of years.

To keep your garden gloves, trowel, plant tags and markers dry and within easy reach of the garden, put them in the mailbox. Not the one at the curb though. Mount one right in your garden. It is a great, inexpensive garden storage area.

A nice environmentally friendly room spray is a homemade lavender-scented water. You can use it to sprinkle on your sheets or on your laundry when you iron. Or just to spray in the air. continued on facing page



-71-HOME & GARDEN

The Beautiful Month of June

continued

Bring a quart of water to a boil in a stainless steel, glass or enamel pot. Drop in a large handful, about one ounce, of lavender flowers, fresh or dried. Remove the pot from the heat and cover it. Let the flowers steep in the water overnight. Then strain the mixture through a coffee filter. Pour the scented water into a spray bottle. The lavender water will not leave a stain on most fabrics, but you should test it out on an out-of-the-way spot first.

Design Ideas

continued from page 64

N: What should a good sprinkler system do?

R: A good sprinkler system should have heads that appropriately provide water for the grass shrubs which need more water and the flowers which should be watered at the roots. While it's meant to be "automatic" it should be monitored and serviced every year.

N: What are other fun things people are doing with their out-door space?

R: With folks traveling less and staying home more, they're investing in making their outdoors a vacation destination with tennis and paddle ball courts, putting greens and hockey and rollerblading sports courts. If you've got the property and the budget and you make the plan, it all can be yours to enjoy.

Editor's Note: Natalie Weinstein, Allied ASID, 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 <u>www.nataliesclub.com</u> or e-mail <u>nataliesclub@aol.com</u>. Hear "Design Tips by Natalie", on WALK 97.5FM, "Home Show" on WALK 1370 AM, Sundays from 10AM-11AM and podcast 24/7 on <u>walkradio.com</u>, keyword NATALIE. The children are finished with school by the end of June. The mornings should be less hectic. Try and go for an early morning walk with your kids. Enjoy the world as it wakes up, it is such a beautiful time of day. "Always remember the beauty of the garden, for there is peace." – Anonymous

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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FINANCIAL SAVVY

MONEY MATTERS: Women Must Plan (Extra) Carefully for Retirement

by Scott Posner, CFP, A.A.M.S. If you're a woman, you have to be actively involved in your financial preparations for retirement – and that's true whether you're single or married. As a woman, you have at least two special considerations associated with your retirement planning:

- You've got a longer life expectancy. Women typically outlive men by about seven years, according to the U.S. National Center for Health Statistics – and more years of life mean more expenses.
- You may have less money in your retirement plan. Women drop out of the work force for an average of 12 years to care for young children or aging parents, according to the Older

Women's League, a research and advocacy group. This time away from the workforce results in women accumulating much less money in their employer-sponsored retirement plans, such as 401(k)s.

The prospect of a long, underfunded retirement is not a pleasant one. Fortunately, there's much you can do to avoid this fate. For starters, know what's going on in your financial situation. If you are married, share the responsibility of making investment decisions. What are your retirement goals? Are the two of you investing enough to eventually achieve these goals? And where is the money going? You must know the answers to these questions.

You'll also need to know what you could expect to receive if your husband dies before you. As a surviving spouse, you will likely inherit all your husband's assets, unless he has specifically named other people – such as grown children from an earlier marriage - as beneficiaries. Nonetheless, you can't just assume that all sources of income that your husband receives will automatically roll over to you. For example, if your husband were to die before you, you wouldn't get his Social Security payments in addition to your own, although you could choose to collect his payments instead of yours. But if you both earned close to the same income, you might not get much of an increase in Social Security benefits.

In any case, whether you're married or single, here are some continued on page 101

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Scott Posner, CFP, AAMS

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St. James Office



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Daniel Gale Sotheby's International Realty Frank Huntington Division 499 Lake Avenue, St. James, NY 11780 631.584.6600 stjames@danielgale.com

FINANCIAL SAVVY

MORTGAGE MATTERS: Reverse Mortgages

by Ann Mondrone

For many Americans retirement is a mixed blessing. On one hand it is a time to enjoy family and friends, to spend time on special hobbies or interests, or to just take life easy. But retirement years can present special challenges. All too often seniors find themselves in need of extra income just to keep up with mortgage payments, property taxes, home repair, medical expenses, home services and other needs.

A reverse mortgage is a loan that allows seniors to use the equity they have accumulated in their homes to improve their quality of life and to continue to live independently, while still retaining the title to their homes and remain living in them.

Homeowners who are at least 62 years of age can qualify and may be eligible, even if there is an existing first or second mortgage. There are no medical, credit or income requirements. The size of the reverse mortgage granted depends upon the applicant's age, the type of reverse mortgage sought, the home's value, and interest rates. For as long as a reverse mortgage is outstanding, no payments are due. The loan matures when the borrower no longer occupies the home as a primary resident. This typically occurs upon the sale of the home, or if the owner moves or passes away.

So how does it work? Payments are made in reverse – from the mortgage lender to the homeowner. They can be funded in several ways:

- an upfront lump sum payment
- a line of credit
- fixed monthly payments for as long as you remain in your home (or a predetermined short-

er period)

• a combination of monthly income and line of credit

There are no restrictions on how the money can be used. In addition to the obvious use for supplement income, some have used reverse mortgages for purchasing long-term care insurance, purchasing a recreational home or vehicle, travel, or even starting a small business!

If you or a loved one is a senior who wants to remain in their home, remain independent and improve their quality of life, a reverse mortgage may provide the answer.

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 email her at <u>amondrone@pemc. com</u>



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Your home is the largest and most important purchase of your life. Make sure you have the facts before committing to one lender. Preferred Empire Mortgage researches our entire investor network to find the right mortgage to meet your needs!

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Ann Mondrone Senior Loan Officer 631.547.5151 ext. 308 amondrone@pemc.com





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HEALTH VIEWS:

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

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

Postural Effects From Imbalances in the Feet

Most do not realize that the condition "flat feet," which is a term used to describe the flattening of the foot's inner arch, has more of an effect on the entire structure and stability of the body rather than the foot alone. A flattened arch causes the individual to put more stress and pressure on the inner part of the foot, causing the rest of the body to mold to its imperfection. As a result the body becomes off centered and awkwardly balanced. When the foot imbalance is present, there is a negative impact on the knees, hips, pelvis and spine. Some patients must have these abnormal forces reduced before they can achieve improved spinal function.

Pronation is the rotation of a body part either inward or downward. The foot naturally presses downward or inward when walking or running. However, over-pronation causes a decrease in arch height, which can cause discomfort not only to the foot, but also to the entire body. Pronation is associated with the loss of arch height that causes the foot to rest unsettled and off balanced. Pronation may become permanent if not treated, and will become progressively worse with time. One may ask, "How do I know if I have pronated feet?" Although it is best to determine ones medical stance by consulting a doctor, generally a pronated foot flares outward during standing. Also, the Achilles tendons and kneecaps may be pushed inward from the midline of the legs. If any of these problems are present, shoe orthotics may be a healthy choice!

Patients who suffer from this anatomical imbalance can find relief in custom fit shoe orthotics. Shoe orthotics, also known as Spinal Pelvic Stabilizers, are shoe inserts that cause the foot to remain centered, helping the body to realign itself to equilibrium. One beneficial aspect of using shoe orthotics is that they are able to correct an existing arch problem for long-term, relief. Overall, orthotics contribute to full body wellness. For example, if one were to suffer from severe neck



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pain, it does not necessarily mean that the pain is concentrated in the neck region. In fact, the pain could be from excess stress to the lower back of the legs.

Shoe orthotics can fit into most shoe wear with ease. Using the latest orthotics technology, doctors have the ability to take precise measurements of the foot to ensure maximum comfort.

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FINANCIAL SAVVY

PLANNING FOR THE FUTURE: Ensuring Your Wedding Dreams Come True

by Lawrence Glazer, CLU

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

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

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

Existing Bank Accounts: To some extent, you and your spouse will probably consolidate your finances. Review the terms



of your existing bank accounts. Should you keep them? Close them? Open a joint account at the same bank?

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

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

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

Student Loans and Credit Card Debts: Assess how much money you and your spouse owe. Consolidating assets can also mean consolidating liabilities. Plan a budget to manage any debts you and your spouse may have.

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

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

In preparing for your financial future as a married couple, you will have to take care of many details pertaining to things old, things new, and things borrowed. Being prepared and proactive will help ensure you won't need to deal with the wedding blues. This article is for informational purposes only. For further information on how insurance and financial products can help you prepare for the future, please contact your financial advisor.

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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ST. JAMES: Newly remodeled. 359 Lake Ave. \$1,250+ month



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POSTAL CORNER

New Postage Rates in Effect as of May 14

submitted by the U.S. Postal Service

New postage rates went into effect on Monday, May 14, 2007 including a two-cent increase in the price of a First-Class Mail stamp to 41 cents. The St. James Post Office has the new 41-cent stamps and also one and twocent stamps for customers who still have a supply of 39-cent stamps.

Customers can also order stamps online at <u>www.usps.com</u> or by telephone at 1-800-STAMP-24. The new stamps are also available at Automated Postal Centers and ATM's nationwide

Below are examples of some of the new rates and fees:

New Rates

First-Class Letter (1	oz.)41¢
First-Class Letter (2	oz.)58¢
Postcard	

Priority Mail (1 lb.)\$4.60		
Priority Mail Flat-Rate Box \$8.95		
Express Mail (1/2 lb)\$16.25		
NEW Express Mail (1 lb)\$19.50		
Express Mail (2 lb)\$21.40		

New Fee and Services

Certified Mail\$2.65
Delivery Confirmation
(Priority)65¢
Delivery Confirmation
(First Class Parcels)75¢
Return Receipt
(Original Signature)\$2.15
Return Receipt (Electronic)85¢
Money Orders
(up to \$500)\$1.05

Also the Breast Cancer Research semipostal stamp is now on sale at the new 55-cent price. Since 1998, the Postal Service has raised more than \$53 million for breast cancer research through the sale of this semipostal stamp. In addition to the new domestic rates, changes took effect for customers sending international mail. USPS has simplified its eight main international products into four: Global Express Guaranteed, Express Mail International, Priority Mail International and First-Class Mail International.

New packaging will allow mailers to use the same Priority Mail and Express Mail packaging for shipping both within the United States and to other countries. For details of the International Mail changes, go to: <u>http://www.usps.com/ratecase</u> and select "New INTERNATIONAL RATES, FEES AND COUNTRY LISTING."

An independent federal agency, the U.S. Postal Service is the only delivery service that visits 146 million homes and busi-

continued on page 101



IN THE NEWS

Temple Beth Chai Calendar

Temple Beth Chai 870 Townline Road, Hauppauge 724-5807

Sabbath Services Friday evenings, 8 p.m. Saturday mornings, 9:30 a.m. Temple Beth Chai, a Conservative/ Egalitarian Synagogue welcomes the community.

Bagels and Lox Breakfast Hosted by The Men's Club

Sunday, June 10, 10 a.m. Special guest speaker Shelly Cohen, the Tonight Show's Assistant Musical Director for 30 years. Donation: \$5/per family for non-members.

Defensive Driving Course Tuesday, June 12 &

Thursday, June 14 7-10 p.m. each evening

The National Safety Council, in cooperation with the Department of Motor Vehicles, offers a way to lower your insurance premiums and reduce your driver record violation points. Defensive driving classes for all ages are offered to the community.

"Meet & Greet" Thursday, June 28 7-8:30 p.m.

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, May 30 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 continued on page 101

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SCHOOLNEWS

Chorus Line Performs at St. James Elementary

On Sunday, May 6, members of the Chorus Line Starlette and Petite Dance companies performed at St. James Elementary to kick off the Sunrise Fund Walk-a-Thon. Performances were done in tap, jazz, ballet and lyrical and their enthusiasm inspired everyone attending the walka-thon. They concluded their performance with *Power of the Dream* performed in American sign language.

Special thanks and congratulations to all the dancers, their parents and their choreographers, Roseann Cousin, Rachel Tavernier, Jenine Naples and Dawn Madden.



Chorus Line Dancers help kick off Sunrise Walk-a-thon.

Knox School Places High at the Junior Olympics

The Knox School Equestrian Team, coached by Phebe Byrne, Debbie Moore, and Natasha Smith, recently competed at the 56th Annual Junior Olympics Team Competition, hosted by the Thomas School of Horsemanship in Melville, NY. Six riders and one alternate represented Knox – seniors Bak Moo Lee, Natalia Cozien-Crenesse, Courtney Molloy; junior Seung Gon Baek; sophomore Brianne Sullivan; and 8th grader Gabby Wessler; junior Kaeli Kramer was the alternate.

In the Junior Olympics, the riders get to experience a team competition in a normally individual sport. Teams of three horses and riders compete all day earning points for their team in a variety of classes such as Equitation, Jumper Plus, Grand Prix and Parade of Teams. Brianne Sullivan riding Silver Moon, placed 3rd in her individual class, Jumper Plus. Sullivan noted that "It was a fun day and I was very excited that I performed well for my school." The B Team of Lee riding Keebler, Cozien-Crenesse riding Barolo, and Molloy riding Seeker placed 2nd in the Parade of Teams class.

The C Team of Sullivan, Wessler riding Gemstone, and Baek riding Prince of Tides, placed 6th in the Parade of Teams class.

To Byrne, the Junior Olympics is a particularly special event as she represented Knox when she was a student. "The Knox riders have competed in this show for over 50 years. All riders have to qualify to make the team. Clearly, they must be able to ride but more than that they must also live up to the Knox School core values and have good grades. I am confident not only in their ability to ride but also in them as true representatives of the school. I am proud of them and they made the Knox community proud," said Byrne.

The Knox School, founded in 1904, is a coeducational, college-preparatory, independent school for boarding and day students in grades 6 though 12. The school's campus on Stony Brook Harbor in St. James, consists of historic buildings and a unique circular barn used for Knox's well-known equestrian program. For more information on the school, visit the school's website at <u>www.knoxschool.org</u> or call 686-1600.



Knox School Places High at the Junior Olympics – Pictured here (L-R) are seniors Courtney Molloy, Natalia Cozien-Crenesse, and Bak Moo Lee.





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OUR TOWN • MAY 2007

- 82 -S C H O O L N E W S



Harbor Country Day School French language students.

The Grand Concours – A Grand Success for HCDS Students

Harbor Country Day School is pleased and proud to announce that all 11 seventh and eighth grade French students ranked within the top ten Suffolk County Regional Rankings of Le Grand Concours (National French Contest).

Le Grand Concours is an annual competition sponsored by the American Association of Teachers of French. Students of French in grades 1-12, in all 50 states and abroad, compete against each other for prizes. Harbor participates at the 7-12 grade level in the Secondary Contest. Students take a written test and scores are ranked against students with similar educational background for prizes.

On May 30, 7 p.m. at Bayport-Blue-Point High School, there will be La Distribution Des Prix, an Awards Ceremony, to which only the top ten of Suffolk County are invited. Harbor Country students will all be there to accept their awards (plaques for the Suffolk finalists, medals for the national finalists) and to revel in their great achievement. HCDS pretty much swept the category!

The rankings for Suffolk County are as follows: 1st Place: Alexa DeAngelis

(also ranked tenth in		
the nation)		
3rd Place: Sarah Cacciabaudo		
4th Place: Erica Siudzinski		
5th Place: Dessy Bubaris		
6th Place: Gene Kum		
7th Place: Dietrich Ryan		
7th Place: Logan Schwartz		
8th Place: Alexis Thompson-		
Klemish		
9th Place: Matthew Cohen		
10th Place: Christian Petersen		

10th Place: Raymond Sarant

This year saw greater numbers of participants in this most challenging and prestigious exam. Nationally, a total of 104,155 students faced the ultimate challenge. In the seventh grade category, there were 8,296 national participants. In the eighth grade category, there were 23,660 participants.

Congratulations, again, to the students for their dedication and hard work, and to the parents for their continual support.

Harbor Country Day School, an independent, nonprofit day school located at 17 Three Sisters Road in St. James, has been preparing students for high school and college since 1958 and offers a rigorous academic curriculum. For additional information, please call 584-5555.



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- 83 -S C H O O L N E W S





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Introducing: 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.



<u>NEW Workshops this year including:</u> 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!!



Call for a brochure: 631-584-5555 www.harborcountrydayschool.org 17 Three Sisters Road St. James, NY 11780

SCHOOLNEWS

13 Knox Students Work on Habitat for Humanity House

Thirteen students from The Knox School spent their spring break in Belen, New Mexico working on two new houses through Habitat for Humanity. Habitat is a nonprofit organization that builds and rehabilitates houses through volunteer labor and donations of money and materials. Habitat houses are then sold to partner families at no profit and financed with affordable loans.

Knox students worked eight hour days along side other volunteers from Valencia County, New Mexico to help construct the roof and the siding of a single family home for the Macias family, a single mom with three young children. Knox student Tracy Howard commented, "It was great to learn how to use power tools such as a circular saw, but it felt really good to give something back to the national community. "It was a very positive experience and we all really noticed how thankful they were to have us help them. It was amazing to be able to help that much," stated Abigail Kochersberger another Knox student.



Pictured top row (L-R): Bryan Kim, Sean Jung, Jib Hwang, Harry Triola, Matt Kim, Jake Sommers, two volunteers from New Mexico, Carol Christensen, Robbie Haley, Sarah Triola, a volunteer family; bottom row: Nelson Yun, Dong Ju Nam, Kelvin Kong, Tracy Howard, Ji Yoon Kim, and Abigail Kochersberger.

The students were accompanied by faculty member Carol Christensen and Knox parent Harry Triola. "I took great pleasure in standing back, observing and realizing that 13 students from The Knox School were giving up a week of their spring break to not only learn skills to build a house, but also begin to understand about the poverty and lack of affordable housing in the United States", stated Ms. Christensen.

The Knox School, founded in 1904, is a coeducational, college-preparatory, independent school for boarding and day students in grades 6 though 12. The school's campus on Stony Brook Harbor in St. James consists of historic buildings and a unique circular barn used for Knox's well-known equestrian program. For more information call the school at 686-1600.



OUTSTANDING ACHIEVEMENTS IN ART ON DISPLAY – St. James Elementary was one of the Smithtown elementary schools that recognized students, grades kindergarten through 5th for their outstanding achievement in art. The students' work is on display through the end of May at the main branch of the Smithtown Public Library children's section. Pictured here are some of St. James Elementary's recognized students and art teacher Mr. Paul Sullivan at the artists' reception held on April 24.

Mills Pond International Feast a Huge Success

On April 17, 2007 Mills Pond Elementary School held its annual *International Feast* hosted by the 2007 graduating 5th grade class.

Traditionally, food was prepared by parents of these students. This year, however, they were lucky to have delicious food donated by the generous food establishments listed below.

Mills Pond Elementary School would like to extend their thanks to all for making this year's feast such a wonderful success.

SPECIAL THANKS TO...

Villa Sorrento Patio Pizza • St. James Pasta • Lake Village Deli • continued on page 101

-85-COLLEGE TIPS

College Planning and the Junior Year

by Heidi Contreras, MS Edu.

Where does the time go? You are in your Junior year of high school and your Senior year is fast approaching. For students planning to attend college, much of your senior year will be consumed with the college search process. Taking exams, researching schools, writing essays, and filling out applications will be just a few of the many tasks that will take up your time. With so much to do, why not lessen the load by beginning the process now? <u>How to begin?</u>

For starters, you may want to think about majors and what you might be interested in studying. If you are undecided, that's fine too, but at least think about areas and subjects that pique your interest. You should also start making a list of the characteristics your future college should have. For example, do you want to go out of state, would you prefer to be in a class of 20 or 200, or do you want to play basketball and be a member of the chess club? There are so many varieties of colleges, and with so much to offer, it can be overwhelming. The best way to begin your college searching is to identify the things that your college must have. Your guidance counselor or private consultant can help you do this.

Once this is done, you can begin the actual search process. Be sure to get as much information from the colleges as you can. Use the internet to help perform a search based on your set of criteria and academic standing. Attend as many college fairs as possible and ask questions. Put your name on mailing lists for information, but be warned: your

mailbox will be overflowing. And most importantly: visit, visit, visit. Visiting colleges may seem like a waste of time and financial resources, but it is a critical part of the search process. Let's be honest; the literature, the web sites, and the college representatives have all painted rosy pictures of their schools. The only way to get a true picture is to see each school in person. It may sound like the perfect place on paper, but you may find that the minute you step on the campus, you get a feeling that it is not the place for you. Wouldn't it be better to know that BEFORE you invest tens of thousands of dollars?

The summer is a great time to plan your visits. Most campuses are still bustling with activity and what better way to spend a sum continued on page 101



-86-COLLEGE TIPS

Kids Go To Camp – Moms Go To College

by Amy J. Mannarino

It is that time of year when moms are planning what their children will be doing during the summer months. Many children will attend camps throughout Long Island and some children may even go to sleep away camp out of New York State. What are moms to do when the kids are gone? Sure there are plenty of projects around the house like cleaning, redecorating, organizing the kid's rooms, organizing the photographs from the past year or so etc.... But none of these are for the mother's own personal growth and personal enrichment.

As parents we are always looking for ways to enrich our children's lives, but what about searching for ways this summer to enrich your life while the kids are in camp. One possible way is to attend college. Whether you have already earned a bachelor's degree or have never attended college or somewhere in between; here is an opportunity for you to do something for yourself. Why not take a college course or two during the summer time when your kids are in camp? By doing so, you will help yourself ease back into exploring a new direction in your life.

Long Island has many colleges and universities that offer programs for adult students. There are two community colleges and at least 10 college/universities offering bachelors, masters and doctoral programs. All you need to do is take the first step and set up an appointment with an admissions counselor. Many of the colleges/universities have counselors in the continuing education departments who work with adults to set up a plan for short term and

long term goals. Now is the time to sign up for a summer class.

As a mom, you deserve and are entitled to enrich your life just as much as your children's. By fulfilling your goals, you will be more open, patient and free spirited when dealing with your children's concerns on a daily basis. Think about enrolling in a college course this summer and perhaps you will continue to take more classes in the fall semester. Enjoy all the opportunities higher education has to offer you and good luck!

Editor's Note: Amy J. Mannarino is a private college consultant and owner of AJM Consulting. She has a B.A. in Mathematics and a M.S. in Counseling. She lives in St. James with her husband and two teenage boys and is available to families and individuals who are looking for guidance when selecting educational and personal goals. To contact Amy, please call 576-7189.



- 87 -S P O R T S

2007 Long Island Senior Games Set for May 29-June 3

The Long Island Senior Games will be held at Suffolk Community College in Brentwood May 29 through June 3. This event which consists of sports and games for active adults is open to everyone age 50 and up.

Competitive events (win a medal) include: badminton, basketball 3 on 3, billiards, bocce, bowling, cycling, fencing, horseshoes, orienteering, pickleball, 1,500M technical and non technical, race walk, racquetball, 5K road race, shuffleboard, softball, swimming, tennis, table tennis, track & field and volleyball.

Recreational events (win a ribbon) include: basketball hot spot, basketball shootout, bocce, crazy bocce, darts, football accuracy and distance toss, frisbee golf, miniature golf, rolling crazy bocce, shuffleboard, softball throw, table tennis, and washer toss.

There is a \$35 registration fee (extra site fee for golf, bowling and billiards); free for age 80 and up.

For additional information and registration call 261-9114 or visit their website at <u>www.longisland-seniorgames.org</u>

Ten Star All Star Basketball Camp

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

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.

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. There is also a summer camp available for boys and girls ages 6-18 of all skill levels. For a free brochure, call (704) 373-0873 anytime.



OUR TOWN • MAY 2007

- 88 -SPORTS

Local Snowboarder Slays the Competition

When Ty Walker, a 10 year old snowboarder from St James got back to school after spring break, she had quite a story to tell. She spent the last three months riding her snowboard, traveling the US and slaving the competition in every event she entered.

In February, Ty beat out almost 1,000 riders to win a super qualifying event at Stowe, Vermont. This win secured her place at the NeXt Snow All Star Event held at Steamboat Springs, Colorado and the NeXt Snow Finals held at Killington, Vermont. At the Finals, Sports Illustrated picked the top 25 athletes for the 2007 NeXt Snow Team. These team members represent the up and coming stars of alpine sports.

The All Star Event was televised by NBC and Ty was featured three times. At 9 years old, Ty was the youngest snowboard competitor, but still tied for 3rd place in slopestyle against junior athletes up to age 15. At the Finals, Ty dominated the event. She was the only athlete who medaled for every event slopestyle, big air, dual mountain racing and halfpipe. Based on her overall performance, she was names Sports Illustrated NeXt Snow Search Top Female Rider of 2007. She was especially proud of being elected by the other athletes to win the 2007 ATHLETE'S CHOICE AWARD. She was also chosen to be a member of the 2007 NeXt Snow Team which is featured in May's edition of Sports Illustrated for Kids.

In addition to the NeXt Snow events, Ty competed in the USASA Northern Vermont Snowboard Series and won first place in every event she entered. She was unstoppable. At the USASA Nationals held this April at Northstar in Lake Tahoe, California she wowed the crowd. She competed against the best over-



all female riders her age across the country, and her style and strength set at new bar for Grom girls in the US. She took the gold medal in slopestyle, slalom and giant slalom and placed 2nd and 4th in the halfpipe and boardercross respectively. Ty is currently ranked first in the country in freestyle events (halfpipe and slope) as well as in alpine racing events. Her scores were so high that in many events she would have placed in the top five for boys and girls several years older than her. These results place her in good company. Lindsey Jacobellis, Hannah Teter, Elena Hight and Molly Aguirre all were USASA medalists when they were young. Like these women, Ty dreams and works at becoming a future Olympian and X Game participant. As a matter of fact, Ty has her sights set on being the youngest X Game participant at age 14. "My coaches think I can do it and so do I," she states

confidently.

The coaches she refers to are no other than Bud Keene, the 2006 Olympic Head Snowboard Coach and Mike Slaughter, Head Coach of the Mount Mansfield Snowboard Club (MMSC). They noticed her in 2005 and convinced her to train at Stowe. She will be traveling with them this summer to Les Alpes Duex in France to ride the glaciers with her fellow team members and then on to Snow Park, New Zealand, where she will train with the pros at the world's premier snow park and training facility. There, she hopes to perfect her spins, learn some new tricks, and as she says "go big or go home." To all that watch her ride - going home doesn't seem likely.



HEALTH NOTES

An Old Treatment With a New Twist

by Dr. Marc Taczanowski

[']The Graston Technique[®], originally developed by athletes, is changing the way clinicians including athletic trainers, chiropractors, physical therapists, occupational therapists and patients view treatment of acute and chronic soft tissue injuries. The technique essentially expands on and exploits the principals of transverse friction massage first made popular by James Cyriax, M.D., a well respected Orthopedist.

The Graston Technique[®], researched at Ball Memorial Hospital and Ball State University in Muncie, Indiana, was conceived by an athlete who suffered a debilitating knee injury while water skiing.

Frustrated at the lack of rehabilitation progress following surgery and conventional therapy, he applied his professional background in machining to create the initial Graston Technique[®] instruments to treat his soft tissue injury.

The Graston Technique® is an innovative, patented form of instrument-assisted soft tissue mobilization that enables clinicians to effectively break down scar tissue and fascial restrictions. The Technique utilizes specially designed stainless steel instruments to specifically detect and effectively treat areas exhibiting soft tissue fibrosis or chronic inflammation.

The Graston Technique[®] offers many advantages and benefits for patients.

- Decreases overall time of treatment
- Fosters faster rehabilitation/recovery
- Reduces need for anti-inflammatory medication
- Resolves chronic conditions thought to be permanent

Research Findings

Research conducted by Graston Technique® trained clinicians at Ball Memorial Hospital and Ball State University, Muncie, Indiana, found that the controlled micro trauma, induced through the Graston Technique[®] protocol, increased the amount of fibroblasts to the treated area. That amount of inflammation to the scar tissue helps initiate the healing cascade. The structure of the tissue is rearranged, and damaged tissue is replaced by new tissue. Stretching and exercise is then implemented to increase function and range of motion.

Other clinical studies continue to document the success of the Graston Technique[®], generally achieving better outcomes when compared to traditional therapies, and resolving injuries that have failed to respond to other therapies.

Listed below are a number of

injuries that have been treated with the Graston Technique[®]:

- Achilles Tendinitis
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- Cervical Pain
- Low Back Pain
- Fibromyalgia
- Hip Pain
- Hamstring Strain
- ITB Tendinitis
- Lat Epicondylitis
- Med Epicondylitis
- Rotator Cuff Tendinitis
- Adhesive Capsulitis
- Carpal Tunnel Syndrome
- Wrist Tendinitis
- Scar Pain

If you would like to learn more about the Graston Technique®, visit their website at www.grastontechnique.com

Editor's Note: Dr. Marc S. Taczanowski, C.C.S.P., A.R.T.C., has been practicing in St. James since October of 2004 with his wife Dr. Hope Miller, C.C.S.P., at 631 Lake Avenue. They specialize in peak performance and injury management for all ages. Dr. Taczanowski is a certified practitioner of the Active Release Technique (ART) and Graston Technique[®]. Call 584-8783 for any additional information.

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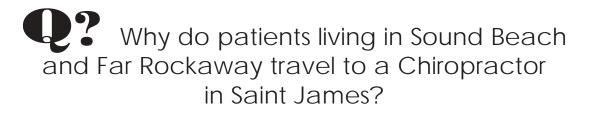
Send or bring your celebration announcements and photos to **Our Town Celebrations**

359 Lake Avenue, St. James, NY 11780 (across from 7-11) or email to **ourtown@optonline.net**

Be sure to include a contact telephone number. Photos will be returned if so requested. There is no charge for this service.

For further information, call Our Town at 862-9849.





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OUR TOWN • MAY 2007

- 92 -HEALTH NOTES

Chiropractic Care Helps Osteoarthritis

by Dr. Linda M. Bocchichio

A new study has been recently published showing chiropractic care is helpful for patients with back pain from osteoarthritis of the spine¹. It was found that chiropractic care along with heat was significantly more effective than heat alone for reducing pain and increasing range of motion. This is the first time, according to research, that chiropractic has been studied for the relief of osteoarthritis. Osteoarthritis is the break down of the "cushion," the cartilage within a joint. This leads to inflammation and pain. Twenty million plus are affected by osteoarthritis here in the United States. Most people seek relief with medication.

In the study, researchers selected 252 patients who had

back pain and documented osteo-arthritis. They were divided in to two groups: one group receiving 15 minutes of moist heat, the other receiving moist heat and chiropractic treatment. Each group had 20 sessions and was evaluated throughout. It was found that there was a more rapid and significantly greater decline in pain for the chiropractic group – pain levels were cut in half. Also numerous activities of daily living improved - walking, sitting, personal care, lifting, traveling and social life. The control group saw no improvement in these areas.

As we get older we get sore more easily from chores and activities, arthritis slows us down. Chiropractic cannot reverse the relentless progression of time, but it can relieve some

of the aches and pains that age so often brings with it. Combined with proper exercise, nutrition, and stress reduction, a person can improve their quality of life.

Chiropractic gives another option for relief of pain with the added plus of increased range of motion. It offers an alternative to the ongoing use of medications that often time, when over-used can have many side effects.

K. Beyerman, "Efficacy in Treating Low Back Pain and Dysfunction Secondary to Osteoarthritis" Feb. 2006 Journal of Manipulative and Physiologic Therapeutics.

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.



- 93 -H E A L T H N O T E S

General Motorcycle Safety

by Jim Winter

The number of motorcycles on the roadways increases each year. But motorists often unintentionally just don't see motorcycles. They look past them or don't recognize them on the highways. If you've been thinking of buying one, you need to be aware of the general guidelines for riding a motorcycle safely.

One of the first things you may want to consider is taking a motorcycle safety course. These courses will review and test your knowledge on motorcycle basics and may include simulations that put you in various situations, similar to those you might encounter while driving an automobile.

Here are some additional tips from the Motorcycle Safety Foundation (MSF-USA):

- **Be visible:** Make sure your headlight works and is always on; wear reflective strips or decals on clothing and motorcycle; flash your brake light when you're slowing down and before stopping; don't be afraid to use your horn if a motorist doesn't see you.
- Dress for safety: Wear a quality, light-colored helmet and eye protection; wear protective clothing, such as leather or long pants and long sleeves; remember that the only thing between you and the road is your protective gear.
- Apply effective mental strategies: Constantly be aware of changing conditions on roadways; give yourself plenty of space to maneuver around obstacles and to respond to other drivers; know and follow the rules of the road.

Practice driving your motorcycle before hitting the open highway. Develop your riding techniques so you know how to handle your bike in various traffic and conditions. Most importantly, remember that all vehicles must share the road equally and abide by the same rules. 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.

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BEAUTY TIPS

Summer is Coming

by Paul Gretschel

Once again, it's springtime and summer is coming. Every year we are asked in the salon for instructions on summer haircare. There are some basic rules on maintaining your color, cut and condition. In the summer, there are different elements that are exposed to the hair that we usually don't have to deal with in the other seasons. Some of those include saltwater, chlorine, wind, sun, and hu-

midity.

Before summer gets here, you can take some precautions: Start conditioning your hair with either moisture or protein or both. Moisturizing conditioners are for dry hair. Protein conditioners help to strengthen hair that is brittle or damaged from chemicals or the environment. Some conditioners actually impart both moisture and protein. There is much confusion about which conditioners are best for you. The wise consumer will consult with their haircare specialist for advice in this area.

Anyone with chemically treated hair, i.e.: colored, permed, or relaxed, needs to take extra care if exposed to the summer elements. Repeated exposure to these elements can wreak havoc on your hair. All of these elements can and will lighten, damcontinued on facing page

A R O U N D T O W N

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- 95 -BEAUTY TIPS

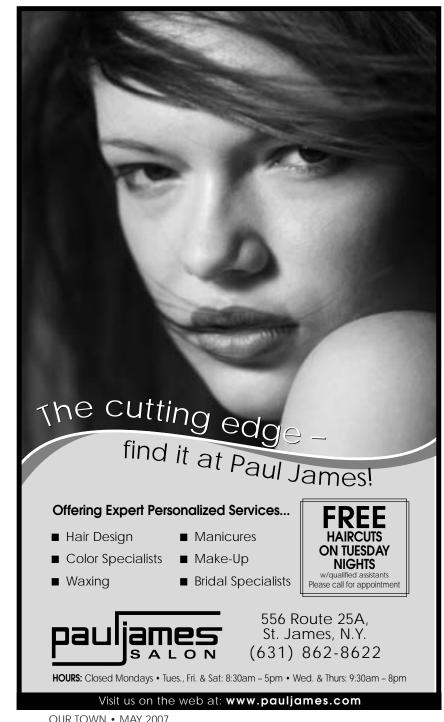
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age, and dry out your hair, especially if it's colored or chemically treated. Taken to an extreme, your hair will become discolored, damaged, and possibly even broken. Breakage occurs when dryness and lightening are taken to extremes. Most people don't realize that sun-lightening is just as damaging, and possibly even more damaging, than chemically lightening your hair. Sun lightening does not have the controls that your hair colorist has when he/she lightens your hair. Add to a day or two at the beach or pool, combined with some salt air or chlorine and you have a formula for discoloration and damage.

Fear not, because you can take precautions and avoid problems while still enjoying the summer! The simple solution is to cover your hair while in the sun. If that is not possible you can use the proper conditioners at the proper times. After swimming, be it in saltwater or chlorine, rinse your hair with fresh water as soon as possible. There are many leave-in conditioners that you can apply before and after a day at the pool or beach. Some conditioners contain sunscreens and will protect the hair if applied prior to a day in the sun. When you return home, shampooing and conditioning are in order. There are shampoos that help to remove chlorine and salt along with conditioners that are stronger than you might need during the cooler months of the year.

Moisturizing conditioners are usually appropriate for most outdoor-type summer people. These will put more moisture in your hair and help to ward off any dryness or brittleness. Everyone has different hair, and I encourage all to consult their hairdresser for the best plan during this fun season. With a little precaution and a little extra care, we can all enjoy our summer and partake in all outdoor activities.

Editor's Note: Paul Gretschel is the co-owner of Paul James Salon along with his brother, James. They opened the salon in the present location in 1978. Paul and James expanded the salon to it's current size in 2002. Prior to coming to St. James, Paul worked at Paul McGregor Salon in New York's East Village and Nubest and Co. in Manhasset. When he's not in the salon, Paul is an avid aviator and has been a Certified Flight Instructor since 1986. He also enjoys reading and boating and takes his family to Maui once a year for vacation. Call Paul for a complimentary consultation at the salon. 631-862-8622.



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

Paul Gretschel, Master CFI

Paul Gretschel, co-owner of Paul James Salon, 556 North Country Road in St. James, recently renewed his Master Certificate Flight Instructor (CFI) accreditation. Paul is an independent flight instructor working primarily at Islip's MacArthur Airport (ISP) and Farmingdale's Republic Airport (FRG). He also serves with the US Coast Guard Auxiliary, the Beechcraft Pilot Proficiency Program (BPPP) and is a FAASTeam representative.

The National Association of Flight Instructors (NAFI) takes pride in announcing a significant aviation accomplishment on the part of Paul Gretschel. Recently, Paul's accreditation as a Master CFI (Certificated Flight Instructor) was renewed by NAFI, his professional aviation education association. He has held this professional accreditation continuously since 2005.

To help put this achievement in its proper perspective, there are approximately 90,000 CFIs in the United States. Fewer than 600 of them have achieved the "Master" distinction thus far. The last 12 national Flight Instructors of the Year were Master CFIs while Paul is one of only 13 New York State aviation educators to earn this prestigious "Master" title. In the words of FAA Administrator Marion Blakey, "The flight instructor is where the rubber meets the runway. The Master Instructor accreditation singles out the best that the right seat has to offer."

The Master Instructor designation is a national accreditation recognized by the FAA that is earned by candidates through a rigorous process

of continuing professional activity and peer review. Much like a flight instructor's certificate, it must be renewed biennially. This process parallels the continuing education regimen used by other professionals to enhance their knowledge base while increasing their professionalism. Simply put, the Master Instructor designation is a means by which to identify those outstanding aviation educators, those "Teachers of Flight," who have demonstrated an ongoing commitment to excellence,



Paul Gretschel

professional growth, and service to the aviation community.

Earning this designation is tantamount to having the words summa cum laude emblazoned on an instructor's certificate. These Masters truly represent the crème de la crème of the industry!

We join with Paul's friends, coworkers and clients here in St. James in congratulating him on this accomplishment.



Magri / Frade Engaged

Engagement congratulations are extended to Melissa Magri and Paul Frade. Paul, who works for KV Electric, was introduced to Melissa through his boss, Melissa's uncle. But it was her Aunt Gail who thought they were a perfect match.

Melissa and Paul, originally from Saint James and Mineola, respectively, reside in Islandia. Melissa is a supervisor of Case

Melissa Magri and Paul Frade Management at the Federation of Organizations located in Patchogue.

Their parents, Joann P. Magri, of Saint James, and Mr. and Mrs. Joseph Magri, of Holbrook, along with Maria and Jose Frade, from Coimbra, Portugal, wish this beautiful couple a lifetime of happiness. A spring 2008 wedding is planned.

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



CELEBRATIONS

Happy 2nd Birthday

Special birthday wishes go out to Nicole Elizabeth Fagan, of St. James, who turned two on November 22, 2006.

Nicole celebrated her second birthday with a Winnie the Pooh themed party attended by family. Fun was had by all.

We join with Nicole's parents, Tina and Joseph, in wishing her a very happy 2nd birthday.





New Arrival

Tina and Joseph Fagan, of St. James, are very proud to announce the birth of their son. Robert Joseph. Robert was born on February 26, 2007 at 11:13 p.m. weighing 8 lbs. 9 oz. and measuring 20-1/2 inches long.

He was greeted and is adored by his BIG sister Nicole. The proud grandparents are Betty Fagan of Smithtown and Ronald and



BIG sister Nicole is pictured holding her new brother **Robert Joseph Fagan.**

Carmela Cuomo of Kings Park.

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

Rob Dvorak Wins Grad Grant to MIT

Rob Dvorak, of St. James, and a 2003 Smithtown High graduate, has been awarded the prestigious National Defense Science and Engineering Graduate Fellowship. This grant carries a three year full tuition scholarship to the graduate institution of the student's choice plus a significant monetary award. Rob has selected the Massachusetts Institute of Technology to further his studies.

Rob graduates Webb Institute where has been ranked number one since his freshman year. At Webb (a highly selective full scholarship college), students are immersed in the study of Naval Architecture and Marine Engineering. Throughout his tenure, Rob has completed internships with private and governmental concerns. Such positions have taken him to Baltimore, Honolulu, Washington, DC, and Houston. Though offered positions with many of these firms, he will return to industry after the completion of his higher degree.

Additionally, he has been distinguished with the highest award given by the Society of Naval Architects and Marine Engineers and the American Society of Naval Engineers each accompanied by a scholarship which follows the student to the school of his choice. Rob's senior thesis, "Investigation of Trimaran Interference Effects" has been recognized as being in the prize-worthy category by his professors.

Before beginning at MIT this fall, Rob will tour Europe with fellow Webbies.



Rob Dvorak

Congratulations to Local Angler Jared Trimboli

Jared Trimboli, a 10th grader at Smithtown High School East, has been fishing since he was 5 years old; and his dream and goal in life is to become a "professional bass pro angler." He has already fished under the guidance of a few wellknown 'pro anglers' in Florida and Texas as well as in different parts of Mexico on family vacations.

In December of 2006, Jared was invited to join the Suffolk County Bass Masters. He is the youngest angler ever to join this club and has already fished in two tournaments in Connecticut coming in 7th place in his first try and on May 5th on Lake Housatonic, he took first place.

His parents Robin and Frank Trimboli, of St. James, are very proud of him and the terrific job that he did on this very tough lake. *Congratulations Jared on a job well done*. We join your parents and friends in wishing you continued success and may your dream come true.



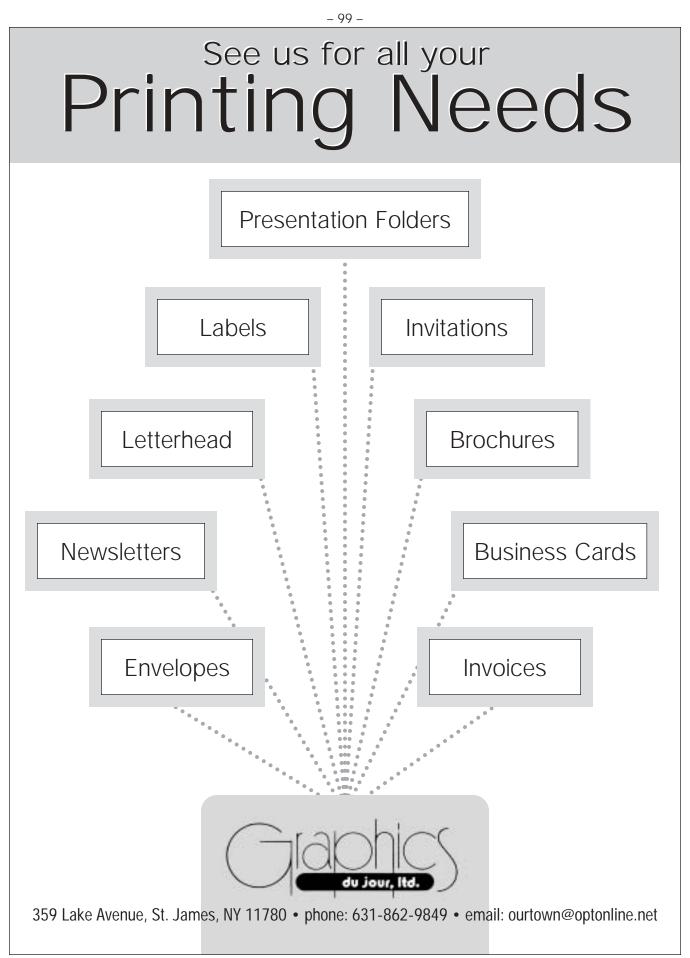
Jared Trimboli

Named to Dean's Honor List

Matthew Hall, of St.James, was named to the Dean's Honor List at Gettysburg College for the fall 2007 semester. In order to achieve Dean's List status at Gettysburg College a student must earn a 3.6 or higher.

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





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

NEW ARRIVALS

Blessed parents, Christopher and Heather Servedio of St. James are pleased to announce the birth of their daughter, Isabella Mia. Isabella was born on April 14, 2007 at St. Charles Hospital in Port Jefferson, weighing 7 lbs. 9 oz. and measuring 20 inches long.

Isabella was welcomed in to the world by family and friends especially her grandparents Hank and Peggy Kuhlken of Nesconset and Michael and Bernadette of St. James.

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



Isabella Mia Servedio

Michael and April Dudley of Greensboro, NC, are pleased to announce the birth of their first child on April 4, 2007, a daughter Crystal Marie, weighing 7 lbs.

The proud grandparents are John and Jackie Trier of Staten Island, formerly of Centereach. The great grandmothers are Katherine Seely of Staten Island and Marie Sturm of St. James.

* * *

James and Debbie Dudley of South Setauket are happy to announce the addition of twins to their family. The twins made their debut on April 24, 2007 at St. Charles Hospital in Port Jefferson. Jake weighed in at 8 lbs. 5 oz. and Jessica weighed in at 7 lbs. 8 oz.

The twins were welcomed home by their BIG sister Jordan who is 6 years old. Grandparents are John and Carlyn Gramer of Smithtown. The proud great grandmother is Marie Sturm of St. James.

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.

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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

500 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

STAC Calendar

continued from page 46 Free to play; \$5 to listen.

JULY -14 Juried Fine Art Exhibition

21-August 18 Juried Watercolor Exhibition

AUGUST -August 18 Juried Watercolor Exhibition

Collector's Corner

continued from page 66 pattern has been so popular throughout the decades. For anyone who has ever been in love, they invoke a feeling of freedom and lightheartedness that comes with young love. I truly enjoy serving a special meal upon these dishes, I love the weight of them, and love the dark blue color, but most of all I love the story and the memory of love, laughter, and carefree times.

Editor's Note: Carol Gibbons is coowner 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.

Realty Wise

continued from page 68

A pre-inspection can also serve as a great marketing tool. Sellers are required by law to disclose any known defects in the home. Having a pre-inspection report available for buyers tells them that the seller has nothing to hide. It also gives them a clearer picture of the condition of the home.

If there are major problems found during the pre-inspection, it gives the seller an opportunity to disclose the condition up-front, making it less likely for the buyer to pull out of the deal or try to renegotiate the price.

Knowing the true condition of a home can bring peace of mind to buyers and sellers; and be one less hurdle in the home buying and selling process. Ask your real estate sales professional for a list of certified independent home inspectors in your area.

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).

Money Matters

continued from page 72 moves that can benefit you:

- "Max out" on your 401(k). If you can afford it, invest the maximum amount into your 401(k) and increase your contributions every time your salary goes up. Your 401(k) provides you with tax-deferred earnings and a variety of investment options.
- Contribute to an IRA. Even if you have a 401(k) or other employer-sponsored retirement plan, you might be eligible to contribute to a traditional or Roth IRA. A traditional IRA offers the potential for taxdeferred earnings, while a Roth IRA potentially grows tax-free, provided you don't take withdrawals until you're 59¹/₂ and you've had your account at least five years. You can fund an IRA with virtually any investment you choose.

Do whatever it takes to help ensure a comfortable retirement – and the sooner you start planning, the better

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.

Postal Rates

continued from page 78 nesses, six days a week. It has 37,000 retail locations and relies on the sale of postage, products, and services to cover its operating expenses. The Postal Service has annual revenues of \$73 billion and delivers nearly half the world's mail.

College Degree

continued from page 79 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: <u>www.esc.edu/grad</u>.

International Feast

continued from page 84

Empire Szechuan • Rocco's Pizza • St. James Beverage • Garguilo's Bakery • Premiere Pastry Shop • Alpine Pastry Shop • O'Solo Mio • Bueno Sera • Ben's • Mykonos • Ruvo • Uncle Guiseppe's • Venezia

College Plannning

continued from page 85 mer day than to take a walking tour of a beautiful campus – maybe it will even turn out to be your campus one day. In addition to college visiting, it is important to use your summer wisely. Be sure to do something constructive, whether it be working, volunteering, or traveling; it doesn't really matter, just do something!

Just think – if you start your planning now, come your senior year, the college process should be a breeze. You still may not know exactly where you are going or what you'll be doing, but you will be that much closer to choosing your future. What an exciting time! Enjoy the process, it can be fun. Good luck!

Editor's Note: Heidi Contreras and Linda De Motta are the owners of Bridge College Consultants, LLC, a local area service. They specialize in private college consulting and academic coaching and can be contacted at <u>Bridgecc05@optonline.net</u> or by calling 516-662-1612.

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Raymond J. Baessler

Raymond J. Baessler, of St. James, passed away on April 27, 2007 at the age of 82. Beloved husband of Anita. Loving father of Karen Mednick, Keith Baessler and Kim Schulz. Cherished grandfather of five.

A Funeral Service was held on April 30, 2007 at Washington Memorial Park. Creation followed.

Arrangements were entrusted to The Branch Funeral Home in Smithtown.

Loretta Downes

Loretta Downes, of St. James, passed away on April 12, 2007 at the age of 74. Loving mother of Robert, Catherine, William, Thomas, James and Susan.

Funeral services and prayers were held at the Branch Funeral Home on April 15, 2007. Private cremation followed on April 16, 2007.

Arrangements were entrusted to The Branch Funeral Home in Smithtown.

John J. Jerico

John J. Jerico, of St. James, formerly of Oakdale, passed away on April 30, 2007 at the age of 96. Beloved husband of the late MaryAnn. Loving father of Judith Cameron and John B. Jerico. Cherished grandfather of Mary-Ann, Susan and Robert. Adored great grandfather of Jonathan, Jennifer, Christopher, Anthony, Haley and Justin.

A Funeral Mass was held on May 3, 2007 at St. Patricks R.C. Church in Smithtown. Interment followed at Pinelawn Memorial Park.

Arrangements were entrusted to The Branch Funeral Home in Smithtown.

Maureen Montes de Oca

Maureen Montes de Oca, longtime resident of St. James, passed away on April 14, 2007. She was a former employee of Pathmark in Centereach. Cherished daughter of the late Lillian and Jose. Beloved cousin of Carolee Csakany. Loving friend of Beth and Chris O'Brien and family. She was loved by many residents in the St. James community.

A Funeral Mass was held on April 18, 2007 at Sts. Philip and James R.C. Church. Interment followed at St. Raymond's cemetery, Bronx, NY. In lieu of flowers, donations to the Catholic Daughters of the Americas - Court Anna Theresa is appreciated.

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

Barbara L. Monti

Barbara L. Monti of St. James passed away on May 7, 2007. Beloved wife of Joseph. Loving mother of Joseph, Andrew (Norinne), Frank, Barbara (Fil), Lynne (Mike). Loving grandma of 14 and great grandma of one.

A Funeral Mass was held on May 11, 2007 at Sts. Philip & James R.C. Church in St. James. Interment followed at St. James Episcopal Cemetery, St. James.

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

Jack J. Said

Jack J. Said, of St. James, passed away on April 24, 2007. He was the cherished husband of Nawel. Beloved son of Mary and the late Angelo (owners of the 7-Elevens in St. James).

A Funeral Mass was held on April 30, 2007 at Sts. Philip & James R.C. Church in St. James. Interment followed at Queen of All Saints Cemetery, Central Islip.

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

Alexandra Diane Terranova

Alexandra Diane Terranova, of St. James, passed away on April 14, 2007 at the age of 63. Beloved wife of James. Adored daughter of Helen Lucas. Loving mother of Diane and Jonathan Eaton and Denise and Daniel Lynch. Cherished grandmother of Alexa, David and Conor. Dear sister of Nicholas Lucas.

A Funeral Service was held at the Branch Funeral Home on April 18, 2007 followed by a private cremation.

Arrangements were entrusted to The Branch Funeral Home in Smithtown.

Helen F. Walsh

Helen F. Walsh, formerly of Commack and Hauppauge, passed away on May 9, 2007. Beloved wife of the late Edward. Loving mother of Mary, Debbie, Peter, Bob, Richard and the late Patricia and the late Edward. Cherished Nanny of seven.

A Funeral Mass was held on May 14, 2007 at Sts. Philip & James R.C.

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

The Branch Funeral Home has received the highest award—the *"Pursuit of Excellence Award"*

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It is an honor to be recognized for our efforts to provide a level of service second to none. We will display the award proudly in our home as a reminder of the confidence and trust you have placed in us. Truly, there is no substitute for excellence.

Overcome with grief? Begin your journey to healing at The Branch Funeral Home.

Free Grief Counseling Seminars lead by bereavement specialist, Patricia Jones, MS

First Saturday of every month 10:00 - 11:30 a.m.

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Elvira Vanadia

Elvira Vanadia, of Stony Brook, passed away on May 1, 2007. Beloved wife of the late Primo. Loving mother of Vincent (Susan) and the late Phyllis. Devoted mother-in-law of Chris Heffernan. Loving Grandma of Vincent J., Dianne, Daniel, Kerri Ann and William and great grandma of Matthew, Daniel and Thomas. Beloved sister of Emelia Messina.

A Funeral Mass was held on May 4, 2007 at Sts. Philip & James R.C. Church in St. James. Interment followed at Calverton National Cemetery. In lieu of flowers, donations to Good Shepherd Hospice, Port Jefferson Station, NY are appreciated.

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

Elsie H. Ziegler

Elsie H. Ziegler, of St. James, passed away early Monday, May 7, 2007 at the age of 74. Elsie was an active member of the St. James Lutheran Church, St. James Lioness Club, The Smithtown Elks Club, past president of the Smithtown Senior Citizens and the former proprietor of St. James Florist. Beloved wife of the late John M. Ziegler. Devoted mother of Linda Bellafiore, John Ziegler, Jr. and wife Jeannene. Cherished grandmother of Johnny Ziegler III, Jennifer Piscitelli, Jessica Ziegler, Jill Ziegler and Jackie Bellafiore.

A Funeral Service was held on May 10, 2007 at the St. James Lutheran Church in St. James. Committal was private.

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

We remember

the men and women who have so honorably served this country throughout history. We remember their courage, their selflessness and their dedication. We remember the hardship, the suffering and the sacrifices they endured. On Memorial Day and every day, we remember with respect those who have fought to defend our democratic ideals and secure our freedoms. With deep gratitude, we salute our country's brave and honorable veterans.



OUR TOWN • MAY 2007

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584-5200

551 North Country Road (Route 25A), Saint James

+ Pre-Planned Funeral Arrangements Available

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ongoing opportunities, community services and general information

A.A. MEETINGS

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

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

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

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

AMVET POST #55 MEETS IN ST. JAMES

AMVET Post #55 meets the second 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 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 <u>responsehotline.org</u>

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.

FLAG DISPOSAL BOX AT THE VFW POST 395

A box has been donated by the St. James Post Office and refurbished for residents to deposit U.S. Flags which are no longer suitable for use. The flags will be properly disposed of with an appropriate ceremony. The box is located at the side of the VFW Post, at the south end of the King Kullen parking lot.

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 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 and the Town of Smithtown's Senior Citizens Department, transportation is provided for library visits on regularly scheduled dates or

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ongoing opportunities, community services and general information

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-athome mom and the mom who works part time. We have playgroups, park dates, field trips, and Mom's Night Out. Our chapter serves the Smithtown Township. New members and their children are ALWAYS welcome. For more information please contact Debbie at 631-467-3723. www.momsclub.org

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: <u>SocialAction@TBSofS.org</u>

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. FOR RENT – PATCHOGUE RIVER VIEW CONDO - 1 bedroom, kitchen, dining room, living room, wood floors, balcony, newly renovated. Heat included. Boat slips available. No pets. Security. \$1,195. (631) 265-3426. Must see. 5/07PRAYER TO THE BLESSED VIR-GIN (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. B.D. 5/07HOUSE FOR SALE - ST. JAMES -Meticulous expanded, updated Colonial with 4 BRs, 2.5 Baths, Gourmet EIK w/granite, cathedral ceiling, LR, DR, Den/Frpl, School Dist. #1. \$559,000. Call for Appointment 862-7970. 5/07 DRIVER WANTED - For local florist deliveries - Permanent Position. Call St. James Florist at 862-9292. 5/07sjf

HOUSE CLEANER WANTED -Looking for "Excellent" House Cleaner for 1X per week. Must do it all! Laundry, change sheets, occasional inside of windows. dust moldings, clean and sanitize bathrooms, kitchens and more. I take pride in keeping my home clean and need your help. Must be trustworthy and have references. Must not be afraid of dogs. Call (631)584-4070. 5/07/dbc EARLY CHILDHOOD EDUCA-TION TUTOR - NYS and AMS certified experienced teacher to tutor your pre-k to 3rd grade child in your home. Develop and strengthen your child's reading, writing and math skills. Reasonable rates. Call Jen at 839-5933. 6/07CHILDCARE AVAILABLE Monday-Friday, full time/part time, in a safe, nurturing and caring nonsmoking home located at the end of a cul-de-sac. Small and personal setting. Before care available in Sept. for St. James Elementary. References. Call 584-5/07 4415. LUXE JEWELS has arrived on Long Island! View our beautiful jewelry at <u>www.luxejewels.com</u>. Superb quality and high style fashion go hand in hand for jewelry you will love to wear every day. Host a party before June 9th for a pair of Alexis earrings in addition to your fantastic hostess gift! Call Luxe Consultant Maria LaMalfa at (631) 584-0177 today. 5/07TUTORING – K-6 Certified, experienced teacher to tutor basic skills, test preparation, enrichment and general confidence building. Call Mrs. Hallaran, 584-3988. tfn/cc MUSIC STUDIO AVAILABLE -Room for Rent - St. James. Call for Details. 873-8126. tfn/tg HELP WANTED - Full-time assistant/administrator wanted for busy St James office. Varied responsibilities, EXCELLENT work environment. Call Maureen at HELP WANTED - Customer service rep or office assistant with experience and understanding of daily office procedures. Must have good personality for phones and customers. Good computer skills, knowledgeable in Word and Excel and be able to prepare guotes/proposals in a fast paced small graphic communications marketing business. Call Charlie at 862-7555, x105. 5/07/pebs CLERICAL HELP WANTED - Part time position, St. James Financial Office. 6-12 hours per week. Call 631-584-8999. 4/07/dg HELP WANTED - St. James health club. Experience preferred but will train. Day and/or evening hours. Call 584-5467. 5/07/cf FOR SALE - LOOPLOC POOL COVER - used for only one season. Covers a 16'x34' pool (like new). \$750. Call 585-0013. 5/07OFFICE FOR RENT - ST. JAMES -Newly renovated 800 sq ft. commercial office suite with 2 entrances on mail level, bathroom. \$1,450 + utilities, central alarm system. Immediate occupancy. Call Ruth 862-9849 for info. 5/07 2000 FORD WINDSTAR LX, 7 Passenger, A/C, All Power, Stereo C/D/cassette. 2 Sliders, ABS, Very good condition. \$5,200. Call 656-6459 5/07/sd 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. 5/07/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

5/07ej

862-2020. EOP

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 GOLDEN OPPORTUNITY WITH LUXE JEWELS! Luxe has arrived on Long Island. See what we offer at www.luxejewels.com then call to find out how you can join this gem of a company. Learn more at our Opportunity Event, May 30th. Call Luxe Consultant Maria LaMalfa at (631) 584-0177 for further information. 5/07HELP WANTED – Limousine Driver Needed. P/T, F/T, weekends. Must have clean Class E license. Please call 584-6007. tfn/nl 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. 5/07/tnt 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 INC. MEDIA HOUSE, Betacam SP video production company specializing in corporate, industrial, commercial and broadcast videos. If your company needs quality video production, call us at (631) 862-0299. Creative internships available. tfn

CONDO FOR SALE – 1 Bedroom/1 Bath private end unit in active adult community, tennis, golf, pool and clubhouse in gated Leisure Village. \$145,000. Principals only. (631) 584-0120. tfn5/07/mc

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 AMERICAN LEGION HALL FOR RENT - The American Legion, Sherwood Brothers Post 1152 is looking for an organization to rent the American Legion Hall by the year. Reasonable rates, air conditioned, heat, tables, chairs, complete kitchen and good parking. Located at 95 Lake Avenue, St. James. Call Mon., Wed., Fri., between 8-10 a.m. Ask for William Kennedy. 584-9633. tfn VENDORS WANTED Environmental vendors needed for ECSS Sweetbriar Nature and Craft Fair on June 9 in Smithtown. Vendors must represent environmentally friendly and/or wildlife, and nature merchandise. Call Janine Bendicksen at Sweetbriar Nature Center at 979-6344 for more info. 5/07

VENDORS WANTED for the St. James General Store's Spring Craft Fair Festival on June 2 and 3, 10 a.m.-4 p.m. All crafts must be handmade. Space is limited and advance registration is required. \$35/per day, \$60/weekend. Call 854-3740 for info. 5/07 VENDORS WANTED FOR ST. IAMES DAY - Craft vendors are wanted for the St. James Chamber of Commerce's 20th annual ST. JAMES DAY, Sunday, September 30, 2007 along Lake Avenue, rain or shine. 10-foot spaces are being provided for \$95 per space; after 8/15/07 if available - \$115 (no exceptions) - bring your own table. No refunds, no raindate. St. James Day has been a huge success in the past. Call 584-8510 for further information and to receive an application to reserve your space, leave, name, address and phone number on machine. We have over 300 vendors each year. There will be entertainment throughout the day. We look forward to seeing you there. 9/07 VENDORS WANTED - for St. James General Store's Spring Craft Fair Festival on June 2 and 3 from 10 a.m.-4 p.m. All crafts must be handmade. \$35/day or \$60/weekend. Space is limited and advance registration is required. Call for info and application at 854-3740. 5/07LOOKING FOR HELP? Place a classified ad in Our Town and reach over 6,500 families and businesses for only \$5 for the first 20 words and .10¢ for each additional word. Call 862-9849 for information or mail a check to: Graphics du jour, Itd./Our Town, 359 Lake Avenue, St. James, NY 11780.

PLEASE NOTE:

Advertising & Copy Deadline for the June 2007 edition is Thursday, June 7, 12 Noon

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Pollo Rico Latin Bistro 2435 Middle Country Road, Centereach 471-0585

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